

## ACTIVITY WRITE-UP #2

### Name of Activity: “Express yourSMELL”

Type of modality	<ul style="list-style-type: none"><li>➤ Primary: Aromatherapy</li><li>➤ Secondary: Craft</li></ul>
Type of play	<ul style="list-style-type: none"><li>➤ Parallel</li></ul>
Interaction pattern	<ul style="list-style-type: none"><li>➤ Aggregate</li></ul>
# of participants required	<ul style="list-style-type: none"><li>• 2+</li></ul>
Equipment/supplies	<ul style="list-style-type: none"><li>➤ Array of essential oils with different scents</li><li>➤ Carrier oil (olive)</li><li>➤ Glass/plastic bottles</li><li>➤ Description of scents and the purpose they serve (ex. Lavender-reduces anxiety)</li><li>➤ Liquid droppers</li><li>➤ Stick on Labels</li><li>➤ Colored pencils/markers</li></ul>
Facilities required/environment	<ul style="list-style-type: none"><li>➤ Any room with table and sitting/standing space.</li></ul>
Precautions	<ul style="list-style-type: none"><li>➤ Make sure participants do not have any specific allergies that may be present in the oils.</li><li>➤</li></ul>

### Directions

1. Display all of the different essential oils on a table.
2. Put a description of each essential oil in front of the bottles, describing the scent and the effects it is supposed to have on a person (calming, reduce anxiety, etc.)
3. Hand out a sheet with all of that information on it to each individual participant.
4. Allow for each person to read over the descriptions, and give them time to think about the feeling they would like to evoke or which scents they enjoy the most.
5. Have the group discuss with each other which scents they believe will be the best for them and why.
6. Allow each person to go up individually to smells the scents, and then pick the ones they want to combine (3-4 different oils).
7. Give each person a bottle filled with a carrier oil, as well as a dropper and allow them to create their own aromatic therapy.
8. After they have created their own personal scent, they can create a more individualized creation by designing their own label.

### Activity Analysis

Category	Skills
Primary body position	<ul style="list-style-type: none"> <li>➤ Sitting</li> <li>➤ Standing</li> </ul>
Part of the body required	<ul style="list-style-type: none"> <li>➤ Eyes</li> <li>➤ Hands</li> <li>➤ Nose</li> </ul>
Movement	<ul style="list-style-type: none"> <li>➤ Lifting</li> <li>➤ Grasping</li> <li>➤ Pinching</li> <li>➤ Twisting hands/fingers</li> </ul>

Physical	<ul style="list-style-type: none"> <li>➤ Fine muscle coordination</li> <li>➤ Visual-motor coordination</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>➤ Focused attention</li> <li>➤ Decision making</li> <li>➤ Personal orientation</li> <li>➤ Strategy</li> <li>➤ Abstract thought</li> <li>➤ Reading</li> </ul>
Social	<ul style="list-style-type: none"> <li>➤ Maintaining social space</li> <li>➤ Showing respect and warmth</li> <li>➤ Tolerance</li> <li>➤ Regulating behavior</li> <li>➤ Self-expression</li> <li>➤ Conversation starting</li> <li>➤ Interpersonal interactions</li> </ul>
Perception	<ul style="list-style-type: none"> <li>➤ Olfactory</li> <li>➤ Visual</li> </ul>
Communication/language	<ul style="list-style-type: none"> <li>➤ Reception of written language</li> <li>➤ Reception/Expression of spoken language</li> </ul>
Self-care	N/A
Psychological/emotional (possible)	<ul style="list-style-type: none"> <li>➤ Joy from the delightful smells.</li> <li>➤ Frustration in picking which smells you like the most.</li> <li>➤ Fear in not knowing if you it might help to relax/help you.</li> <li>➤ Happiness in creating something that is completely your own.</li> </ul>

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➤ **How to Simplify the Activity**

Have less essential oils for the group to chose from

➤ **How to Make the Activity More Complex**

Have each participant make a scent for each of their moods/or exact scenarios in which the scent would help to calm or help them. Have each person create a label explaining that and put in onto the perfume bottle.

**Other Comments**

N/a