

Alyssa Cruz

Sensory Stimulation Kit
Theme: Girls Night

Supplies:

Kit Contents: Candle, brownie mix, DVD movies (4), magazine, nail polish, make-up (lipstick, mascara, eye shadow, and brushes)

Optional items: Scissors for magazine (can do an arts and crafts activity)

Additional Equipment/ Supplies Required: TV & DVD player to show movies, oven to bake brownies, plates/napkins, lighter for the candle, ingredients for brownie mix, equipment to make brownies

Activities

Visual: Show the cover of the movies and ask the client if she can identify the titles. If clients haven't heard of the movies, discuss briefly what each movie is about. Ask the client what her favorite movie is and what genre she likes the best (comedy, romance, thriller, drama, etc.). Move topic over about celebrities (show magazine): who is your favorite? What do you like about him/her? Then talk about the make-up and nail polish including: do you wear make-up? Do you wear make-up everyday? Do you enjoy putting on make-up? What do you use? What color do you like painting your nails?

Auditory: Ask client if she can tell without looking who is speaking during one of the movies. When a song comes on, pause the movie and ask the client if she knows the artist or song title. Ask what her favorite song at the moment is.

Tactile: Give the client the magazine to look at and flip through the page. Ask her questions about reading: do you enjoy reading? What do you like to read (books, magazines, picture books, etc.)? Moving on to putting on make-up and painting nails, ask the client if she can identify what each object is by close her eyes and holding each object.

Smell: Ask the client if she can tell what scent the candle smells like. While making the brownies, ask questions including: do you like the smell of brownies? Do you like sweet scents? During painting nails, ask the client if the nail polish scent is too strong.

Taste: After making the brownies, ask if the client enjoys the taste (*diet permitting). What do you like about it? Ask the client what other kind of desserts she likes (cookie, cake, fudge, candy, etc.)? If she doesn't enjoy sweets, ask if she enjoys more salty and savory foods.