

Kiani Ward

## Sensory Stimulation Kit

Theme: Christmas

### **Supplies:**

Kit contents: Wrapped gift box, bow with bells, mistletoe and pine scented candle, Christmas post card, cotton balls (representation of fake snow), silver garland, Christmas stocking, large candy cane, instant hot chocolate, jingle bells bracelet, CD of Christmas songs, silver Christmas tree representation (cup wrapped with garland), Christmas lights

Optional item: actual snow (if activity done during the winter), lighter/match to light candle (take precautions)

Additional Required Equipment/Supplies: CD player/computer with speakers to play music, AA batteries to operate Christmas lights, mug/cup and microwave to heat hot chocolate

### **Activities:**

Tactile: \*items inside of stocking should be removed prior to activity\*

- Give client the Christmas stocking to feel and describe? Ask client if they like the feeling of the stocking. Why or why not? Ask client what other items related or unrelated to Christmas have similar texture/feeling (e.g. Santa's hat, cat's fur). Ask client what kinds of items typically fill a Christmas stocking.
- Have client pick up fake snow/cotton balls (fine motor task). Have client to squeeze and release cotton balls and describe the feeling. Ask client to combine cotton balls to make a "snowball". Ask client differences in feeling between the cotton balls and real snow (e.g. temperature, size).

Taste:

- Ask client their favorite Christmas time meals, snacks, drinks, etc. Heat up instant hot chocolate and offer client to try. Offer client to taste candy cane and ask where one may typically find a candy cane during the holidays (e.g. hanging from Christmas tree). Ask client the differences in taste between the two items (e.g. sweet, rich, creamy, smooth vs minty, hard). Ask client which treat they prefer and why?

Smell: \*note candle can be lit if preferred, precautions should be taken\*

- Take top off of candle and present to client.
- Ask client to smell the candle and describe the type of scent of the candle. Ask how those scents make them feel? What does the scent remind the client of?
- Orient client to the specific name of candle, "mistletoe and pine".
- Ask client if they agree that the name of candle matches the smell. Why or why not?

- Smells from the candy cane and hot chocolate in the above section can also be discussed.

#### Auditory:

- Ask client to open and close the wrapped gift box so that bow on the outside jingles. Ask client who or what the sound reminds them of (e.g. Santa's sleigh).
- Using the CD play various Christmas songs, observe which songs client responds more favorably too and ask client why this song is enjoyable for them. If not played, ask client their favorite Christmas song, in addition to describing its rhythm, beat, lyrics, etc.
- Hand client the two jingle bells bracelets, and play track "Jingle Bells" on the Christmas CD. Have client to shake/ring the bells along to the rhythm of the song accordingly. Bracelets can either be held in hand or placed around client's wrist if grasp is limited.

#### Visual:

- Show client the post card. Have client to read the card aloud (therapist can read aloud if client cannot). Ask client what type of images/people they recognize on the card. Discuss colors used and how they relate to Christmas. Discuss relevance of the North Pole (e.g. who/what lives there, weather, etc.)
- Have client to focus attention on Christmas tree representation. Ask client what they notice about the color of the "tree". How does the color of this tree differ from typical Christmas trees? (e.g. silver vs. green) Is the shape of the Christmas tree similar or different from most? What could be changed or added to the tree to make it more appealing? (e.g. ornaments, lights, star at the top, etc.)
- Turn on the Christmas lights for client. Have client identify different colors present. Have client identify the pattern/order the lights are in (e.g. blue, red, green, yellow)