

Sensory Stimulation Kit
Theme: Fruit
Olivia Kolis

Supplies:

Kit Contents: Variety of fruits (in this case: clementines, apples, grapes, bananas, coconut, and tomato), fruit themed kitchen towel, sugar-free raspberry Jello, lemonade mix, cherry Chapstick, air freshener (in this case, Glade's Apple Cinnamon) sour apple potato chips, songs revolving around fruit, interactive activity with sayings that have to do with fruit.

Optional Item(s): Plastic fruit, fruit shakers, art pieces involving fruits.

Additional Equipment/Supplies Required: Speakers to play songs, bowls for Jello/other fruit that residents may eat, cups for lemonade.

Activities

Visual: Bring fruit theme kitchen towel in and ask clients to pass it around. Ask the clients what fruits they see on the towel. Ask clients what fruits they like/dislike on the towel. Ask the clients if they have read anything lately about fruit or ask clients if they grew their own fruit growing up or if they bought it. Additional questions include: Discuss clients if they made any recipes with fresh fruits and which one was their favorite. Did they used to pick fruit/make recipes with anyone in particular? Discuss with clients if they can imagine some unconventional uses for fruit (ex. Grapes used for wine).

Auditory: Using the coconut, either: shake it for the clients to hear the coconut water inside or have the clients pass it around to shake it themselves and listen to the coconut water inside. Ask clients if they have ever seen or held a coconut before. Ask clients whether or not they like coconut juice/milk. For the second activity, set up the songs on either: the Internet or a phone and play it for the clients. Try to pick songs based on the age group (in this instance, it will be a geriatric age group). Some songs to play for the geriatric age group are: "Life is Like a Bowl of Cherries" by Judy Garland, "Banana Boat Man" by Harry Belafonte, or "Little Green Apples" by O.C. Smith. Ask clients if they recognize any of the songs played and what they liked/don't liked. Discuss what song is their favorite or if they could think of any other ones.

Tactile: Have clients close their eyes and put fruit in front of them to feel (in this case, the coconut, tomato, bananas, apples). Ask the clients if they can guess what the fruit is. Ask the clients how they guessed what fruit it was and based on what. Ask clients what was hard/easy about guessing what fruit it was based on the feel of it. Have clients say which fruit has the strangest feel to it and why. Discuss with clients whether or not the tomato is a fruit. Ask clients another fruit would be a good one to feel (give examples if they're struggling such as peaches, dragon fruit,

etc). Give clients a vine of grapes and have clients pull grapes off the vine. Discuss with clients if they have ever been to a vineyard before and what they picked.

Smell: Bring out the Apple Cinnamon glade and spray it in the room. Ask clients if they can identify the smell and if it reminds them of anything. Since Apple Cinnamon is commonly associated with autumn, discuss with the clients what fruits remind them of autumn. Ask clients if they have ever been to an apple orchard and picked apples/pumpkins/etc. Bring out the clementines and open them for clients. Clementines are very aromatic so ask the clients if they recognize the smell and if they like/dislike the smell or fruit.

Taste: Pass out sugar free strawberry Jello to clients to taste and ask them to identify what flavor fruit it is. After they are done with the Jello, pass around cups of the peach lemonade and ask if they know what kind of lemonade it is. Discuss with clients if they sold lemonade as a child and how they made it (fresh vs. premade). Cherry Chapstick is also a good item to utilize for clients to guess the flavor. Bring out sour apple potato chips and ask the clients if this has anything to do with fruit. Tell clients that they are “sour apple” flavor and ask them if it actually tastes similar to a green apple. For those clients who are NPO, purchase lemon glycerin swabs and use those for the clients. Pass out the additional fruit leftover and ask clients which is their favorite out of fruits and ask the clients to describe the taste of the fruit. Is it tart, sweet, sour, etc.

Extra Activities

Sample Questions:

What is your favorite fruit?

Did you have a fruit tree growing up? (Apple, peach, cherry, etc.)

What is your favorite way to eat fruit? (In cereal, oatmeal, plain, cooked, dried, etc.)

Interactive Activity:

Have clients reach into bag one by one and read the fruit saying on the post it out loud to the group. Afterwards, ask clients if there are any others they can think of.

Fruit Sayings:

An apple a day keeps the doctor away

You're a peach

The apple of your eye

You're bananas

Peachy glow