

## ACTIVITY WRITE-UP

**Name of Activity:** Mini Compost Bin (for geriatrics)

Type of modality	Horticulture Secondary: arts and crafts
Type of play	Parallel, shared cooperative
Interaction pattern	Parallel, shared cooperative
# of participants required	At least 2
Equipment/supplies	2 pint sized containers, paint, paintbrush, newspaper, cardboard, dirt, water, scissors, Styrofoam cups, paper towel, plastic cup (for water), table, chairs
Facilities required/environment	Indoor or outdoor
Precautions	Have buildup of handles available in case patients are not able to regularly grip materials, large enough space so patients can ambulate safely and with supervision if needed, explain to patients that the supplies is not edible

### Directions

1. Tell participants to gather all the materials at the supply table.
2. Paint outer container and let dry.
3. Shred newspaper, either by scissors or with hands.
4. Cut cardboard (slightly small than tub lid).
5. Carefully poke holes in bottom of inner container.
6. Cut ring of Styrofoam cup to place in bottom of outer container (size of large sour cream container).
7. Place paper towel in bottom of inner container.
8. Dampen newspaper than place in the inner container than follow by adding soil.
9. Add worms.
10. Add orange peels and other biodegradable waste, and observe (within a few days) what happens.
11. Have discussion about what it was like to build the composts, describe how different materials felt (soil, styrofoam cup, paint). Ask if everyone liked or didn't like the activity and why.

### Activity Analysis

Category	Skills
Primary body position	Dynamic sitting balance
Part of the body required	Arms, legs, trunk, hands
Movement	Walking short distance

Physical	Carrying in the hands, grasping, picking up, putting down objects, releasing, dynamic sitting, dynamic standing, fine muscle coordination, gross muscle coordination, motor control, bilateral integration, muscle strength
Cognitive	Focused attention, simple decision making, initiation, judgement, intellectual knowledge, concentration, memory short term, recognition shape/form, sequencing
Social	Conversation-starting, sustaining, and ending, Interpersonal interactions, maintaining social space, regulating behavior, self expression, social conduct, social cues, showing respect and warmth, showing tolerance
Perception	Tactile, visual
Communication/language	Reception to spoken, written and body language, production body language
Self-care	N/A
Psychological/emotional (possible)	Joy, frustration

### **How to Simplify the Activity**

Have all the supplies in front of patient's so they do not have to go and get their own supplies, break up the activity (paint the container one day make the compost another day), have all the supplies prepared so the patient's only have to put it together (cup already cut, newspaper already shredded).

### **How to Make the Activity More Complex**

Have patient's stand for part of the activity, have the activity timed, have patient's compete to see which group finishes first, have materials in different areas of the room so patients have to walk more and have materials at different levels so patient has to work on active range of motion

### **Other Comments**

Hand out scissors and collect all scissors once done using, hand out nails and collect all nails when done using, make sure patient's are aware nothing is edible in this activity, pay close attention to patient's that are falls risk, make sure if patient's use RW there is enough space for them to safely walk. Jigsawing supplies could foster communication between pts.