

Monday Night Social – Weekly IP Session Plan

Saint Patrick's Day Theme Night

Sensory Motor Activities (description, materials, set up)

Start off the night with: Ice Breaker (go outside depending on the weather)

Description:

The session will begin with a group ice breaker to promote engagement, social participation, and interaction. Each group member will take a turn and answer the following question...

- What do you like to do on Saint Patrick's Day (i.e., eat Irish food, wear green, attend parades)
- If the individual does not celebrate Saint Patrick's Day → What is your favorite green colored food?

Set Up:

Everyone will make a circle. This includes the OTS and SLPS, who will mix and disperse themselves into the circle.

Warm-Up Exercises After ice breaker (conduct outside depending on weather/time):

Description:

We will then do quick exercises to increase alertness and attention and support engagement. Furthermore, it will allow each OTS and SLPS to read the participants' energy and mobility levels for the day. These exercises will include light movement and light stretching.

Set-Up:

Everyone will remain in the circle.

Exercises (examples):

- Making rainbows → Lift arms up towards the sky, then adduct the glenohumeral joint to make a rainbow (5x)
- Reaching for 4-leaf clovers → 5 squats with lowering arms to the ground to pick clovers (5x)

Begin Stations (return inside if outside):

Separate them into 3 groups for activities where they will rotate between the stations below the listed groups:

Group 1 (Start at Activity 1):

- Sydney
- Matt P
- Russell
- Shane

Group 2 (Start at Activity 2):

- Brent
- George
- Isabel
- Ronnie
- Joey

Group 3 (Start at Activity 3):

- Mark
- Matt A
- Spencer
- Chris J
- Slade

Activity 1: Toss the gold

Description:

Participants throw yellow bean bags (their “gold coin”) into a bucket placed approximately 6 feet away. Each participant receives __#_ (# STILL TBD, will update later this week) throws and counts how many successfully land in the bucket. The purpose of this activity is to take turns, engage in social participation, and incorporate upper-extremity coordination.

Set-Up:

- One bucket placed about 6 feet from the throwing line
- Yellow bean bags (TBD ON # OF BEAN BAGS)
- Visual cue for where to throw from (i.e., 1 poly spot)

Materials:

- Bucket
- Polly Spot or Scotch Tape (to make an “X”)
- Bean Bags

Activity 2: Over the Rainbow

Description:

Participants will hop or march across the rainbow (rainbow polly spots). After reaching the end of the rainbow, there will be gold coins scattered. Participants will go one at a time and pick up a gold coin. On the opposite side, there will be an exercise that they will all do together. This activity promotes gross- and fine-motor coordination, endurance, physical health, social participation, and turn-taking.

Set-Up:

- Poly spots in a curved line like a rainbow
- Gold coins scattered on opposite end with the exercise facedown

Materials:

- Scotch Tape (to mark the starting point)
- Gold coins
- Poly spots

Activity 3: Pass the Clover

Description:

Participants will sit or stand in a circle with music playing, playing “hot potato” with a three-leaf clover. In the middle of the circle, there will be stacks of four-leaf clovers with questions on them. When the music stops, the person holding the three-leaf clover is known as the “lucky one” who gets to select a four-leaf clover. That person will read what is on the clover and answer the question first. Everyone else may answer the question. This station promotes bilateral coordination, peer interaction, communication, sustained attention, social engagement, sharing, and turn-taking.

Set-Up:

- Have everyone sit or stand in a circle
- Have OTS/SLPS play music from my phone connected to my mini speaker
- Place three-leaf clovers in the center of the circle

- Have a volunteer start passing the three-leaf clover

Materials:

- Three-leaf clover
- Four-leaf clovers (with questions facedown)

Ending Activity: Rainbow Parachute (Depending on time)

Description:

Participants come together as a large group, each holding a handle of the parachute. They will work together to keep the beach ball on top of the parachute. This activity will promote collaboration with peers, support group social participation, require sustained attention, and strengthen bilateral coordination.

Set-Up:

- Participants will stand holding a handle of the parachute
- The OTS will have a beach ball that they will place onto the parachute once everyone is ready

Goals:

- Strengthen bilateral coordination and learning how to control muscle power.
- Promote social interaction and participation in large and small groups
- Promote group collaboration
- Improve bilateral UE coordination
- Improve motor planning and sequencing
- Encourage turn-taking and cooperative participation
- Improve gross, fine, and visual motor coordination
- Increase endurance
- Improve attention span
- Encourage communication