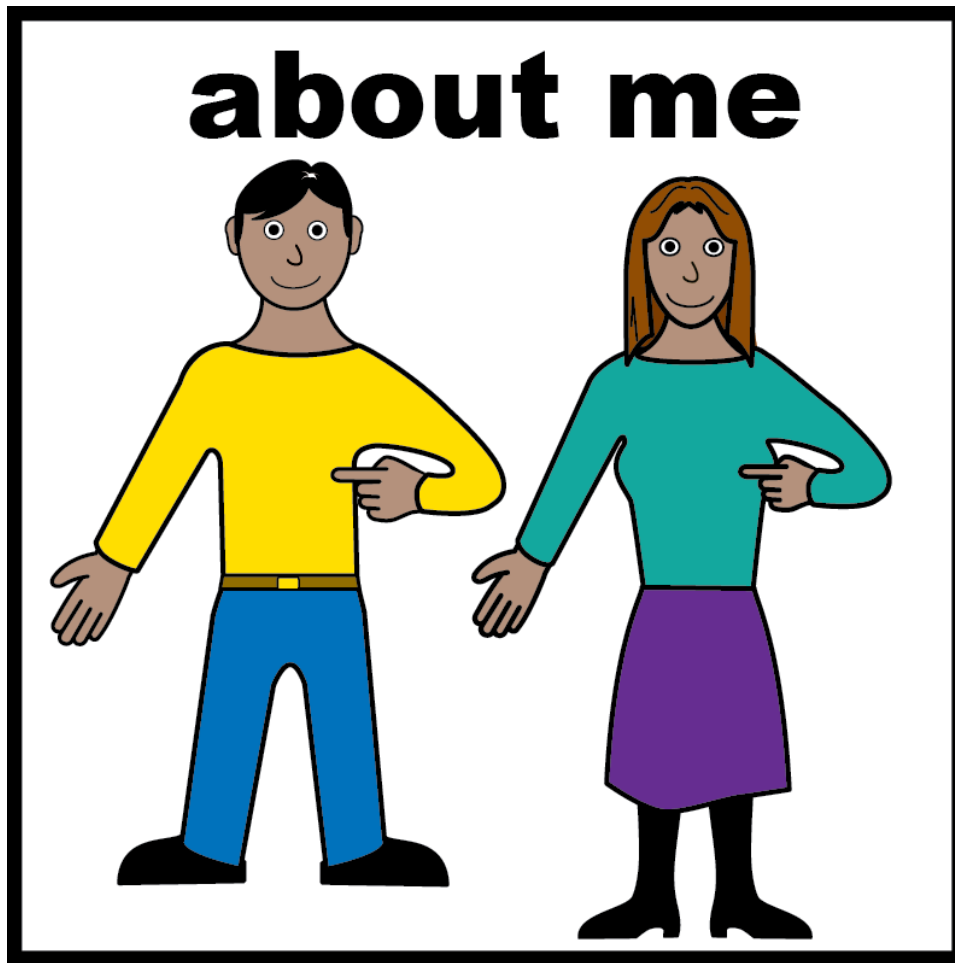


Activity Ideas



A self soothe or all about me box is a box of individually chosen items to soothe/relax/calm and to start a conversation. The box contains items/information which enable others to connect with the individual in a personal way and encourages meaningful interaction.

Advice and Guidance

Activities listed in the folder are to be used at interval throughout the day; if we are meaningfully occupied doing activities that we enjoy this will support our positive behavior support plan.

The overall aim of Positive Behaviour Support (PBS) is to improve the quality of a person's life and that of the people around them. To reduce the likelihood of behaviours that challenge occurring by creating physical and social environments that are supportive and capable of meeting people's needs

The activities can range from 5-20 minutes, and the same activity can be used several times in the day.

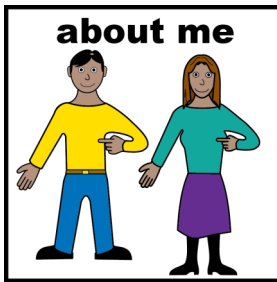
Don't force an activity on an individual, they may be unsure what the task is or the expectations.

Try modeling the activity you are offering, doing it whilst the person watches and then encouraging participation.

