

Reminiscing about Religious Holidays Activity

RESIDENT REMINISCING ABOUT RELIGIOUS HOLIDAYS AS A PREFERENCE



Supply Check-list



Assistive devices, as needed:

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



Wipes



Device to look up pictures, play music, and/or watch videos

- Tablet, such as an iPad
- Computer or laptop
- Smartphone



Religious items that the resident might like to hold or interact with

- Rosary, prayer cards, Bible/Koran/Torah/etc, personal religious item



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:

- Do you have a favorite religious holiday?
 - How do you usually celebrate? With whom?
 - What makes this your favorite holiday?
 - Are there certain foods/songs/dances/prayers you do for this holiday?

Activity-related Questions:

- Does this [image/video/audio] sound/look familiar?
- What do you see/hear?
- What does this [religious item] mean?

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know your religious traditions are important to you. Would you like to talk about some of your favorite holiday memories?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident what holiday or tradition they want to reminisce about.

- » Say: "What is your favorite holiday or religious tradition?"
- » Do: Do not assume what religion someone is or what holidays they celebrate, but you may offer examples from the resident's own religion if they are struggling to answer the question.

[BEGIN] Begin reminiscing with the resident.

Activity Instructions continued

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

- » Say: "I can see you're really passionate about your religion."
- » Do: Smile and nod, point to the resident.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer the resident a sound clip, photo, or item that helps to remember the holiday, if needed.

- » Say: "Do you want me to play [name of holiday] song for you?"
"Do you want to see a picture of [name of the religious item, food, or dress]?"
- » Do: Follow the resident's guidance, search for photos of relevant religious clothes, food, videos of dance, or songs they describe that are associated with the holiday.

* 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** 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 and describe pictures of the holiday they are reminiscing about.

"What do you see in these pictures? Do they mean anything special to you? Is there a smell/taste/sound that reminds you of this holiday? What was your favorite part about this holiday? Is that still your favorite part?"

Activity Closing

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

[ASK] Ask for feedback:

» Say: "How did you feel about reminiscing about your religious traditions/holidays 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!

