

Activity: Creative Expression Goal: Social Populations: All but dementia

TH Activity Plan – Radish Seed Necklace

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Photos by L. Fleming, 123RF, Pinterest, F. Slater, Seed Savers

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Materials

- Packets of radish seeds
- Zip bag
- Red yarn cut to necklace length
- Cotton balls
- Water in dish
- Radishes
- Cutting board, knife, marker
- Tape



ACTIVITY DESCRIPTION: Making radish seed necklaces as fun jewelry and/or germination activity

THERAPEUTIC GOALS:

Cognitive/Intellectual: Practice cognitive function of following sequential steps; learn about germination & greenhouse concepts

Physical: Maintain fine motor skills; maintain pincer grip

Psychological/Emotional: Practice nurturing skills (seed to germination); use humor as mood enhancer; boost self-esteem & sense of accomplishment

Sensory: Tolerate (cool) water on hands; listen to sounds of seeds in packets

Social: Practice cooperation by passing materials to other participants; share humor & laughter

STEP-BY-STEP PROCESS:

1. **Pre-Session Prep:** Ten days ahead of activity, make a sample so seed necklace will have germinated. Radish seed germination typically takes 4 days.
2. Introduce activity by wearing germinated necklace. Pass around different varieties of seeds. Have clients shake seed packets, listening for sounds and guessing seed size.
3. Distribute necklace materials. Write name on each person's bag.
4. Have each client dip cotton ball into water (sensory stimulation), then place in zip bag. Cotton ball should be wet, not wrung out.
5. Leader puts radish seeds into palm and shows clients seed size, then places 5 seeds on cotton ball, inside of each bag. Option: clients handle seeds with tweezers. Close bag.
6. Poke hole through bag using dull pencil. String yarn through hole and tie into necklace.
7. Clients wear necklace until end of session, making jokes about edible or expensive jewelry. Exaggerate posing with necklace for fun!
8. Leader passes around real radishes, then cuts thin slices for tasting if appropriate (see safety considerations).
9. Discuss radishes (growing, culinary uses, varying size/color/shape of radish varieties, taste description).
10. Discuss care of seed necklaces to maximize germination.
11. Tape necklaces (bags) to sunny window, creating a closed system "greenhouse" within the bag. Names should be evident to promote nurturing & monitoring of seed germination.
12. Seeds can be transferred to raised beds or garden once germinated.

APPLICATIONS FOR POPULATIONS: This activity is appropriate for most populations if leader handles small seeds. Intellectual stimulation/exploration can be geared to population’s intellectual capabilities & educational level including comparison of radish to other vegetables, comparison of seed sizes/colors. Discussions of greenhouse effect, germination rates for plants, & growing methods for vegetables can provide a greater focus on education/environmental goals. Other therapeutic goals of maintaining physical hand skills, nurturing of plants, following instructions related to cognitive tasks can apply to populations of seniors, developmentally delayed, & individuals in rehabilitation (physical & addictions). The use of humor is effective with all populations & this promotes positive socialization, interactions & client-therapist relationships.

Radish seed necklace activity can be an opening activity for a seed-focused session or seed planting, or combined with water cycle bracelet for a plant jewelry session.

SAFETY CONSIDERATIONS: Essential to check with staff and individuals before the activity for allergies, swallowing difficulties, contraindications with medication. Optional to exclude tasting radish component. Leader will probably prefer to be the only one using knife to cut radish samples. Monitor materials for populations tempted to put items into mouths. The length of yarn “necklace” may be problematic as neck constraint for some individuals.

NOTES OR OTHER CONSIDERATIONS: Incorporating humor into the session can enhance the session’s mood & group dynamics. Consider anything radish related (hats, aprons, posters) & take the opportunity to “ham it up” wearing the radish seed necklace. All ages find it fun to model their necklace walking around activity area, hallways, food hall, which can be another therapeutic goal (increased physical activity) for more sedentary populations.

Refer to THAD activity of seed germination.

REFERENCES/ RESOURCES:

Burpee. (n.d.). All about radishes.

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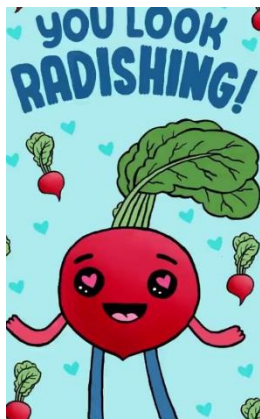
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Edits were made for THAD purposes in 2023.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2023.