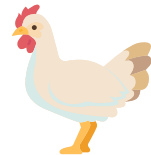
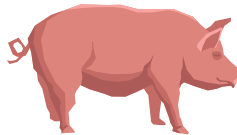
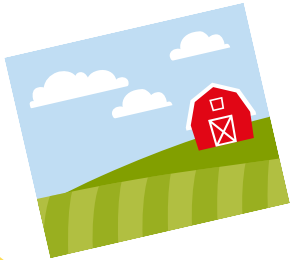


# Farming Activity

RESIDENT IDENTIFIED GOING OUTSIDE AND FARMING AS PREFERENCES



# Supply Check-list

- Assistive devices, as needed:
  - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Gardening gloves
- Apron
- Farming book or magazine; seed catalog
- Flower pots or planter, potting soil
- Gardening tools (trowel, watering can, seeds or plants)
- Consider the weather and season:
  - Appropriate clothes and footwear for weather and temperature
  - Bottle of water, hand fan, sunscreen, sunglasses or a visor, umbrella,
- 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 farming?
- How big was your farm?
- What did you grow on your farm? (e.g., corn, wheat, soybeans)
- Did you raise animals on your farm? What kind? (e.g., cows, pigs, chickens)
- Did you name the animals on your farm?
- What was your favorite farm chore? Least favorite?
- Do you have a favorite memory about your farm?

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know farming is important to you and has been a big part of your life. Would you like to talk with me about farming today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[CHOICE]** Ask the resident what they would like to do.

- » Say: "Would you like to plant seeds or would you like to look at some farming and seed catalogs?"
- » Do: Ideas are— planting seeds, noting growth progress on already planted seeds, leafing through and making observations about contents of seed/farming catalogs.
- » 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 farming activity with the resident

# Activity Instructions continued

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

- » Say: "I really like hearing about life on your farm." or "I can tell how much you loved your farm!"
- » Do: Smile and nod, gesture to the seedlings or catalogs.

**[ASK QUESTIONS]** See question card for ideas.

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

- » Say: "I will be right here if you would like any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, guide the resident's hands. Some residents may need you to do fine motor tasks for them, but continue to encourage choice.

\* 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, look at the seeds and dirt or the pages of the catalogs and pictures on them.

“How big do you think this seed will get?” or “Did you ever use equipment like this on your farm?”

» **Touch:** Encourage the resident to touch the trowel, soil, or the seeds before planting, Encourage touching the objects pictured in the catalog if desired.

“What does the soil feel like? Does it need water?”

“Does this remind you of anything that you did on your farm?”

» **Smell:** Encourage the resident, if sitting outside, to smell flowers, grass, 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, if sitting outside, 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 our time talking about farming 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!*



