

SENSORY STIMULATION KIT

Theme: WINTER



Supplies:

Kit Content- Snowflake lights, “Cozy Cracklin’ Fireplace” DVD, Styrofoam fake snow, hot chocolate packages, pictures (snow covered trees, igloo and polar bear), earmuffs, chap stick, white clay, cinnamon candle, snowflake cut out, cotton balls, lotion, and tissues.

Optional item- Dry Ice; keep at the bottom of the tin so when you touch the tin it would be cold.

Additional Equipment- Computer or TV/DVD player to show CD, lighter to light the candle, batteries for the snowflake lights, cups, napkins, water and a microwave for the hot chocolate.

Activities:

Auditory- Have the patient close their eyes, and put in the Fireplace DVD. Allow them to listen to the sounds of the video and describe what they are hearing to figure out what is playing/being shown.

Visual- Allow the patient to open their eyes to see if they guessed right about the sounds they heard. Discuss some things you would do in front of a fire. After, ask the patient about winter and what comes to mind when they think about this season (snow, cold, etc.) Discuss snow, and what the patient likes to do when it snows. You can turn the snow lights on, and allow for them to see the light reflect off of the tin container, just like snow would. Have the patient look at the pictures around the tin, and describe what they are seeing, identifying things that are in the photos (Polar bear, igloo, snowy trees, etc.) Lastly, talk about some colors that remind the patient of winter. Show them the blue cutout snowflake and have them unfold it to see all the intricate details of a snowflake.

Tactile- Ask the student to put their hand into the bucket and feel around in the “snow”. Have them describe the different textures (little solid snow balls vs. cotton balls) and which represents snow the most. Discuss some things that we do in the snow (snow angels, snow ball fight, snowmen). Present the Patient with the white clay and allow them to roll the clay in their hands or on the table. Have them make their own snowman or snowballs. Ask the patient about clothes that are worn while outside in the winter, or while playing in the snow. Present the earmuffs and allow the patient to feel them. The patient can wear them if they want to show how they keep your ears warm. Ask the patient how our skin is affected by the cold weather. What can happen, and how can we help prevent it? Allow the patient some lotion and chap stick to put on. Discuss the feeling of each, and how it feels on our skin. Lastly, present the patient with a tissue. Ask them to blow their nose. How does their nose feel after? Was the tissue soft or rough on their nose? Talk about a time when they got a cold during the winter time, and what are some essential things they needed to make them feel better? (Blankets, comfy bed, etc.)

Smell- Light the cinnamon candle, and ask the patient to describe the smell, and how it reminds them of winter. Discuss any other smells/scents that might be related to the winter season (pine, vanilla, etc.)

Taste- Ask the patient about times when they played in the snow, or went sledding. What kind of food or drink would they have after coming back in to warm up? Offer the patient some hot chocolate (diet permitting). Have them discuss the taste and temperature. Discuss times when they drank hot chocolate while it was snowing with friends or family.