

# Sculpting Activity

RESIDENT IDENTIFIED DOING THEIR FAVORITE ACTIVITIES AS A PREFERENCE,  
SPECIFICALLY ART OR SCULPTING



# Supply Check-list

- Assistive devices, as needed:
  - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Apron(s)
- Sculpting material
  - air dry clay
  - Crayola modeling clay
  - Play-Doh
- Carving tools
- Place mat
- 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 sculpting?
- What inspires you to sculpt?
- When did you learn to sculpt?
- What kinds of things do you like to sculpt?
- What can you tell me about the sculpting process?
- Did you enjoy sculpting when you were younger?
- What mediums and materials are your favorite to use?
- Have you ever sold anything you've made?
- Does today's sculpting activity remind you of anything?

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know it's important for you to do your favorite activities, and that you enjoy art and sculpting. Would you like me to help you sculpt 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 create.

- » Say: "What do you want to sculpt?"
- » Do: Offer ideas of things to sculpt such as food, animals, or objects.
- » 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 the resident's preferences.

**[CHOICE]** Ask the resident what colors they would like to use, if applicable.

- » Say: "What color clay would you like to use?"
- » Do: Point to the colors as you list 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 pick one that aligns with the resident's preferences.

**[BEGIN]** Begin sculpting with the resident.

# Activity Instructions continued

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

- » Say: "You're a very talented artist!" or "This is a beautiful sculpture."
- » Do: Smile and nod, point to the sculpture.
- » Variation: Some residents prefer to sculpt abstractly. It isn't about what they make, it's about them enjoying themselves and feeling in control.

**[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.
- » Variation: If more help is needed, continue to encourage choice, support their hand or allow their hand to guide you.

\* 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**, and **smell** 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 clay, sculpting tools, and other materials; notice their colors and textures.

"What do you think of these supplies? Do they remind you of anything?  
Do you like the colors/patterns/textures?"

» **Touch:** Encourage the resident to touch the clay and other materials. Play with the clay: roll, flatten, and squish it.

"What does the clay feel like? Is it cold? Damp?" Try and get them to describe it.  
"Do you like that feeling?  
Does this texture remind you of anything?"

» **Smell:** Encourage the resident to smell the clay.

"What does the clay smell like? Can you describe it? Do you like the smell?"

# Activity Closing

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

**[ASK]** Ask for feedback:

» Say: How did you feel about the sculpting activity 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!*



