

ACTIVITY WRITE-UP

Name of Activity: Calendar Reminisce

Type of modality	Reminisce
Type of play	Shared Cooperative
Interaction pattern	Intra-group
# of participants required	3+
Equipment/supplies	<ul style="list-style-type: none"> • An object to be thrown from person to person best would be a light weight ball. • Chairs for participants to sit around in the circle on.
Facilities required/environment	A room with enough space to be able to sit or stand in a small circle and throw a ball.
Precautions	Do not use a heavy ball or item that could injury a participant if they are hit with it.

Directions

1. The leader of the group will come up with a list of historical or memorable events for a few different years (big sport events, presidential elections, #1 hit songs).
2. The leader will arrange a circle of chairs.
3. The participants will take their seats in the circle so that they are all able to see each other.
4. The leader will read out one of the events from the list along with the year it corresponds.
5. The leader will then throw the ball/item to whichever participant has a memory related to the event or time of the event.
6. When the participant finishes sharing their memory they will then throw the ball to another member of the group that wants to share a memory of the same event.
7. The group can also discuss and reminisce on the event together once everyone is finished individually sharing.
8. If no one can remember the event presented, the leader will then remind the group of the event vocally and with imagery, if possible.
9. After the game is finished, time will be given for the participants to socialize and talk amongst themselves.

Activity Analysis

Category	Skills
Primary body position	Sitting

Part of the body required	Upper body
Movement	Dynamic: sitting, crossing midline, fine and gross motor coordination, motor control, active range of motion: upper extremities, visual-motor integration
Physical	Bending, carrying in hands, palmar grasp, picking up, releasing, throwing, turning or twisting hands or arms, walking short distances (to get ball if they miss the catch)
Cognitive	Arousal/alertness, focused attention, long term memory, orientation: person, place, and time
Social	Conversation: starting and sustaining, handling criticism, heterogeneity, homogeneity, interpersonal interactions, maintaining social space, relating with others, relating with persons in authority, regulating behavior, relationship forming, self-expression, social conduct, social cues, showing respect and warmth, showing tolerance
Perception	Auditory, tactile, and visual functioning
Communication/language	Reception to spoken language, expression of spoken language
Self-care	N/A
Psychological/emotional (possible)	Joy, guilt, pain, anger, fear, frustration (any emotion could possibly come up depending on the memory that is being reminisced)

How to Simplify the Activity

Eliminate the physical aspect of the activity (the ball) and just have the participants reminisce and share their memories.

How to Make the Activity More Complex

The leader will say the event or the year and have the group try to remember the year it happened before they share their memory.

Other Comments

This activity is mainly directed towards geriatrics, being that they are the population that have been around the longest and have the most memories.