

Sensory Stimulation
Theme: Gardening
Hannah Sacco

Supplies:

Kit Contents: Flower pot, bag of rocks, flowers, cat grass, citronella candle, lady bug toy, rubber gloves, lei, bag of dirt, linen spray, pin wheel, bird caller, bird call CD, sparkly flower cut out, gummy worms, small bird clip, fake rose, scent packet, frog heating pad, bee toy

Additional equipment required: garden fresh fruits or veggies, fresh picked scented flowers

Optional: microwave to activate heating pad

Activities:

Visual: Show client the African violets, the fake rose, lei, and the sparkly flower cut out. Ask client which they find most visually pleasing and why. Discuss the way each flower looks, the differences between the real flower and the cartoonish cut out. Then focus on the African violet and the way the petals turn from purple to white. Ask the client if they have ever planted a similar flower or any flower at all, did they enjoy planting flowers, have they ever displayed a bouquet of flowers? Then bring out the pinwheel and have client blow to activate pinwheel. When the pinwheel spins ask client what kind of benefits this kind of tool would have in a garden.

Auditory: Play bird call CD for client and ask which sounds they like the best, and if any of the bird calls sound familiar. Then show client the bird caller tool. Have client use tool to make various. See if client can duplicate any sounds from CD. Talk about whether or not client thinks the tool would be useful in calling birds to a garden. Ask client if he/she likes birds or fears them as some people do, what is client's favorite type of birds? Did they ever have birds as pets? Have client close eyes and imagine what types of sounds they would hear while gardening. While client's eyes are closed, play bird call CD again, pour rocks from bag onto table, turn over scent packet to make various noises happen. Ask client if those were the types of noise they'd imagine a gardener to hear, and discuss.

Tactile: Have client touch and squeeze bag of rocks and then do the same to the bag of dirt. Possibly open and take out rocks and dirt to touch, then discuss the differences between the feeling of two substances. Take out some dirt and some rocks and wet both substances, then have client touch both substances and again discuss the differences between the two substances. Talk about which would be better to grow plants with and the pros and cons of gardening with both mediums. Bring out gloves and have client touch the textured inside and rubbery outside of the gloves, have client put on gloves and handle both substances. Discuss what types of things gardeners typically feel without gloves on. Have client pet the feather on the bird clip and discuss whether or not gardeners typically touch birds. Have client touch frog heating pad (optional: heat up frog in microwave first.) Discuss the difference between the frog and a real frog, and the frog and the bird felt earlier. Ask client what other animals would commonly be found in a garden.

Olfactory: Ask client to close his/her eyes and then smell the Fir scent packet. Ask them if that scent smells familiar, like something they would smell outside while gardening. If client is Christian they will likely recall the scent of Christmas trees and possibly reminisce on

memories from Christmas. Next have client smell the linen spray and ask if they enjoy that floral scent. Ask client what other kind of floral smells they enjoy, prompt them with other strongly scented flowers. Have those flowers ready and supply them to client and ask which scents they enjoy best.

Taste: Have client close eyes and then have them touch the gummy worms. Then allow client to eat the candy if their dietary restrictions allow for it. Talk about how these are, and taste, different than real worms and how worms help fertilize dirt for gardens. Then have garden fresh fruits and veggies, let client pick out and eat whichever they like, and then talk about the long process of gardening food, ask if client has ever grown and harvested their own fruits and veggies before, ask if it was worth it when they got the reward of yummy food at the end