

Outdoor Wildlife Watching Activity

RESIDENT IDENTIFIED BEING AROUND PETS AND ANIMALS OR
GOING OUTSIDE AS A PREFERENCE



Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



Binoculars



Notebook and pencil



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 animal watching?
- Have you ever birdwatched before?
- Can you remember a time when you saw a wild animal? On a trip or camping maybe?
- Have you ever swam with exotic animals or gone scuba diving?
- Have you ever been on a wildlife safari?
- What is your favorite animal? Least favorite animal?
- What animals do you like looking at? Learning about?

Activity Instructions

[INTRODUCE] Introduce the activity.

» Say: Depending on the resident's preference, say "I know it's important for you to be around animals and pets. Would you like me to help you watch for wildlife?"

or

» Say: "I know it's important for you to go outside for fresh air. Would you like me to help you watch for wildlife?"

» Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident where they would like to watch for wildlife.

» Say: "Where would you like to watch for wildlife?"

» 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] Ask the resident what wildlife they would like to watch.

- » Say: "What animals would you like to watch?"
- » Do: Give a couple options, (such as birds, squirrels, insects, rabbits, or any other animals in the area) 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.

[BEGIN] Begin watching for animals.

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

- » Say: "You're a very careful observer!" or "I can see how much you like animals!"
- » Do: Smile and nod, point to the resident or animal.

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**, 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?"

» **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 watching wildlife 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!

