

## **Sensory Stimulation Kit**

Theme: Under the Sea

### **Supplies:**

Kit Contents: Ocean scented candle, Photos of sea creatures, Sand, Shells, Mermaid, Squishy octopus, Sea scrub, "Ocean Water", CDs of ocean music, Swedish fish, Goldfish, Treasure Chest

Optional Item(s): Put all contents in aquarium, decorated aquarium backdrop, Sea animal fact sheet

Additional Equipment/Supplies required: CD player to play music, Napkins to serve snacks on & wipe off the sea scrub.

### **Activities:**

Visual: Show the client pictures of the various animals that live in the ocean, and ask the client to identify them (by naming or pointing to the correct picture when the name is given.) Discuss each of the animals listing their habitats, foods they eat, and any other information the client is able to give on the sea creature. Then play "guess that animal with the client". For this activity using the sea animal fact sheet have the client guess which animal corresponds to each fact. If needed have all the pictures of the sea creatures laid out and have the client point to which animal they think the fact goes with. Next, show the client the treasure chest. Ask the client if they can recall any instances where they have seen people looking for lost treasures believed to be in the ocean. Ask the client to mention movies they have seen that may involve shipwrecks or pirates such as (The Titanic, Pirates of the Caribbean movies, etc). Next, show the client the "ocean water" have the client describe to you the difference between salt water and fresh water. Ask the client color differences between different bodies of water (oceans, lakes, rivers, etc.). Finally, show the client the mermaid statue, see if the client is able to identify what it is. Have the client describe what colors the mermaid has. Ask the client what they would classify the mermaid as (fish vs human, fantasy vs real). Ask the client where they may have seen or heard about these creatures before and what they know about them.

Auditory: Using the CD, play the songs and Discuss with the client to what may be occurring in the song. For example, if there are dolphin calls ask the client to identify the animal, if the ocean gets rough and stormy ask the client to identify the weather that may be occurring, etc. Ask the client to answer yes/no if they like the song, and share why/why not.

Tactile: Give each client a small dab of the "sea scrub" on their hand. Have the client rub the sea scrub in between their fingers (give clients napkin to wipe off, if needed). Ask the client how the sea scrub feels and what they believe the sea scrub could resemble in the ocean. Have the client explain to you what other senses may be stimulated by the sea scrub (e.g. smell) and if they like it or not. Next, using both the sand and shells have the client feel the different textures of the two objects. Ask the client where in the ocean would these two objects would be, and how the two different textures make them feel. Then have the client lay out the shells and discuss the different shapes, sizes, and colors. Have the client identify which animals live in shells and point out different kind of shells that specific creature may live in. Next, pull out the octopus and have the client identify which sea creature it is. Have the client feel/squeeze the different parts of the octopus, have the client describe what they feel. Have the client

name other sea animals or objects that may also have a similar tactile sensations or are known to have tentacles.

Smell: Ask the client to smell the candle and identify what the client believe the smell represents. Ask the client other smells they usually associate with the ocean. Have the client discuss any experiences they have had in the ocean such as snorkeling, scuba diving, etc and ask client to recall specific smells.

Taste: Ask the client about what foods they can name that remind them of the ocean or sea foods they enjoy eating. Have the client name the most exotic sea creature they have ever eaten. Give the client the Swedish fish and gold fish (\*diet permitting) ask them how they resemble the ocean. Have the client determine the difference between the two tastes (salty vs. sweet).