

**Sensory Stimulation Kit**  
**Theme: Autumn Bike Ride**  
**Matt Eshelman**

**Supplies:**

Kit Contents: Camelbak, hydration pack, bicycling jersey and gloves, red blinking taillight, bike bell, tube, pump and tool kit, bike bottle with sports drink, sunglasses, trail map book, energy food, music via iPhone and handlebar mount, video of Rt 76 bridge crossing from iPhone and ziplock bag of leaves.

Optional item: Helmet, sunscreen, rain coat, other cycling specific clothing.

Additional Equipment/ Supplies Required: Nothing required extra from what I included in kit.

**Activities**

Visual: Show the movie of Patrick and I crossing Rt 76 bridge, and ask the client if recognized what road was this crossing over? Ask client if he/she identifies what kind of bike Patrick is riding, ask client if they have ever seen a recumbent bike. Ask, if they traveled Rt 76 prior? Any feelings positive or negative about the Schuylkill Expressway? Ask if client remembers this stretch of road prior to construction. Does the client have any hesitation to riding over a major highway? Any positive or negative emotions concerning the crossing? Ask client is ever ridden on a bike path before? Does the client know the safety concerns and considerations of trail riding? Turn rear blinking light on and ask if client knows why this item is included? Ask if light is more distracting or potentially helpful while riding in groups? Look at trail map book, ask if client knows place to ride that wasn't included in book. Ask, client if they know how to read trail maps. Have client put sunglasses on. Ask if they even like to wear sunglasses.

Auditory: Using the iPhone, play Queen's "Bicycle Race". Ask client if they know the song and does it provide positive feeling or negative feelings on riding bikes. Also utilizing the iPhone, have client view the bridge crossing video and ask if they can hear the traffic. Ask if client has ever been stuck in traffic. Ask of emotions considering traffic. Ask client if they can hear the slight squeak coming from Patrick's bike? If they can hear it, ask if it reminds them of anything from prior experiences. Ask if their bike ever would squeak and what they did to remedy it.

Tactile: Have client knead the sports gel packet in between their fingers. Ask if they think the gel is consumable. Explain what it is and what it is used for. Ask client if they would ever conceive trying the gel during a long, exhausting ride. Show the client the tool kit, tube and pump. Have Client operate pump. Have client feel the air flow against their skin.

Smell: Ask the client to describe the smells associated autumn. Introduce the bag of leaves and ask client if they have memories of racking leaves or playing in piles of them as children. Ask if they have seasonal preferences or if they dislike the fall.

Taste: Introduce client to the banana, granola bars and gel packs. Ask the client what type of snacks they prefer to fuel physical activities. Ask client to taste the sports gel packet. Ask if they have ever seen or heard of this type of endurance food. Ask client if bananas or granola bars are preferred.