

Mary Cassidy

Sensory Stimulation Kit

Birthday Party

Supplies:

Kit Contents: balloon, clown nose, party game, goodie bag, streamers, ribbons, blow horns, party hats, stickers, foil shreds, glasses, candles

Optional Item: piñata, cake, music

Additional Equipment/ Supplies Required: CD player, bat to hit piñata, plates, forks

Activities:

Visual: Take the balloon out. Ask the client to read what the balloon says. Ask them to describe what the balloon looks like. What are the different colors? Next take out the party game. The party game is like a game of pin the tail on the donkey just a pirate version. Have the client first try to pin it on the right spot without wearing a blindfold. Ask if this activity was hard or easy for the client and why. Ask them what could have made it easier or harder and try them out. Next, take the ribbons out. Cut the client a long ribbon and cut yourself a long ribbon. Do a movement and ask the client to repeat after you. Have the client then pick a different movement and you repeat it. Ask the client another time they have used or seen ribbons. Take out the party hats and ask the client to describe the hat and what is on them. Describe colors, shapes, characters from movies, etc. Have them put the hat on. Take out the foil shreds. Have the client distinguish between the colors. Ask client to put the glasses on. Ask them how it affects their vision. Take the stickers out. Ask the client to read each of the different kinds of stickers. Ask them which sticker they like best. Tell them they can wear it if they would like.

Auditory: Take the blow horns out. Ask the client to make a soft noise with it and then a loud noise with it. Try to have them blow the happy birthday song with the blow horn. Then, put on music for the client. Ask them if they like the song or if they would like to pick one. Then you can both dance together.

Tactile: Take the clown nose out. Ask the client to squeeze the clown nose and describe what it feels like. Ask them what else feels that way. Ask them to put it on. Is it comfortable or uncomfortable? Bring out the party game again. This time ask the client to try to pin it correctly with the blindfold on. Ask if it made it easier now that they have done it before without the blindfold. Take the piñata out and ask the client to try to break it open. Ask if it was easy to break it open. Ask if they could do it blindfolded. Bring out the streamers. Ask the client to help you put the streamers up. Ask them how they would like to put them up. Is there a certain design or pattern they normally see at a birthday party? Which way would they like it?

Smell: Burn the candles on the cake and ask if they can smell the burning. Ask them to describe what other smells they have smelled at birthday parties before.

Taste. Give client a goodie bag of candy. Tell them that they can eat some if they want. Ask them what kind of candy they like? Sour, sweet, or chocolate? Offer them some cake. Ask them if they like vanilla or chocolate cake better and why. Ask if there is another type of cake that they like. Ask what other type of food they normally eat at a birthday party.