

Planning a Sense-ability Group

Begin planning the Sense-ability Group by reviewing the treatment goals and problems and strengths of the patients. Then choose activities and equipment for each of the Six Stages. The following list can be used as a quick guide for selecting activities.

Stage 1 – Awareness Stage

Choose an item with sensory interest, such as a kaleidoscope.

Stage 2 - Moving and Breathing Stage

Select an audiotape, for example, a classical tape.

Stage 4 - Sensing Stage

Choose an activity that provides intense sensory stimulation, such as beanbag tapping.

Stage 5 – Acting/Interacting Stage

Select two target games, one being more challenging, such as ring toss and a basketball game.

Stage 6 – Learning Stage

Choose a game according to the needs and abilities of the particular group of patients, for example the Goal Setting Game.