

## ACTIVITY WRITE-UP

**Name of Activity:** Mini Compost Bin (for geriatrics)

|                                 |   |
|---------------------------------|---|
| Type of modality                | Horticulture<br>Secondary: arts and crafts  |
| Type of play                    | Parallel, shared cooperative  |
| Interaction pattern             | Parallel, shared cooperative  |
| # of participants required      | At least 2  |
| Equipment/supplies              | 2 pint sized containers, paint, paintbrush, newspaper, cardboard, dirt, water, scissors, Styrofoam cups, paper towel, plastic cup (for water), table, chairs  |
| Facilities required/environment | Indoor or outdoor   |
| Precautions                     | Have buildup of handles available in case patients are not able to regularly grip materials, large enough space so patients can ambulate safely and with supervision if needed, explain to patients that the supplies is not edible |

### Directions

1. Tell participants to gather all the materials at the supply table.
2. Paint outer container and let dry.
3. Shred newspaper, either by scissors or with hands.
4. Cut cardboard (slightly small than tub lid).
5. Carefully poke holes in bottom of inner container.
6. Cut ring of Styrofoam cup to place in bottom of outer container (size of large sour cream container).
7. Place paper towel in bottom of inner container.
8. Dampen newspaper than place in the inner container than follow by adding soil.
9. Add worms.
10. Add orange peels and other biodegradable waste, and observe (within a few days) what happens.
11. Have discussion about what it was like to build the composts, describe how different materials felt (soil, styrofoam cup, paint). Ask if everyone liked or didn't like the activity and why.

### Activity Analysis

| Category                  | Skills                   |
|---------------------------|--------------------------|
| Primary body position     | Dynamic sitting balance  |
| Part of the body required | Arms, legs, trunk, hands |
| Movement                  | Walking short distance   |

|                                    |   |
|------------------------------------|---|
|                                    |   |
| Physical                           | Carrying in the hands, grasping, picking up, putting down objects, releasing, dynamic sitting, dynamic standing, fine muscle coordination, gross muscle coordination, motor control, bilateral integration, muscle strength |
| Cognitive                          | Focused attention, simple decision making, initiation, judgement, intellectual knowledge, concentration, memory short term, recognition shape/form, sequencing  |
| Social                             | Conversation-starting, sustaining, and ending, Interpersonal interactions, maintaining social space, regulating behavior, self expression, social conduct, social cues, showing respect and warmth, showing tolerance       |
| Perception                         | Tactile, visual   |
| Communication/language             | Reception to spoken, written and body language, production body language  |
| Self-care                          | N/A   |
| Psychological/emotional (possible) | Joy, frustration  |

### **How to Simplify the Activity**

Have all the supplies in front of patient's so they do not have to go and get their own supplies, break up the activity (paint the container one day make the compost another day), have all the supplies prepared so the patient's only have to put it together (cup already cut, newspaper already shredded).

### **How to Make the Activity More Complex**

Have patient's stand for part of the activity, have the activity timed, have patient's compete to see which group finishes first, have materials in different areas of the room so patients have to walk more and have materials at different levels so patient has to work on active range of motion

### **Other Comments**

Hand out scissors and collect all scissors once done using, hand out nails and collect all nails when done using, make sure patient's are aware nothing is edible in this activity, pay close attention to patient's that are falls risk, make sure if patient's use RW there is enough space for them to safely walk. Jigsawing supplies could foster communication between pts.