

## ACTIVITY WRITE-UP

### Name of Activity: Planting Seeds

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Type of modality	Horticulture
Type of play	Shared cooperative
Interaction pattern	Intra-group
# of participants required	6-20
Equipment/supplies	Flower pots or planters (can also utilize things like egg cartons that can then be planted into the ground), soil, gloves, seeds, water
Facilities required/environment	Can be done inside with an open area that has tables
Precautions	If using gardening tool, safety precautions should be taken when handling these different pieces of equipment.

### Directions

1. Leader to break individuals into groups.
2. Leader instructs each group to take a flower pot or planter, soil, gloves, seeds, and water
3. Leader gives each group guidelines on how to plant seeds
4. Each group is assigned one member to lead the activity, and assign roles to other group members
5. Group must first put flower pot or planter on table
6. They must then fill the flower pot or planter about  $\frac{3}{4}$  of the way with soil
7. Next, a hole should be hallowed out of the soil as an area to place the seeds (this group member can choose to wear gloves)
8. Next member places seeds into the hole that was just made and covers the seeds with soil
9. Water the seeds until the soil is dampened, but not puddling
10. Place the new seedlings in a window or outside so they receive sunlight

### Activity Analysis

Category	Skills
Primary body position	Sitting or standing (depends on each members preference)
Part of the body required	Upper extremities
Movement	Carrying in the hands, Grasp (palmar, radial-digital, scissor, 3-jaw chuck, pincer), lifting, manipulating, moving around using equipment, picking up, putting down objects, pushing with

	upper extremities, releasing, standing, turning or twisting hands or arms, walking short distances
Physical	Balance: dynamic sitting./standing, bilateral integration, cardiovascular endurance, crossing midline, fine/gross motor coordination, motor control, muscle strength, AROM: UE, visual motor integration
Cognitive	Arousal/alertness, attention (alternating, sharing), cognitive flexibility, concept formation, simple decision making, initiation, insight, judgement, orientation (topographical, person), reading, sequencing, spatial operations, strategy
Social	Conversation: starting, maintaining, ending, heterogeneity, homogeneity, interpersonal interactions, maintaining social space, relating with equals and authorities, regulating behavior, relationship forming, social conduct, social cues, showing respect, warmth and tolerance
Perception	Auditory, tactile, visual
Communication/language	Reception to spoken language, reception to written language, reception of body language, expression of spoken language, producing body language
Self-care	NA
Psychological/emotional (possible)	Pain, joy frustration

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

One can have participants “transplant” seedlings that have already grown into planters or flower pots. Gardening tools could also be provided to make the activity easier.

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

Let people work individually and not in a group. Also, have participants research the best environment for the different types of seeds they are planting.

### **Other Comments**

This activity can also be done outside in an actual garden. Flower pots would no longer be necessary, but gardening tools would be necessary.