

PATRIOTIC SENSORY KIT

By Kimberly Grandal



Create a kit that includes the following items: massage roller, flavored lip balms, scented lotions, balloons, reminiscing pictures, flags, flashlight, comb/brush/mirror set, textured objects such as the lint brush, socks, beads, and scrubbing pads, star centerpiece, candles, air freshener, and patriotic music. Store items in an appropriately decorated box with a lid and handle for easy storage and carrying.

Title/Theme: Patriotic/Red, White, and Blue

Recommended supplies, props and techniques for the following senses:

Olfactory (smell)

Encourage residents to smell and identify a variety of smells. Ask residents what the smell reminds them of. **Recommended equipment:** variety of scents such as scented candles and lotions, foods (fresh apples, berries), apple cinnamon, aroma fan/diffuser, cotton balls, swabs, etc. **Precautions:** Aromatherapy Oils are not to be used with residents with severe respiratory illness unless otherwise determined by physician; be aware of any allergies; do not apply Aromatherapy directly on skin; some aromatherapy oils have contraindications!

Kinesthetic (Movement)

Encourage physical movement through music, balloons, waving flags, etc. Provide passive range of motion or hand over hand guidance as needed. **Recommended equipment:** flags, patriotic pinwheels, balloons, batons, pom poms, ribbons, **Precautions:** Know resident's physical limitations; residents with heart problems should be monitored; observe any signs of residents becoming overly tired.

Tactile (Touch)

Have residents feel the objects and ask them to identify the object. Ask simple questions: "Does this feel soft to you". Identify hard/soft, rough/smooth, warm/cool, wet/dry, etc. **Recommended equipment:** variety of red, white and blue props and objects, lotions, massage roller, etc. **Precautions:** Use touch with discretion; be aware of allergies.

Visual (Sight)

Use clear, uncomplicated pictures with bright contrasting colors. Use real objects when possible, in conjunction with pictures. Use verbal cues such as: What color is this? "What does this color remind you of?" **Recommended equipment:** Variety of props, flashlight, red, white and blue lights, patriotic pictures (Uncle Sam, Statue of Liberty, Eagle, Apple Pie, and American Flag), patriotic videos, etc. **Precautions:** Do not shine lights in resident's eyes; monitor for over-stimulation when utilizing blinking lights or mirror ball (some research indicates it may cause dizziness or nausea, do not use with those who are epileptic). Download patriotic pictures at <http://gba.wavethemes.net/posters.html>

Auditory (Sound)

Begin your group with stimulating rhythmic music and end the group with soothing, calming music. **Recommended equipment:** Patriotic Music, (America the Beautiful, God Bless America, You're a Grand Old Flag, Star Spangled Banner, etc.), CD/cassette player, musical instruments, bells, whistles, horns, **Precautions:** Monitor volume and limit distractions. To download Patriotic songs and lyrics for free visit the following website: <http://www.patrioticon.org/patriotic-soundfiles.htm>

Gustatory (Taste)

Use a variety of foods that are in accordance with residents' diets, flavored swabs or flavored lip balms may be used for residents who are NPO. Use foods that have a distinct flavor: oranges, lemons, pudding, ice cream, mints, etc. Have residents identify sweet, sour, salty, warm, cold, smooth, etc. Relate snack or food to past experience. Match tastes: have resident taste applesauce and match with a picture or point to a whole apple. **Precautions:** Be aware of food allergies or and observe dietary restrictions.