

ACTIVITY WRITE-UP

Name of Activity: Terrarium

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| Type of modality | Horticulture |
| Type of play | Solitary |
| Interaction pattern | Extra-Individual (if a client is the only participant and is working individually,) possible Aggregate (if there are multiple participants who are all working on their own terrarium.) |
| # of participants required | 1 |
| Equipment/supplies | Small (Up to 5 gallon) tank Soil Pebbles/gravel or small rocks 7-9 small plants/flowers Spoon for digging Small toys for decorations optional |
| Facilities required/environment | Seating, a large table, possibly a cover on the table to catch dirt |
| Precautions | Avoid cacti, glass could break causing injury, clients with sensory issues may not want to touch dirt or smell flowers, avoid poisonous plants, avoid tools that could be used as weapons (metal spike shovels, etc.) Clients may swallow gravel or rocks, be aware. Clients with difficulty in finger flexion and extension should have adapted equipment to accommodate this disability. |

Directions

1. Gather supplies
2. Take a seat at a table with supplies spread out in front of you
3. Put ~1½ inch layer of your gravel in the bottom of the tank (for water collection)
4. Put in soil layer, deep enough for plants to take root, ~ 3 inches
5. Arrange plants in possible layouts on table before removing them from their pots, decide which layout you like best.
6. Take the largest plant first and remove from its pot, gently shake away excess dirt.
7. Dig a hole in the soil big enough for the roots of your plant
8. Place plant in the hole, press down soil around plant
9. Repeat steps 6-9 working your way down in size to the smallest plant
10. Add additional pebbles, or toys to empty spaces to complete your terrarium

Activity Analysis

| Category | Skills |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Primary body position | Sitting dynamic |
| Part of the body required | Arms, hands, fingers, neck motion, upper body strength |
| Movement | Reaching, grasping, digging, patting, releasing, turning, |
| Physical | Stretching, twisting hands, bilateral integration, crossing midline, fine muscle coordination, gross muscle coordination, motor control, active range of motion UE, |
| Cognitive | Problem solving, spatial arrangement, arousal, alertness, focused attention, sustaining attention, categorization, concept formation, concentration, simple decision making, initiation, short term memory, organization and planning, size recognition, sequencing, |
| Social | Regulation of behavior, self expression, social cues (all only applicable if done with a group) |
| Perception | Tactile, visual, olfactory possible |
| Communication/language | Express/verbalize desires, reception to spoken language, |
| Self-care | Washing hands afterwards? Taking care of plant |
| Psychological/emotional (possible) | Frustration |

How to Simplify the Activity

- Have plants prearranged by size,
- Have gravel and soil in place already,
- Use a bigger tank

How to Make the Activity More Complex

- Use more plants,
- Work with partners so there needs to be more communication
- Have clients research and choose their own plants that can grow in a terrarium environment

Other Comments

- Be careful if using cacti or plants with thorns