

ACTIVITY WRITE-UP

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Name of Activity: Me Tree

Type of modality	Arts and crafts
Type of play	Shared cooperative
Interaction pattern	Intragroup
# Of participants required	1-3
Equipment/supplies	Colored pencils, crayons, markers, blank sheets of paper
Facilities required/environment	Table and chairs, quiet room with little distractions
Precautions	Do not use this activity with populations with extreme negative self-confidence/depressed. Keep track of all sharp objects.

Directions

1. Brainstorm ideas of types, characteristics and qualities of trees.
2. Using the tree as a metaphor, individuals should consider themselves as a tree.
3. Next, draw that tree and include what type of tree, which season and the surrounding environment
5. Once tree is complete, the group should think of five positive qualities or strengths about themselves and write them by the roots of the tree.
4. Then instruct the group to write down five personal accomplishments they are proud of, write these by the branches of the drawing.
5. Everyone in the group can then show their completed drawing to each other.
6. The leader of the group should then ask the "Reflection Questions".
7. Describe your drawing
8. In what ways does you tree represent you?
9. What are thoughts and feelings about identifying your personal strengths and accomplishments?
10. What can you apply from this activity to assist you in your life?

Activity Analysis

Category	Skills
Primary body position	Dynamic sitting balance and static sitting
Part of the body required	Abdominal control, arms, hand and wrist function.
Movement	Grasp: palmer, scissor, radial digital, 3-jaw chuck, pincer or use

	of universal cuff if needed. Wrist and elbow flexion and extension. Turning or twisting hands or arms. Crossing the midline while reaching for supplies.
Physical	Active range of motion: Upper extremities. Visual motor integration. Fine motor skills.
Cognitive	Sustaining attention, cognitive flexibility, conception formation, concentration, simple decision making, insight, reading, spelling, spelling, abstract thought
Social	Conversation, handling criticism, maintaining social space, heterogeneity/homogeneity, interpersonal interactions, regulating behavior, self-expression, social conduct, social cues, showing respect and warmth and tolerance
Perception	Tactile, visual, and auditory perception functioning
Communication/language	Reception to spoken, written, body language. Expression of spoken and written language
Self-care	N/A
Psychological/emotional (possible)	Joy, fear, anger, emotional pain or frustration

How to Simplify the Activity: This activity could be done with a therapist and one other patient. This could facilitate a more private environment for patient to share feelings.

How to Make the Activity More Complex: Maybe ask a more meaningful question like, what event in your life made your characteristics prominent? Participants could also write down more than 5 accomplishments or strengths.

Other Comments: Be aware of emotions that could fluctuate during activity due to reflecting on positive self-image, this could be frustrating and challenging for some patients.