Victoria Cooper

Sensory Stimulation Kit
Theme: Fall

Supplies:
Kit Contents: Leaves, pinecone, apple cider, scented pod warmer with fall scented pods (or fall scented candles), fabric piece of a sweatshirt, CD of fall sounds mp3 and fall sounds video

Optional Items to Include: Book bag, pencils, picture of school bus, pencil sharpener- to tie first day of school into fall (Optional portions will be in italics).

Additional Equipment/Supplies Required: Laptop/Computer (for playing music and video on CD), cup for cider, outlet to plug in pod warmer, refrigerator for cider

Activities
Visual: Show the picture of the school bus and ask the client to identify the object in the picture, and also ask them what time of year this object is usually associated with. Discuss with the client about times when they took the school bus, and possibly what school was like for them. Ask the client if they remember all the fun about back-to-school shopping, or if they had a fond memory of the first day of school (their outfit, peers, teachers, etc). You can also show the client the book bag that all the items are being kept in, as part of this reminiscing process about school. Show the video of the person walking through the leaves (this mixes in with the auditory portion). As the client watches the video, ask them to envision themselves being the person in this video. Discussion of this could include all five senses (What do they hear? What do they smell?) Ask the client if they remember walking in the leaves, or playing in piles of leaves as children. Additional discussion questions include: Did they ever have to rake the leaves themselves? Did they ever go anywhere to play in the leaves? Do they have any specific memories about leaves (changing colors, raking, playing, etc)?

Auditory: Play the video clip or sound clip of the person walking through the leaves. Ask the client to close their eyes and listen very carefully to every footstep and crunching leaf. Does this sound bring back any specific memories for the client? Again, ask the client to reminisce about walking or playing in the leaves. Was there ever a time they didn’t like the leaves (perhaps raking the leaves is a bad/unnecessary memory). Ask the client if they would like to hear the sound again, as it may be relaxing and aid in reminiscing. When the client is given a pencil to hold (as mentioned in the tactile section), tell the client to close their eyes and you are going to make a sound. Sharpen the pencil. Ask the client if they know what the sound was, and what it reminded them of. Discuss how this related to school, and different types of pencil sharpeners they may have had in school.

Tactile: Give the client the leaves to hold (maybe while watching/listening to the clip). This may help when talking about what leaves remind them of. Next, give the client the pinecone. Ask them to first identify the object, and discuss where it comes from. Have the client close their eyes to feel every ridge of the pinecone and ask the client to tell you what the pinecone feels like. Discuss pinecones with the client. Questions to include: Did they ever collect pinecones? Did they ever decorate pinecones or hang them on their Christmas tree/use them as decoration? Ask the client what season pinecones relate to, and ask them what they wore/wear during that season. Reference sweatshirts and sweatpants, and give the client a piece of the sweatshirt material to feel. Did they have a favorite sweatshirt/sweater that they wore a lot? Give the client a pencil to hold. Ask them to write their name using it, if they are able to. Do they remember using pencils in school, as well as at home? Questions to include: Did they ever forget their pencil for school at home? What happened then? Did they prefer pen or pencil?
Smell: Ask the client what smells are associated with fall. Plug in the pod warmer (away from the client - it can get hot) and put the scented pods onto the warmer. The fall scented pods are apple, cinnamon, and pumpkin. (These can take a while to melt and for the scent to be released, so you may need to have this plugged in and warming ahead of time. Maybe start this discussion when you can smell the scent finally being released. You could possibly ask the client ahead of time which scent they like the best, so that you can use the one they prefer). You could also use a candle if a pod warmer is not available to you. Ask the client to close their eyes and take a deep breath to smell the pod warmer. Have the client describe what the scent reminds them of.

Taste: Ask the client what tastes they think of when the season of fall is mentioned. What was something they had to eat/drink every fall? Did they ever try making any of these at home, or was it always store bought? Offer the client some apple cider (*diet permitting). Ask the client to describe the taste, and ask if they’ve ever tried apple cider before. If they had, does it bring back a specific memory for them? Do they prefer it warm or cold?