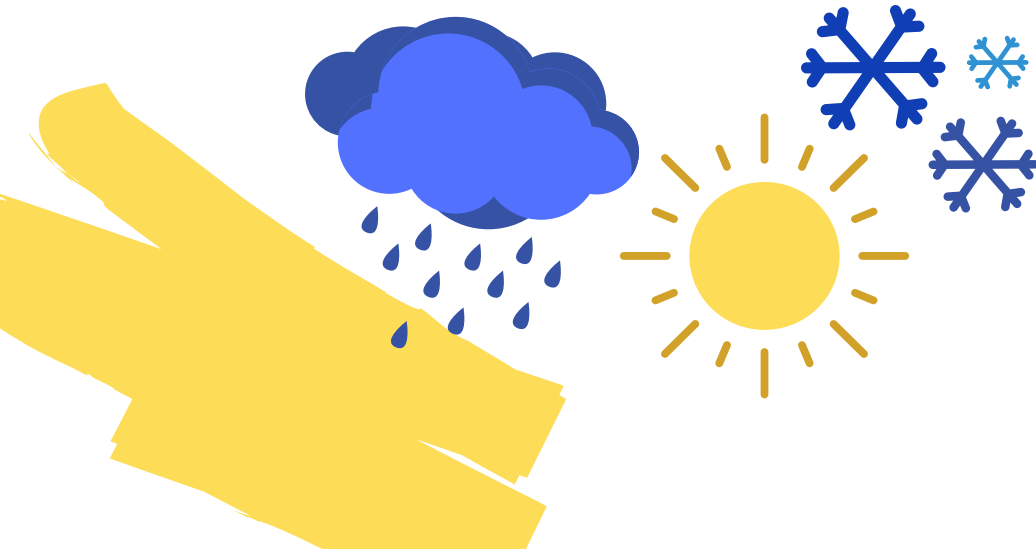


# Weather Watching Activity

RESIDENT IDENTIFIED 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 weather watching?
  - Have you always liked watching the weather?
- What is your favorite weather? Why?
- Do you have a favorite season or month?
- Does today's weather remind you of something?

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know it's important for you to go outside for fresh air. Would you like to watch the weather together?"
- » 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 sit.

- » Say: "Would you like to sit inside or outside?"
  - \*Note: This activity can be done outside if it is safe to do so and there is some protection from the elements, such as an awning or covered porch.
- » Do: Give a couple options of where to sit and point to them.
- » Variation: If the weather is unsafe to be outside, ask the resident where they would like to sit inside.
- » 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 activity with the resident.

# Activity Instructions continued

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

- » Say: "You're a very careful observer!" or "I'm enjoying my time with you."
- » Do: Smile and nod.

**[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 observe the weather

"Look at the [snow, rain, lightning, clouds, etc.]. What does it remind you of?"

» **Touch:** Encourage the resident to feel the weather.

"Can you feel the snow or rain or fallen leaves? Can you feel the warmth of the sun on you? Can you feel the wind on your skin? What does it feel like?"

» **Smell:** Encourage the resident to smell fresh rain or flower blooms, crisp autumn air or fallen leaves, 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 weather.

"Can you hear the [thunder, rain, wind, hail, birds singing, etc.]?"

# Activity Closing

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

**[ASK]** Ask for feedback:

» Say: How did you feel about watching the weather 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!*



