

ACTIVITY WRITE-UP

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Name of Activity: Throw Back Thursday

Type of modality	Reminiscence
Type of play	Parallel
Interaction pattern	Aggregate
# of participants required	Two or more participants
Equipment/supplies	<ul style="list-style-type: none"> • About 25 popsicle sticks (5-6 different colors.) The number of sticks may vary depending on the size of the group. • A roll of dice (5-6 different colors on each side) • A cup to hold the popsicle sticks • Chairs • Table (not necessary, but recommended)
Facilities required/environment	The activity can be done indoors or outdoors. The amount of space required depends on the amount of participants. If there are a large number of participants, the space should be big enough for each person and their chair. It requires a table or floor big enough to roll the die.
Precautions	Do not throw the die or roll it too hard. Although it is tiny, it is hard plastic and can injure someone if tossed hard enough. Other precautions possibly involve individuals with dementia. They may have difficulties with long and short term memories retrieving old information.

Directions

1. If using chairs, set up them up in a circle so everyone can see each other.
2. Have all participants take a seat and introduce themselves.
3. Facilitator explains the rules to the participants.
4. The first person rolls the dice.
5. They pick a popsicle stick according to what color the die landed on.
6. Each color represents a different category of questions located on the popsicle sticks: e.g. Red="A time I..." Blue="My favorite memory at the age of..." Yellow="An accomplishment I completed in the year of..." Green="What are your thoughts about the topic of..." Purple="If I traveled here I would..." White="Wild card". (Categories can be different depending on the facilitator's preference)
7. After the participant picks a popsicle stick, they have to share that memory with the group.
8. The group can discuss the memory of the participant until it is the next person's turn.

9. The person who previously went can pick who goes next, and passes the die and popsicle sticks to that participant.
10. The next person rolls the die and then repeats steps 5-8.
11. The popsicle sticks are evenly distributed throughout the game (how many sticks per person may vary on how many people are playing). After all of the popsicle sticks are finished, the activity is finished.

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Upper body, arms, fingers, and sometimes torso.
Movement	<ul style="list-style-type: none"> • Bending • Carrying in the hands • Grasp: palmer, scissor, radial-digital, 3-jaw chuck and pincer • Lifting • Picking up and putting down objects • Reaching • Releasing • Turning or twisting hands or arms.
Physical	<ul style="list-style-type: none"> • Balance: dynamic sitting and static sitting • Crossing midline • AROM: upper extremities • Visual-motor integration
Cognitive	<ul style="list-style-type: none"> • Categorization • Concept formation • Decision making: Simple and complex • Insight • Intellectual knowledge • Judgment • Memory: Long and short term • Orientation: person, place and time • Reading • Sequencing • Thought: Concrete and abstract
Social	<ul style="list-style-type: none"> • Conversation: starting, sustaining, and ending • Heterogeneity • Homogeneity • Interpersonal interactions • Maintaining social space • Relationships: forming • Self expression

	<ul style="list-style-type: none"> • Social conduct • Social cues • Showing respect & warmth and tolerance
Perception	<ul style="list-style-type: none"> • Auditory function • Visual function
Communication/language	<ul style="list-style-type: none"> • Receptions of spoken language • Receptions of written language • Expressions of spoken language
Self-care	NA
Psychological/emotional (possible)	<ul style="list-style-type: none"> • Individual may experience joy due to happy memories. • The feeling of pain may be encountered if an individual cannot relate to what others are discussing • Individuals may feel frustrated if they have impairments such as dementia, and are not able to retrieve memories.

How to Simplify the Activity

The activity may be simplified by using fewer colors and simpler categories such as “My favorite kind of ... is...”. It would also be simplified by using fewer popsicle sticks.

How to Make the Activity More Complex

You can have the participants think of two different answers for each question. You can increase the amount of categories and number of popsicle sticks.

Other Comments

This activity can be beneficial in its ways of retrieving valuable memories and can help individuals get to know each other.