

ACTIVITY WRITE-UP

Name of Activity: Body Part Debrief

Name of Student: Matt Eshelman

Type of modality	Cooperative Game/ Adventure Therapy
Type of play	Shared Cooperative, Parallel, and Onlooker
Interaction pattern	Extra-individual, Aggregate, Inter-individual, and Intra-group
# of participants required	Limitless
Equipment/supplies	One Body Part Debrief kit or equivalent homemade materials in shapes of body parts. Fabric filled with cotton balls; cut and sewn in shapes of body parts can be utilized.
Facilities required/environment	Large open space in which group comfortably converse during debrief session
Precautions	Ensure group will not be grossed out or some other way turned off by premise of game. Certain populations may find even plush body parts not items for leisure and recreation

Directions

1. Facilitator informs group to make a circle with ample space to ensure comfort.
2. Upon completion of circle, facilitator will explain “Body Part Debrief” to participants
3. Explaining that each person will pull a body part out of the bag and explain what that part had to do with something from the previous activities or any aspect worth debriefing.
4. Facilitator demonstrates by going first, she pull out a heart and states she loved meeting everyone
5. Facilitator explains that everyone will pull out a part and explain something positive that pertains to said object.
6. As bag is passed and participants state their opinions, facilitator asks group if they agree or disagree with what has been said.
7. Once multiple individuals take their turns, facilitator attempts to make the connection to who is sharing with the group
8. The group continues this until all have been able to share their relevant experience.
9. Upon completion of activity facilitator explains the importance of debriefing and encourages group to take this concept out to their own worlds.
10. Group is instructed activity is over and to clean up plush body parts ensuring all are returned to their bag.

Activity Analysis

Category	Skills
Primary body position	Sitting or Standing

Part of the body required	Hands, arms, head, neck and feet/legs if standing
Movement	Pick up plush body part utilizing scissor grasp then replacing said object back into bag when turn is over.
Physical	Balance: dynamic sitting, balance: sitting still, bilateral integration, crossing midline, fine muscle coordination, gross and fine muscle coordination, motor control, active range of motion: upper extremities, speed, and visual-motor integration
Cognitive	Alert, focused attention, sharing attention, sustaining attention, categorization, cognitive flexibility, simple decision making, short term memory, orientation to persons, places and times, sequencing, abstract thought, concrete thought, strategy and spatial operations.
Social	Conversation, heterogeneity, homogeneity, interpersonal interactions, maintaining social space, relating to equals, regulation of behavior, forming relationships, social cues, social conduct, self-expression, and showing respect and warmth socially.
Perception	Auditory, visual and tactile sensory functions
Communication/language	Reception to spoken and body language, expression of spoken language, and producing body language
Self-care	N/A
Psychological/emotional (possible)	Joy

How to Simplify the Activity

- Use less items depending on populations. Also, depending on population RT may need to pull items out of bag and assist pt.
- Therapist could have group pair up and make collective statements of experience.

How to Make the Activity More Complex

- Group be made to have to remember everyone else's items
- Only allow item to be used once
- Have group members all respond to what participant comments on bringing the group closer together.
- Ensuring safety, Have group throw items back and forth to develop hand/ eye coordination
- Instruct multi-cultural populations speak of what they are reminded of from their home country

Other Comments

Body Part Debrief is a great way to break the ice and be able to share experiences with groups in an unassuming playful way. The depth of this activity are truly limitless and will work for almost any population especially ones that need a relief from tension and want to have fun while conducting meaningful interventions and discussions.