

ACTIVITY WRITE-UP**Name of Activity: Affirmation Can**

Type of modality	Arts & Crafts
Type of play	Parallel
Interaction pattern	Aggregate
# of participants required	2+
Equipment/supplies	<ul style="list-style-type: none"> • Coffee cans • Construction Paper • Magazines • Scissors • Glue Sticks • Paint Brush • Mod Podge
Facilities required/environment	Indoor environment, space depends on the number of participants.
Precautions	Be careful of scissor usage.

Directions

1. Each participant gets a piece of construction paper, a coffee can, scissor, and glue stick. The magazines are placed in the middle or in between each participant so they can share.
2. Use construction paper to cover the coffee can and then cut out excess sections.
3. Glue the construction paper onto the coffee can.
4. While the can is drying, participants will find words, quotes, and/or pictures in magazines that represent them positively.
5. They will cut their findings out as they go and make a pile next to them.
6. When they are all done finding words, quotes, and/or pictures, they will then glue it onto the coffee can onto of the construction paper.
7. Participants will continue to glue their coffee cans until they are finished.
8. If there is still some space on the coffee can, they can either leave those spaces blank or find more quotes, words, or pictures.
9. Once they are finished, take the paint brush and dip it in the mod podge to cover the entire can.
10. Wait until the mod podge is dry and during this time, the facilitator can ask participants to debrief and explain how the words, quotes, and pictures represent them.
11. Participants can take their affirmation can home with them after it is completely dry.

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Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Hands and arms
Movement	Grasp: scissor, radial-digital, 3-jaw chuck, and pincer grasps, picking up, putting down objects, reaching, stretching, and turning/twisting hands or arms.
Physical	Balance: dynamic sitting, bilateral integration, fine muscle coordination, and active range of motion: upper extremities.
Cognitive	Attention: divided and focused attention, concentration, simple decision making, insight, judgment, short-term memory, orientation to self, reading, and recognition of size and shapes.
Social	Heterogeneity, interpersonal interactions, maintaining social space, relating with equals, regulating behavior, forming relationships, self-expression, social conduct, showing respect, warmth, and tolerance.
Perception	Auditory, tactile, and visual.
Communication/language	Reception of spoken and written language and ability to understand signs and symbols.
Self-care	N/A
Psychological/emotional (possible)	Joy, guilt, anger, and frustration.

How to Simplify the Activity

Use magazines with bigger, clear words and pictures so that it is easier for them to cut them. For example, pop culture magazines like “People” and “Seventeen” tend to have big, fun fonts and pictures.

How to Make the Activity More Complex

Use magazines with more words and less pictures, like newspaper and political magazines. This will complicate the activity because participants will have to read through and pick out words to represent them and are less likely to find good quotes they relate to.

Other Comments

This activity is supposed to represent participants positively. As each participant is going through magazines, help them by saying positive characteristics about them and if they could find that specifically or another word, quote, or picture related to what you said. Giving them positive reinforcement about themselves will make this activity more meaningful to them.