

Victoria DeFazio

**Sensory Stimulation Kit
Theme: Valentine's Day**

Supplies:

Kit Contents: Dirty Dancing Soundtrack, candle, Valentine's Popcorn, Pretzel Hugs, necklaces, ornament, light-up balls, craft set, P.S I Love You DVD, popsicle sticks, photo/memory magnets, tissue paper

Optional item: 2 pink gift bags, jar, paper

Additional Equipment/Supplies Required: DVD player and TV to show movie, CD player to play music, napkins, small containers, lighter or match

Activities:

Visual: Show the pictures of different love items on the magnets and ask the client to describe how he/she feels. Discuss possible dates that could happen at these sites. Ask the client about his/her favorite Valentine's Day date and reminisce about the past. Show clips, or the whole film, from the P.S I Love You DVD. Ask the client if he/she had a love story similar to the one depicted in the movie. Did they enjoy the movie and find it romantic? What was the most romantic date they went on? Ask about preferences regarding romantic movies or romantic comedy films. Give the client the popsicle sticks. Have the client pick three pink and four purple popsicle sticks. Ask the client to read the questions on the sticks and to answer them, providing prompting when needed.

Auditory: Using the Dirty Dancing Soundtrack, play the love songs. Ask the client to name the song and/or the person singing, and if they recognize the song from any romantic movie. Ask the client if the songs remind them of a loved one or object or remind them of a specific date or Valentine's Day. Discuss other famous love songs and ask the client to list some of their favorites. Ask the client to answer Yes/No if they like a song, and to share why they do or do not like it. Using the ornament, ask the client to shake it. Ask the client if the noise reminds them of anything. Ask the client if the noise reminds them of another object (e.g. wind chimes) and ask client to answer Yes/No if they like the noise and to share why they do or do not like it.

Tactile: Give the client the necklace set. Ask the client if they like jewelry and what their favorite type is. Ask the client to feel the necklace and describe how it feels. Did the client ever receive jewelry for Valentine's Day? Hand the light-up balls to the client. Have the client describe it. Ask the client to hit the ball on the table and watch it light up. Ask the client if someone ever surprised them with a gift or romantic gesture on Valentine's Day. Next, hand the client the craft set. Have the client take out the different objects and use them on a piece of paper. Ask the client how the different craft objects feel. Did the client ever make handmade cards for loved ones for Valentine's Day? Did the client ever write love notes to their significant other? Hand the client the tissue paper and have them describe it. Ask if they wrapped Valentine's Day gifts in tissue paper. Ask the client if they ever received a gift nicely wrapped and ask what it was.

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Smell: Ask the client to describe smells associated with love and Valentine's Day (offer ideas such as cinnamon, vanilla, honey, etc). Light the candle and have the client smell it. Ask the client if the smell reminds them of a person or object they love (*Be aware of safety with open flame).

Taste: Ask the client what type of food they used to eat on Valentine's Day. What was their favorite? Did they go out to eat or have a home cooked meal? Ask the client what snacks remind them of Valentine's day. Offer the client some Valentine's Popcorn and Pretzel Hugs (*Diet permitting). Ask the client to describe the taste. Is it salty, sweet, crunchy, smooth, etc? Ask the client if the snacks they tasted remind them of a specific Valentine's Day or of any other special holiday.