

ACTIVITY WRITE-UP

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Name of Activity: Sniff Scent & Associate a feeling

Type of modality	Aromatherapy; Reminiscence; Sensory Stimulation
Type of play	Shared Cooperative
Interaction pattern	Intra-Group
# of participants required	4-6
Equipment/supplies	-Scented items including: cinnamon sticks, cloth sprayed with cologne, piece of banana dried fruit, dried rose petals where scent is still intact, basil, dryer sheet, garden dirt & fertilizer (# of items depends on amount of participants; if you have 6 participants, have 7 items) -Mason jars with lids (put the items in the jars) -Bowl -Paper/Pen -Flat surface (for individuals to sit on) -Chairs (not necessary, but if participants would rather sit on chairs than the floor they can do that) -Unscented candles (contributes to providing a relaxing environment)
Facilities required/environment	-Relaxed environment (low noise level, secluded area/room) -Indoor room large enough for individuals to sit in a circle comfortably
Precautions	-Make sure scents are placed at a safe location when participant smells them

Directions

1. Group Instructor invites participants to sit in a circular formation around a large bowl that is placed in the center of the circle and (Instructor then gives pad of paper and pen to each participant)
2. Each participant is then instructed to pick a jar from the bowl and sit back down with the jar.
3. They are then to open the lid and smell the jar. The instructor will let the participants know to take their time with smelling the contents and to invite them to let any memories or subjects that the scent reminds the participant of to write down.
4. Once the participant smells and has a minute or two to collect what the scent reminds them of the instructor will ask them to write down the thoughts they have associated with that item.
5. After each individual has written down their memory/thought they are to pass the jar with the item to the person next to them.
6. Each individual has to receive each jar once. Once this has occurred, ask the participants to place the jars in a line (next to one another) in the center of the circle so everyone can see the jars.

7. The instructor will then ask the participants to express/share the memories/thoughts they had written down about each scent. If a participant does not want to share a certain memory/thought they can opt to skip (they cannot skip every time). The instructor should check in with an individual who chooses to skip an item after the activity has ended to make sure they are okay
8. After everyone has shared, the instructor will conclude with a quick meditative breathing exercise to make sure they leave the area still relaxed.
9. The meditative breathing will consist of individuals taking 3 breaths, inhaling through their nose and exhaling out of their mouth.
10. After this the activity has concluded.

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Upper Extremities
Movement	Dynamic Sitting, Crossing Midline, Fine Muscle Coordination, Active Range of Motion: Upper Extremities,
Physical	3- Jaw Chuck Grasp, Crossing Midline, Reaching/releasing, Picking Up/Putting Down Objects
Cognitive	Arousal/Alertness, Attention: Alternating Attention & Divided Attention, Decision Making: Simple, Memory: Long Term, Concept Formation, Insight, Judgment, Sequencing, Thought: Concrete Thought, Orientation: Person, Writing
Social	Showing Tolerance, Conversation: Starting, Sustaining, and Ending, Interpersonal Interactions, Maintaining Social Space, Heterogeneity/Homogeneity, Relating with Equals, Self-Expression, Social Conduct,
Perception	Olfactory function (smell) and Visual function (to see what you are picking up from the bowl)
Communication/language	Reception of Signs and Symbols, Expression of spoken language, expression of written language, Reception to spoken language
Self-care	N/A
Psychological/emotional (possible)	Joy, Sadness, Happiness, Anger, Frustration, Guilt, Pain

How to Simplify the Activity

Less items; Only have participants identify the scent instead of memories associated with the scent.

How to Make the Activity More Complex

More Items and paint the jars so participants cannot see what is inside them

Other Comments

Instructor must be aware that this activity is supposed to be relaxing and calm clients nerves. Providing a non-hurried activity is very important.