

Sensory Stimulation Kit
Theme: Carnival
Gabrielle Martin

Supplies:

Kit Contents: Plush lion toy, rubber duck, microwave popcorn, rainbow lollipop, kazoo, tattoos, face makeup sticks, kaleidoscope, clown nose, harmonica, glow bracelets, prickly toy animals, bouncy ball, hand clapper, water balloons, and light up star pin.

*Optional items: Small net and carnival music.

Additional Equipment/Supplies Needed: Microwave for popcorn, medium bowl, damp paper towel for tattoos, water for rubber duck, napkins, access to sink for water balloons, and laptop/phone to play carnival music (found online).

Visual: A carnival consists of many bright colors, which is demonstrated by the objects in the kit and you can have the client identify the colors of the objects. Ask client which color is their favorite and which colors remind them of a carnival. Ask client to look into the kaleidoscope and describe what they see or what colors they see. If the client sees a picture in the kaleidoscope ask them to describe it. Show client the clown nose and without telling them what this item is ask them who wears this item. After client discovers it is a clown nose ask them if they like clowns or not, and why. Lastly, the glow bracelets and the light up star pin can be visually stimulating by the use of light. Ask client what things at a carnival light up. Additional questions/topics include: Tell me about your first time at a carnival or what you imagine a carnival to be like, what was your favorite part, and who did/would you go with? (re-word questions if client has never been to a carnival)

Auditory: Place popcorn in the microwave without client seeing what is placed in the microwave and ask them if they recognize what is in the microwave by the sound it is making. Ask client if they enjoy popcorn and if it reminds them of a carnival. Ask client to play with the kazoo, harmonica, and hand clapper and ask them which toy was their favorite and if they can imitate the noises with their voice or hands. Also ask client where they would hear these sounds at a carnival, for example, the hand clapper may remind them of a crowd clapping for someone at a carnival if they are winning a game. *Carnival music can also be played during the session to initiate a carnival atmosphere and stimulate the client's auditory sense.

Tactile: Give client the prickly animals, the round bouncy ball, and the clown nose and ask them to describe the difference in feeling between them. Next, give the client the plush lion toy and ask them if this feeling reminds them of anything (animals, other toys, etc.). The rubber duck can then be placed in a medium bowl of water. * You may also want to include a small net for the client to use to catch the rubber duck (holding small net- fine motor skill) and have client touch the water and describe the feeling. Ask client if they ever played a game like this at a carnival or if they ever went anywhere where they saw ducks. Filling up water balloons can also incorporate fine motor skills by asking client to put the balloon around the sink nozzle (if client cannot, facilitator can do it for them) and turn on the sink to fill the balloon. Ask client what games could use water balloons at a carnival. Face painting and applying tattoos can also be used to simulate tactile senses by the feeling of water on client's skin or the face paint sticks.

Smell: When the popcorn is popping ask client to use their sense of smell to determine what is in the microwave and ask what other smells are associated with a carnival. Also have client describe the smell of the lollipop.

Taste: Ask client what food you can buy at a carnival and what is their favorite. Have client eat some popcorn or have the lollipop and describe the taste. Is it salty, sweet, buttery, fruity, etc.?