

Rebecca Marinucci

Sensory Stimulation Kit **Theme: Beach**

Supplies:

Kit Contents: Photos of the beach, beach hat, fabric piece (woven cotton for beach towel), cooler, CD of beach music and sounds of the beach, sea shell, bathing suit, sand, sunscreen, salt water, lemonade, Almond Joy.

Optional item: Sunglasses, Chex-mix

Additional Equipment/ Supplies Required: CD player to play beach CD

Activities

Visual: Have the client look at the cooler. Ask the client what a cooler is used for. Next show the pictures of the beach, and ask client if they have ever gone to the beach (if so, where did they go?). Do they enjoy going to the beach? What are some of their favorite things they like to do on the beach? Next show client the towel. Do they like the texture of the towel? Is it rough or soft? Ask client what towels are used for at the beach. Lastly, have the client hold the hat. Ask the client if they wear hats at the beach. Ask the client if they know what hat's do for you at the beach. Have them try on the hat. Do they like how it feels?

Auditory: Using the CD, play songs that resemble summer time (CD #'s 3.4.5.6.8). Ask the client to guess what song it is and/or who is singing the song. Ask the client if they ever saw the singer in concert. Ask clients to answer Yes/No if they like the song, and to share what they do/don't like about it. Next play the CD that has the sounds of the beach (CD #'s 1,2,7,9). Ask the client to guess what they can hear in the recording (are there people talking? Birds chirping? Ocean waves crashing?) Ask the client if they enjoy these sounds. Do they find them relaxing? Ask the client what their favorite part about being at the beach is. *You may also want to use the CD player for this activity so they can hear the sounds and songs at the volume they need.

Tactile: Give the client the conch shell to hold and have them describe it. What does it feel like? Is it soft or scratchy? Ask the client if they remember seeing these scattered along the beach. Ask the client if they used to use to collect seashells when they went to the beach or if they collected other items. Have the client hold the shell up to their ear and ask them if they can hear the ocean. Next discuss the sand. Have the client touch and feel the sand. Ask the client if they enjoy sand and like to play in the sand. Have the client feel the sand. *You may also use the salt water to wet the sand. Have the client feel the difference in texture. Which texture do they prefer, wet or dry? Next discuss the bathing suit. Ask the client if they prefer the ocean or a swimming pool and why they prefer that one.

Smell: Ask the client to describe the smells associated with the beach. Open up the sunscreen and have the client smell it. Do they like the smell? Ask them if they would like to feel it, if so put some in their hands to rub in. Do they like the texture? Next have the client open the salt water. Have them smell it. Does it smell like the ocean?

Taste: Ask the client what snacks they bring to the beach. What was their favorite snack? Was it a cold snack? Offer the client some lemonade, almond joy (*diet permitting). Ask them to describe the taste. Do they like it? Is it sweet, sour, cold, warm, etc.? Do the flavors remind them of the beach?

1. Waves crashing 1
2. Waves crashing 2
3. Margaretville Jimmy Buffett
4. Cheeseburger in Paradise Jimmy Buffett
5. Drift Away Uncle Kracker
6. Surfin' USA The Beach Boys
7. Waves crashing 3
8. Good Vibrations The Beach Boys
9. Seagull sounds