

ACTIVITY WRITE-UP

Name of Activity: Yoga in Philly Map

Type of modality	Technology
Type of play	Solitary
Interaction pattern	Intra-Individual
# of participants required	Minimum of 1
Equipment/supplies	<ul style="list-style-type: none"> • Computer/Laptop/Tablet
Facilities required/environment	Wherever there is a computer/laptop accessible
Precautions	Make sure you are choosing a safe location for yoga

Directions

1. Go to [Www.google.com](http://www.google.com)
2. Search “yoga studios in Philadelphia”
3. Choose however many locations that you want and write them down/type in a document (include costs, time for the session, and transportation)
4. Go to <http://www.google.com/maps/d/u/i/?pli=1>
5. Click “create a new map”
6. In the top left-hand corner, click “Untitled” to rename your map, (Yoga in Philly)
7. Use search bar at the top to start adding locations to your map
8. Search whichever yoga studios you found previously (step 1,2,3)
9. Click “add to map” after each location
10. Click on the pin on the map (to your right of the screen) of the yoga location and select “add to map”
11. Customize your location pins to keep them organized by clicking on the pin and selecting the “paint” option to choose a color.
12. Click on “details” section and add the times for each yoga session, the cost for each session and transportation to each session
13. Save your map by clicking “Save” in the top right corner
14. Pull up on your computer/phone whenever you want to choose your next yoga location in Philadelphia

Activity Analysis

Category	Skills
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Primary body position	Dynamic sitting
Part of the body required	Head, neck, arms, hands
Movement	Carrying in hands, grasping, lifting, picking up, putting down, bending, turning hands/arms
Physical	Dynamic sitting balance, dynamic standing balance, fine muscle coordination, motor control, bilateral integration, crossing midline, visual-motor integration
Cognitive	Alternating attention, arousal/alertness, divided attention, sustaining attention, cognitive flexibility, simple decision making, intellectual knowledge, STM, orientation: place, orientation: time, orientation: person, orientation: topographical, ability to read, ability to spell words, strategy,
Social	Showing tolerance, self-expression
Perception	Visual, tactile
Communication/language	Ability to understand written language, ability to understand signs and signals, ability to express written language
Self-care	N/A
Psychological/emotional (possible)	Joy, frustration

How to Simplify the Activity

- You could simplify the activity by having the pt choose the yoga locations but the facilitator could be the one to add them to the map.

How to Make the Activity More Complex

- You could make the activity more complex by having the pt use their map for their next session.

Other Comments