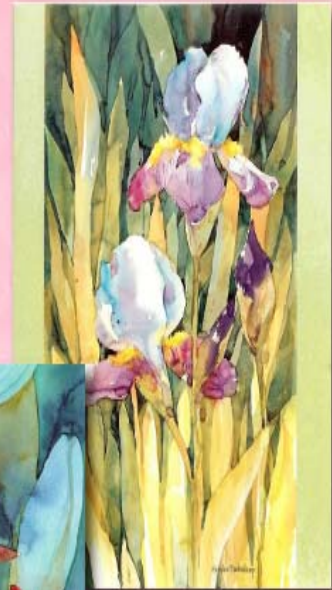


Arts and Crafts

Fragrant Greeting Cards



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Fragrant Greeting Cards

Facilitator Diversional Therapist, Lifestyle / Activity Staff or Volunteer

Objective of Activity

To promote past or new interest, social interaction, fine motor skills, visual, tactile and sensory stimulation, hand eye coordination

Capability

- Motivation
- Some level of concentration
- Fine Motor Skills

Environment

Multi-purpose room, Tables and chairs

Equipment

Used Greeting cards, old magazines, cardboard or construction paper, scented oils, cotton tips, scissors, glue

Instructions

Each resident cuts out pictures and verses from used greeting cards and / or magazines. Make cards from the cardboard (or construction paper), cutting cardboard to size wanted and fold in half. Glue pictures on the front of the card and verses on the inside, (Verses may be handwritten if preferred). Put the scented oils on the cotton tip and run the tip along the inside centre of the card.



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Fragrant Greeting Cards

Goals of Activity

PHYSICAL:

- Maintain sitting posture and balance
- Encourage walking to group if ambulant
- Encourage upper limb functions, strength, fine motor skills and dexterity
- Maintain ability to perform purposeful movements
- Maintain interest, competence, and motivation
- Redirect and channel restless/anxious behaviour into meaningful activity



SENSORY:

- Utilise vision, tactile and auditory skills
- Reduce risk of sensory isolation by utilising senses: smell, hearing, touch and vision

COGNITIVE:

- Maintain alertness and concentration span and attention skills
- Utilize comprehension and broad thinking skills
- Stimulate residual mental abilities to optimise cognitive functioning
- Assist to raise level of planning, sequencing and task orientated skills by the use of activity
- Promote visualisation skills
- Build alertness and concentration span
- Prompts past learned skills of a familiar nature
- Utilise comprehensive and abstract thinking skills
- Stimulate long-term memories

COMMUNICATION:

- Maintain social interaction and motivation to communicate within the group
- Expression should be encouraged to maintain skills at both a simple and more complex level of communication
- Stimulate and motivate social contact and communication skills, especially relation to the group
- Maintain verbal and non-verbal skills

SOCIAL/EMOTIONAL:

- Provide an avenue for interaction with fellow residents to promote and maintain social skills
- Facilitate feelings of self-worth; increase self-esteem by promoting self-expression of one's own ideas
- Promote a sense of belonging, feelings of self-worth and self-esteem, especially on completion of projects
- Peer support and encouragement, self-expression and assistance are provided in an enjoyable group environment
- Reduce risk of social isolation
- Maintain past interests, promote a sense of well-being
- Promote self-expression of own ideas and provide an opportunity to learn new skills and interests
- Increase self-esteem with group participation

