

## ACTIVITY WRITE-UP 3

### Name of Activity: Don't Quit

Type of modality	Creative writing; discussion group
Type of play	Shared cooperative
Interaction pattern	Intra- group
# of participants required	2-10
Equipment/supplies	“ You Must'n Quit” hand out, pen or pencil
Facilities required/environment	Activity will work best in a comfortable environment, sitting, with a flat surface to write on
Precautions	Make sure everyone in the group is comfortable answering all the questions before having them join the activity. Somethings to consider while doing this activity are bringing back bad memories for the participants. This activity will be hard for people that have memory loss, brain injury, or reflection anxiety.

### Directions

1. Pass out the Don't Quit hand out
2. Have one person in the group volunteer to read the poem out loud
3. Everyone else in the group should listen and be respectful to the speaker
4. Discuss with the people in the group about their interpretation of the poem
5. Have someone in the group read the questions out loud
6. Give everyone 15 min to answer every question
7. Discuss the response that every person wrote down
8. Each person can share one insight they developed while completing the activity
9. Everyone can then take the worksheet home to reflect on.

### Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Hands
Movement	Grasp 3-jaw chuck grasp, picking up, turning/ twisting hands and

	arms
Physical	Crossing midline, Balance: Dynamic sitting, Fine muscle coordination,
Cognitive	Arousal/ alertness, concentration, insight, memory; long term, orientation; person, reading, spelling, thought; concrete, writing
Social	Conversation; starting, sustaining, and ending, Relating with equals and subordinates, regulating behavior, relationships: forming, self-expression, showing respect & warmth.
Perception	Auditory function, visual function
Communication/language	Reception to the spoken language
Self-care	N/A
Psychological/emotional (possible)	Joy, pain, anger, guilt, frustration

### **How to Simplify the Activity**

The facilitator can read the poem out loud to everyone in the group and have them answer the questions orally.

### **How to Make the Activity More Complex**

Have everyone get a partner after completing the questions and discuss in-depth each answer they wrote. This can help people think of a more positive way to react in certain situations and let the partners relate to one another in a deeper level.

### **Other Comments**

The best population to do this with are eating disorders, addiction, poor self-esteem, and physical injuries.