

Sensory Stimulation Kit
Theme: Bubble Bath
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Supplies:

Kit Contents: Bath brush (long handle to help clients with limited AROM), mermaid bath toy (ages 3 and older), loofa, wash cloth, scented body wash, scented bubble bath soap, shower cap, scented candle, bar of soap, tea bags, chocolate, book (type of book can change for age or needs of client), smartphone (play music), towel

Optional Item: A large body of water that client could immerse themselves in (i.e. baby pool, or bath tub if one has access), other toys or books depending on client's age

Additional Equipment/ Supplies Required: Tea pot to boil water, speakers that are compatible with smartphone, mug for tea, large bowl filled with water, matches or lighter

Activities:

Visual: Ask client to pick up mermaid bath toy, and describe the colors of the toy. If the client is able to identify all of the colors on the bath toy, allow them to play with the toy in the large bowl of water (do this activity if age appropriate, or change toy to another bath item that is age appropriate). Provide a towel for the client to dry off. Then have client read the title of the book (make sure book is age appropriate). Ask them what their favorite book is. Do they ever read while taking a bath? Is reading a form of leisure for the client? What type of books do they enjoy the most?

Auditory: Have speakers set up, and allow the client to pick their favorite Pandora station, or genre of music from smartphone. Also allow the patient to set the volume of the music. Ask the client if they typically listen to music while taking a bath. If yes, does music help them relax? If no, do they think they might want to play music while taking a bath in the future?

Tactile: Start by giving the client the shower cap. Let them feel the material of the shower cap, and ask if they have ever worn one before. Allow the client to wear the shower cap, if they feel comfortable. Then have the client hold the bath brush, and practice the motions associated with using it, like washing their back, arms, and legs (AROM in upper extremities). Ask the patient how the bath brush feels on their skin. Do they like this sensation? Does it feel rough, smooth, hurt or feel good? Then ask the client if they like using a wash cloth or loofa more; provide them with the wash cloth or loofa. Have the client describe the texture of the wash cloth or loofa. Then ask the client to pour some of the scented bubble bath soap into the large bowl filled with water, and ask them to use the wash cloth or loofa to mix the water around. Once they start to create bubbles, ask the client how the bubbles feel. Do they like the bubbles? *If it is safe for the client to submerge themselves into a body of water, and there is space, have a baby pool set up and allow the client to go into the water* Next allow the patient to choose between the bar soap and scented body wash. If they choose the bar soap, have them rub the bar soap on the wash cloth, while holding it in the bowl of water. Let them rub the wash cloth up and down their arms. Ask them what type of sensations they feel. Do they like the feeling of the wash cloth on their skin? If the client chooses the scented body wash, have them pour a small amount of the body wash on the loofa, and then have them get it "sudsy" under water. Ask them to describe how the loofa feels in their hands. Let them rub the loofa up and down their arms. Ask them about the sensations they feel. Then have patient dry off using the towel, and ask them what it feels like to wipe away the excess water.

Smell: Have the scented candle lit for the client to smell. Ask them to identify the scent of the candle. Ask if they ever light candles, while taking a bath, and if they have a favorite scented candle. Then have patient smell the scented body wash. Ask the patient what their favorite scent and brand of body wash is. Ask them if certain scents remind them of taking a bath, and if those scents elicit any feelings. Does it make them feel warm, happy, calm, relaxed, etc?

Taste: Ask the client if they ever enjoyed a piece of candy, while taking a bubble bath. What is their favorite type of candy or chocolate treat? Then ask the client if they have ever drunk a cup of hot tea, while taking a bath or after a bath. Ask the client if the warm drink soothes them, or helps them relax. Ask the client what their favorite flavor of tea is. Offer the client a piece of chocolate and a spot of tea, if their diet permits.