

Sensory Stimulation Kit
Theme: Camping
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Supplies:

Kit Contents: backpack, hammock, sleeping bag, camp stove (with fuel canister), ramen noodles, water bottle, to-go towel, bath wipes, sea to summit bag, hiking book, para cord, headlamp, pine candle, granola bars, lighter, plate

Optional item: Use of stove

Additional Equipment/ Supplies Required: Phone to play fire crackling noises, out door vicinity to use stove (cannot use indoors), plate/fork, area in-between two trees to hang hammock, lighter

Activities

Visual: Show client the book of hiking areas in the state of Pennsylvania. Flip through the book to show how it is organized (organized by sections of Pennsylvania). After client has an understanding of the book layout, ask client to find the area they live in (in the book) and browse through the hikes listed in that area. Ask if he/she has gone on any of the hikes listed in their area. Do any of the hikes look appealing to them? Do any of the hikes remind client of hikes they have taken previously? Ask client to choose one hike (out of the ones listed) that they would like to camp/hike at. Discuss why client chose this hike (ex: allows dogs, has waterfalls, fishing is permitted, has bike routes, etc). Additionally, have client describe what his/her favorite thing to do when camping. How did client learn 'outdoor skills'? Did a family member or friend teach client? Discuss what their favorite hike/camping trip was. Ask the client if they rent their gear (tents, backpacks, sleeping pads) or have their own. Ask about preferences regarding sleeping in a tent vs. sleeping in a hammock. If client has never slept in a hammock, have them try out the hammock. Additional discussion questions include: What is the first camping trip he/she remembers taking? Who did client usually go camping with? How often did client go camping? What was a typical day of camping like (did he/she go hiking, fishing, swimming, etc.)?

Auditory: Use the phone app that plays fire-crackling noises. Ask the client if he/she recognizes this noise. Does it bring up any memories? Ask the client if he/she ever cooked meals over the fire. If so, what is their favorite meal/snack they prepared? If client hasn't prepared a meal over the fire, ask what he/she usually cooks when using a stove. Ask the client if he/she would make a fire in the morning and at night. Ask the client if he/she ever had issues making a fire. What were the issues (ex: was raining, firewood was wet, set up camp too late)? How did he/she solve the problem?

Tactile: Lay out all of the items for client. Ask the client to pick up each item and observe them. After, ask client to choose ten items that he/she finds most important/useful when camping. Ask the client to gather these items together and pack the backpack as if he/she was going camping (unzipping backpack, Velcro/buckling items- fine motor tasks). Ask the client if this is how he/she usually packs their backpack when camping. What supplies weren't included that the client usually brings. Does he/she feel that some of the items are too big and take up too much space? If so, ask the client what item(s) could address this issue (ex: sleeping bag compactor). Ask client if he/she likes the backpack in the kit. Have client try on the backpack (assistance may be necessary). Have client adjust all straps and unbuckle waist buckle before trying it on. Ask the client to guess how much the bag weighs with all the items inside it. Next, discuss what type of

backpack the client owns. Is it big or small? Does it have multiple compartments? Are there waist straps?

Smell: Ask the client to describe the smells associated with camping. Light pine candle to provide client with a woody scent. Does this scent remind client of the outdoors?

Taste: Ask the client what food they used to bring/cook when they went camping. What was their favorite meal? How long did it usually take to prepare? Offer the client some granola bars, water, and inner peas. Ask the client to describe the taste. Is it salty, sticky, sweet, smooth, crunchy, cold, hot, chewy, etc? Have client use the stove to cook the ramen if they desire (or take apart pieces of the stove and put it back together).