

Hannah Beck

Sensory Stimulation Kit Write Up: **Tea Party Theme**

Supplies:

Kit contents: teacup, saucer, napkin, tea bags, hand warmer, lace doily, beads, gloves, a flower, a spoon, a whistle, jam, honey, and cookies.

Optional items: Whistle (the whistle is there for auditory stimulation if a teakettle is unavailable). Hand warmer was added to provide tactile stimulation to feel the warm sensation of holding a cup of tea, if tea is not actually prepared, making a real cup of tea is optional.

Additional equipment/supplies: Ipod to place music on (auditory stimulation) and a teakettle on a stove or access to a microwave to heat water.

Activities:

Visual: Take the invitation with bright colors and glitter out of the envelope, ask patient to read the invitation. The invitation has blank spaces for the details of the tea party, like when, where and why. Ask the patient the date, where they are and why they are in the facility, to test orientation. Ask patient to pick up the flower, ask what their favorite types of flowers are. Ask if they like flowers in their house or used to grow their own flowers in a garden. Next take out the napkin, doily, teacup, saucer, spoon, and flower. Ask patient to describe and show how to set a table. What might look nice on the table or be helpful to have at the table for a tea party.

Auditory: Using the ipod, start to play music, like classical music that creates a calming environment. Ask the patient if they like any specific classical music and if they know any names of songs they would like played. Next, ask the patient to blow the whistle softly, then again at a higher pitch. The whistle can be served as the “teakettle whistling” (if there is no stove or teakettle to actually boil water). Discuss what the patient could do once the tea is boiled and what steps to follow to prepare for a cup of tea (like sugar, honey, or milk to add).

Tactile: Hand the patient the orange polka dot bag, then ask if they can feel the heat (the hand warmer can represent the feeling of warmth when holding a cup of tea). Ask the patient if they have any memories associated with drinking tea (like a certain family member they would have tea with or certain time of year they would normally drink tea more). Ask the patient to pick up the strand of beads and light green gloves, see if the can maneuver putting each item on (give assistance as needed). Talk about what types of clothes you would wear to a tea party, like what kind of apparel would be appropriate.

Smell: Ask the patient to open the jar of jam (giving assistance as needed). Ask the patient what types of food at a tea party could you put jam on. Ask what their favorite type of jam is. Discuss other types of food that would typically be served at a tea party. Ask patient to pick up the last two mesh bags, ask them to smell the different types of teabags in the mesh bags. Talk about what their favorite type of tea might be.

Taste: Open the package of cookies and offer the patient some. Ask patient to describe the taste (sweet, salty, bitter, crunchy?) Ask the patient what kind of cookies they used to like to bake, or their favorite kind of cookie. If water was heated for the activity (either with a teakettle or microwave), therapist can pour the water into the cup and seep a tea bag. Ask patient to add honey to their cup of tea if they would like. Ask patient to describe the taste of the cup of tea. Talk to the patient about different things they could add to their cup of tea besides honey.