

Playing Ball Sports Activity

RESIDENT IDENTIFIED DOING THEIR FAVORITE ACTIVITIES AS A PREFERENCE,
SPECIFICALLY SPORTS OR BEING ACTIVE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Set of miniature sports balls
- Basket or Bin
- Any additional materials needed to play with the sport balls
- 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 sports?
- What is your favorite sport to play?
 - Why is it your favorite?
- What is your favorite sport to watch on TV?
 - Why is it your favorite?
- Did you used to play a sport in school?
- What is your favorite sports team?
- Have you attended a professional game before?
- Who do you like to watch the game or play with?
- Do you have a special memory of a sporting event?

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know it's important for you to do your favorite activities, and that you enjoy sports. Would you like me to help you play a sport today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident which ball game they would like to play.

- » Say: "Which ball game would you like to play?"
- » Do: Show the resident the different balls to choose from.
- » 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 pick one that aligns with their interests.

[BEGIN] Begin playing sports with the resident.

Football and Baseball: Toss the ball back and forth to each other`

Soccer Ball: Kick the ball back and forth to each other

Basketball: Throw the ball into a basket or bin

Activity Instructions continued

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

- » Say: "You're a real athlete." or "I'm having so much fun playing 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 here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice, support their hand or allow their hand to guide you.
- » Variation: If more help is needed, take frequent breaks so that the resident can rest.

✱ 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** and **touch** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to look at the ball they chose; notice the color, size, and texture.

"What do you think of the ball? Does it look any different than how you remember? Do you like the color of the ball? Why did you choose this ball to play with?"

» **Touch:** Encourage the resident to touch the ball they chose.

"What does it feel like? Do you like that feeling? Does that feeling remind you of anything? Does it feel any different than you remember?"

Activity Closing

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

[ASK] Ask for feedback:

» Say: How did you feel about playing a sport 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!

