

ACTIVITY WRITE-UP #4
Gabrielle Martin

Name of Activity: Make Your Own Mini Compost Bin (Physical Disabilities)

Type of modality	Primary: Horticulture Secondary: Arts & Crafts
Type of play	Shared Cooperative
Interaction pattern	Intra-group
# of participants required	3-5
Equipment/supplies	<ul style="list-style-type: none"> • Set of written instructions for each group • Paint brushes • 2 containers • Newspaper • Scissors • Cardboard • Styrofoam cup • Paper towels • Water • Soil • Worms (5 Red Wigglers) • Adaptive equipment: universal cuff, adaptive gardening tools, and foam tubing
Facilities required/environment	<ul style="list-style-type: none"> • Table with chairs • Indoors or outdoors
Precautions	<ul style="list-style-type: none"> • Make sure the participants have the right equipment to properly complete the tasks, for example, universal cuffs or foam tubing to place on equipment. • Make sure the environment is wheelchair accessible and that the table is the correct height so that the participants can easily slide their wheelchair under the table. • Make sure all supplies are at each table and within reach of the participants.

Directions

1. Paint 1 of the 2 containers (this will be the outer container).
2. Shred/rip newspaper into small pieces.
3. Cut cardboard cover (make sure it is slightly smaller than tub lid).
4. Poke holes into the bottom of the other container (not the painted container, the inner container)
5. Cut ring of Styrofoam cup to place at bottom of outer container (allow for air flow)
6. Put paper towel in bottom on inner container.
7. Dampen newspaper and place into inner container.

8. Place a bit of soil into the inner container on top of the newspaper.
9. Place the inner container into the outer container.
10. Add worms to container (start with 5 red wigglers).
12. Place cardboard lid on top of container.
11. Mini compost bin is then complete and one of the group members can take it home or it can be left at the facility, community center, etc. for the group members.

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Arms and hands (fine/gross motor tasks)
Movement	Grasp: radial-digital, 3-jaw chuck, and pincer, lifting objects, picking up, turning or twisting arms and hands.
Physical	Balance: dynamic sitting, bilateral integration (ripping newspaper, holding container while painting it), crossing midline to get supplies on table, fine and gross muscle coordination
Cognitive	Arousal/alertness, focused attention, sharing attention, sustaining attention, concentration, decision making simple (choosing which color to paint container), long and short-term memory to complete task, and reading (instructions).
Social	Conversation: starting, sustaining, and ending, heterogeneity, homogeneity, interpersonal interactions, maintaining social space, relating with equals, self-expression, social conduct, social cues, showing respect, warmth, and tolerance.
Perception	Auditory, tactile, and visual.
Communication/language	Reception to spoken language, written language, and body language. Expression of spoken language and producing body language.
Self-care	N/A
Psychological/emotional (possible)	Joy-when having a good time with group members or when the task is complete. Guilt- if they do something wrong and feel they have let the group down. Pain- if a member of the group is being secluded. Anger- if they cannot perform a specific task of the activity (get angry with themselves) or if they have a conflict with a group member. Fear- of not being able to do a task or the group not liking them. Frustration- if abilities do not match requirements of task.

How to Simplify the Activity

- This activity can be simplified by having the facilitator go through and explain the instructions step by step and making sure each group correctly completes the task at hand before moving onto the next task.

How to Make the Activity More Complex

- This activity can be made more complex by having each individual make his or her own mini compost bin and do the work independently.

Other Comments

- Make sure that if someone in the group takes the mini compost bin home, everyone in the group is fine with the decision.
- If the facilitator gives the groups worms, make sure to explain the care and feeding of the worms
 - Small scraps of food like carrot shavings, coffee grounds, tea leaves, or crushed egg shells. Make sure the food is gone before you add more food to the compost bin.
 - Do not feed the worms poultry, meat, fish, dairy, junk food, animal feces, or non-biodegradable materials.
 - Lightly spritz newspaper with a spray bottle if paper gets dry. If container too wet worms will try to climb out.
 - Use water in outer container to water plants.
 - Keep bin in shade and 40-80 degrees Fahrenheit.