

TH Activity Plan – Easter Extravaganza with Flowers

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ACTIVITY DESCRIPTION: Participants will explore plants popular at Easter time, increasing their plant knowledge while engaging senses.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Practice responding to cues for short term memory challenges; experience curiosity; expand plant knowledge

Physical: Strengthen lateral arm movement; adapt movements to minimize pain

Psychological/Emotional: Develop strategies for coping with frustration; discuss resiliency

Sensory: Use visual sense to distinguish between colors; enhance mood through sensory stimulation

Social: Improve communication skills; self-regulate behavior in the group setting; practice prosocial skills

Materials

Live flowering plants (lilies, tulips, daffodils, lily of the valley, hyacinth)

Photos of the same plants

Pre-printed Easter jokes

Wipes

STEP-BY-STEP PROCESS:

1. **Pre-Session Preparation:** Gather plants. Determine if any of these are blooming in an available garden. Try to have plants in bloom.
2. Facilitator begins session by placing the blooming flowers on the table for participants' arrival. Introducing the session as *Easter Extravaganza with Flowers*, participants will learn fun facts about these flowers as they touch, smell & look at the spring beauties.
3. Passing out photos of the same plants or flowers, each person in turn is asked if the photo does the live plant justice. The same photo can be distributed to several in the group.
4. One by one, facilitator selects one of the flowers (in container or cut specimen), shares name, botanical name (exaggerating the Latin name), fun fact & attribute. The flower is passed around the group, with facilitator encouraging each person to touch petals, stem, leaves, smell its fragrance, then pass to next person.
5. Facilitator asks questions of group to engage them, prompting them to see who else has the same response & encouraging comments about the plants or responses. Focus is on group dynamics, creating a sense of belonging to group & positive social interactions.

APPLICATIONS FOR POPULATIONS: Plants popular at Easter time, also spring time, have cultural meanings for many whether people are religious or not. Their availability at plant stores also fosters interest in [Easter lilies](#), Easter cactus, [azaleas](#) and daffodils. Other plants, more related to spring's arrival, that bloom around Easter include tulips, pussy willow, hyacinth, iris, and baby's breath. Each of these offer TH sessions bountiful activities that can address health challenges resulting in positive health outcomes. Therapeutic goals in the sensory

domain are perhaps the most obvious, using activities that engage all the senses, using show and tell methods, relying on the colors, fragrances and visual appeal of Eastertime plants.

Social Therapeutic Goals: In the session, the facilitator can foster a sense of belonging by having participants pass plants to each other, asking questions and having people see others have the same response (what is your favorite plant?), and encouraging appropriate social skills like listening when others talk, and using positive vs negative comments.

Sensory Engagement with Easter Plants: This segment of the session could be called Show & Tell, where plants are passed around group. The purpose is to engage the senses and the participants, teaching some horticultural knowledge appropriate for the cognitive/intellectual abilities of group. Using humor, passing Easter/bunny/egg jokes to participants to read to others can elevate interactions.

Physical Therapeutic Goals: These can be as diverse as the participants and can include strengthening lateral arm movements by passing plants to each other. It may be appropriate to discuss and practice adapting movements to minimize pain in hands, wrists, arms or shoulders. Adaptations might include sliding plant along tabletop to the next person, using two hands, keeping the wrist straight not bent, or practice asking for assistance. Individuals can often share their accommodations, and this might benefit others.

SAFETY CONSIDERATIONS: Facilitators are responsible for knowing poisonous and toxic plants and plant parts. Some participants may find fragrances uncomfortably strong, or may have reactions from allergies. Fabric flowers can be substituted.

NOTES OR OTHER CONSIDERATIONS: Plant tips: Remove stamen with pollen from lilies. Be cautious with tulips, daffodils or hyacinths bulbs if anyone in the session or household may be tempted to put these into mouths; they are toxic.

Easter or other lilies: With many varieties available, from Asiatic orange blooming lilies, Calla lilies in white, red, pink and yellow, to the Easter lily with fragrant white trumpet bloom, there is something to appeal to everyone. Some find lily fragrance too strong, and for some the fragrance invokes the thought of death due to the preponderance of lilies used for funeral arrangements. Easter lilies are toxic to pets. Fun fact: The California-Oregon border is known as the Easter Lily Capital of the World.

Azaleas: Grown as tree topiaries, shrubs and container specimens, azaleas can be white, pink, red and patterned. Though lacking fragrance, they are long-lasting as both shrub and container plants. Fun fact: The Azalea Society of America has named almost 10,000 varieties since hybridization of the plant began.

Sensitivity to individual and group cultural and religious affiliations should be exercised. Many in today's society are aware of Easter and have secular non-religious "candy" affiliations to this spring holiday. Other spring holidays like Passover Festival of Liberation can be celebrated concurrently or in other sessions.

Related THADs: Passover Celebration + Plants and [Easter basket with ryegrass](#).

REFERENCES/ RESOURCES:

Ballard, J., & O'Sullivan, A. (2025). [110 Funny Easer puns that will make this holiday extra hoppy](#). Good Housekeeping.com.
Menards. (2025). [Easter flower tradition & care guide](#). Menards.com.
University of Florida IFAS Extension. (2024). [Easter lily](#). Gardening Solutions.ifas.ufl.edu.
University of Florida IFAS Extension. (2024). [Azaleas](#). Gardening Solutions.ifas.ufl.edu.

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TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2025.