

Going on a Picnic Activity

RESIDENT IDENTIFIED GOING OUTSIDE AS A PREFERENCE, SPECIFICALLY
GOING ON A PICNIC.



Supply Check-list

- Assistive devices, as needed:**
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes**
- A picnic basket with**
 - eating utensils
 - plates and napkins
 - portable snacks (i.e. fruit, apple sauce, pudding, cookies, jello cups, and drinks)
- A picnic blanket or chairs to sit on**
- Consider the weather and season:**
 - Appropriate clothes and footwear for weather and temperature
 - Bottle of water, hand fan, sunscreen, sunglasses or a visor, umbrella, mittens & gloves, etc.
- Feeling Faces Emotion Assessment form**



Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What do you like about being outside?
- What do you like about going on picnics?
- Do you have a favorite memory about being outside or on a picnic?
- What is your favorite food?
- Does being on this picnic today remind you of anything?
- Do you have a favorite date you've ever been on?
- Where is your favorite place to go on a picnic?

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know it's important for you to go outside for fresh air. Would you like me to take you on a picnic?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[WASH] Start by both you and the resident either washing or sanitizing your hands.

[CHOICE] Ask the resident where they would like to sit outside.

- » Say: "Where would you like to sit?"
- » Do: Give a couple options, (such as a spot in the shade or sun, grass or on a patio, etc.) and point to them.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then choose one that aligns with their preferences.

Activity Instructions continued

[CHOICE] Let the resident choose between two snack options that are available and appropriate.

- » Say: "Would you like [snack option] or [snack option] for a snack?"
- » Do: Raise each snack as you say its name.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then choose one that aligns with their preferences.

[BEGIN] Begin the picnic with the resident.

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "You're great company on a picnic!" or "I'm enjoying our time together."
- » Do: Smile and nod.

Activity Instructions continued

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, if needed.

- » Say: "I will be right here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.

* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see**, **touch**, **smell**, **taste**, and **hear** during the activity, for a sensory experience. (Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to relax and observe the environment, watch for animals.
"Can you see all the flowers/colors? Which is your favorite?"

» **Touch:** Encourage the resident to touch the grass, flowers, plants, or an animal if it is safe to do so.
"Can you feel the different textures of the [flower/plant/etc.] What does it feel like?"

» **Taste:** Encourage the resident to taste the food.
"Do you like the [food item]? Does it bring back any memories?"

» **Smell:** Encourage the resident to smell flowers, fresh rain, or anything else that may engage the resident.
"What does it smell like? Does it smell good? Does the smell remind you of anything?"

» **Hear:** Encourage the resident to listen to the birds, water, rain, or any other sounds that may be around.
"Do you hear the [birds, water, etc.]?"

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about going on a picnic outside today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

