

Activity: Creative Expression/Arts Goal: Cognitive/Intellectual Populations: Rehabilitation

TH Activity Plan – Dried Plant Bookmark

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Photo by Legacy Health

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Materials

Plant material

Cardstock bookmarks

Trays for each supply

Small Elmer's glue plastic bottles

Pencils

Precut ribbon choices

ACTIVITY DESCRIPTION: Participants will make a bookmark using dried plant materials.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Strengthen cognitive skills including attention, memory, logic reasoning, visual & auditory processing, language processing, thinking & response inhibition & emotion regulation

Physical: Use fine motor & visual scanning skills; practice gross motor skills passing trays

Psychological/Emotional: Develop emotion regulation & turn taking, presenting work to group for discussion

Sensory: Use visual, tactile, auditory & olfactory senses with plant material

Social: Participate in group-team work, passing objects around the circle, cueing neighbor to receive or pass items, requesting assist, initiating with peer

STEP-BY-STEP PROCESS:

1. **Pre-Session Preparation:** Gather materials & review health status of participant(s). Pressed or dried plant materials may have been done in previous sessions.
2. Facilitator begins session by passing around the group examples of the session project with client discussion & reminiscing.
3. HTR/facilitator demonstrates the project steps with client discussion.
4. Clients review the steps in order.
5. Participants select a bookmark from the tray that is passed around.
6. They select 2-4 pieces of plant material from the tray.
7. Participants practice several possible arrangements & adjust size of plant material as needed, taking time for planning.
8. Participants select the final arrangement & slide materials off bookmark to the side. They watch the glue demo again.
9. Two small dots of glue are placed on the bookmark where the first material is to be placed. Continue with each following plant material.
10. Participants select a ribbon choice from the passed tray. Loop the ribbon through the top hole.
11. Write name & date on the back of the bookmark. Clean up.
12. Show & share in group discussion.
13. Participants to discuss what rehab goals this helped with.

APPLICATIONS FOR POPULATIONS: Attention, memory, and executive functions are interdependent, and impairments in these areas profoundly impact daily functioning. Therefore, exercises that increase capacity for attention, working memory, and short-term memory will increase overall mental capacity. Such exercises also increase an individual's awareness of the mental effort required to process information.

Cognitive retraining incorporates attention-enhancing exercises that require a variety of neural networks. These attention exercises engage both visual and auditory skills, both of which are essential to many everyday tasks. Attention and information-processing exercises are designed to enhance information retention and recall, contributing to improvements in memory.

Cognitive remediation is a neuropsychological treatment that can teach long-lasting skills that help restore everyday functioning. Research has demonstrated that cognitive remediation interventions that incorporated elements of memory, information processing, and attention as well as emotional components led to significant improvements in a number of cognitive areas.

Cognitive rehabilitation is based on the principle of experience-dependent neuroplasticity, meaning that the human brain is not a static organ but can be physically changed. These changes can occur within neural pathways and synapses after exposure to enriched environments. Cognitive remediation provides such an enriched environment.

SAFETY CONSIDERATIONS: Facilitators are responsible for knowing poisonous and toxic plants and plant parts.

NOTES OR OTHER CONSIDERATIONS: HTR expert Task Analysis skills are essential for client success. Rehabilitation clients with like goals are grouped for sessions. Adjust group size as determined by client needs.

REFERENCES/ RESOURCES:

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TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2024.