The individual doesn't have to be involved in the whole task as it may be too long, but any involvement can be meaningful, putting the last slice of bread on the sandwich is still activity participation

Remember to have fun 😊

'wipe clean'; disinfect any items, before and after use



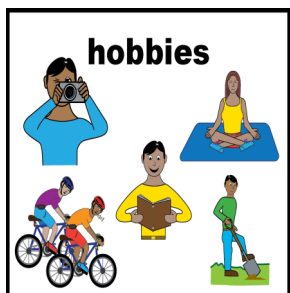
Meaningful occupation is very individual, its about the things that are important to you as an individual— **your quality of life**



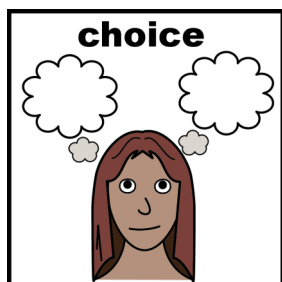
Think about the things that make you happy, this will help you to identify meaningful activities



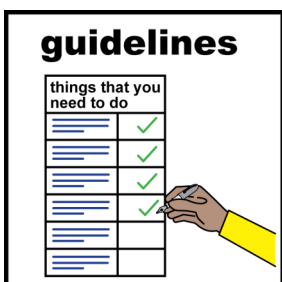
We all have jobs and roles to do in the day, especially if we live in supported living, but these may need to be scheduled through out the week— not all at once



Our hobbies are the fun things we look forward to doing, we may want to try new activities, we may need to try it several times as it may be different



Use the activity ideas in this pack to provide choice, you can repeat the activity in the day or offer on another day



REMEMBER—these activities are general guidelines and suggestions not designed for an individual, use with your own knowledge of the individual and your risk assessments—supervision may be needed

Self Soothe Box

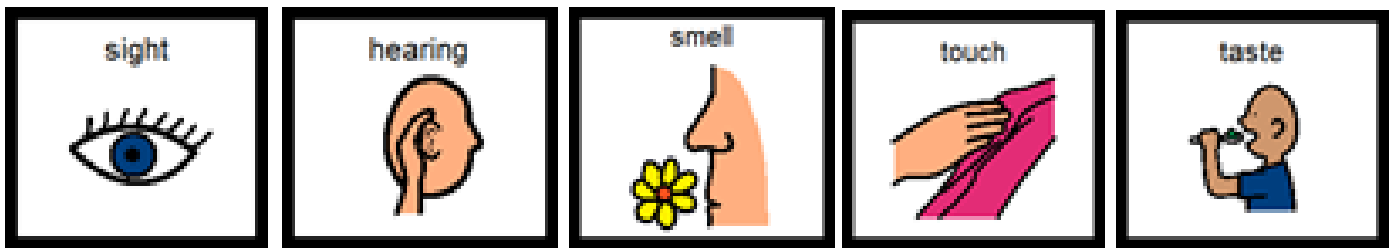
A self box is a box of individually chosen items to soothe/relax/start a conversation. The box is designed around the individual and contains items/information which enable carers to connect with the individual in a personal way and encourages quality meaningful interaction.

- Items are boxed to allow quick/easy access
- The box can be taken and used anywhere
- The box can be used as a relaxation tool
- It can be used as a home based activity session
- It can be used as a transition object
- It can be used as a life story box
- The box can be used for periods of anxiety
- As a tool to be used at times of transition



Self Soothe Box

Think about items in the box to incorporate the senses:-



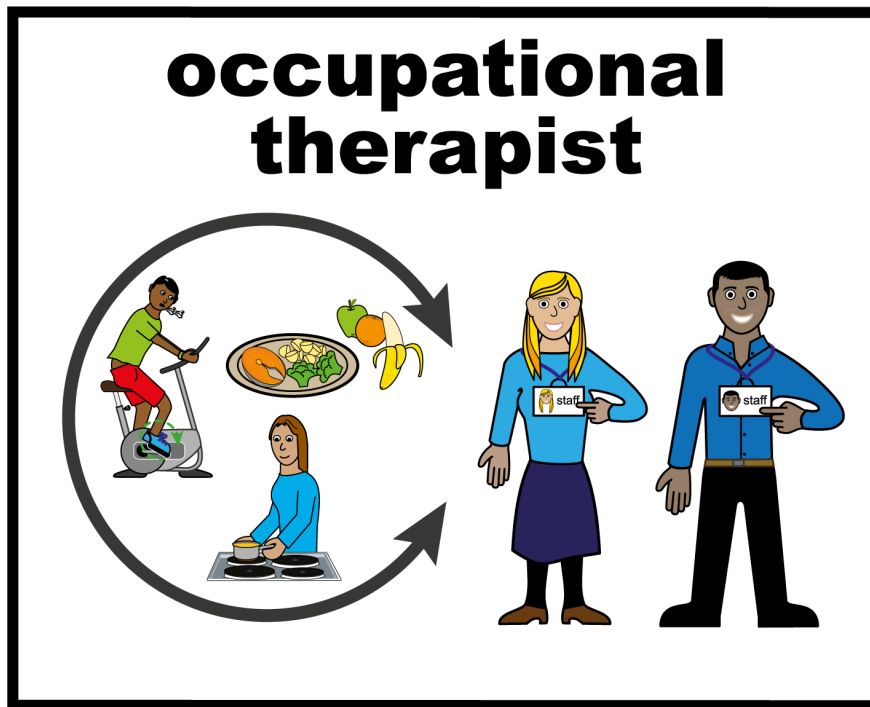
Personalise the box with a photo/name

- Be aware of choking hazards with some items
- Different texture balls/stress balls– noises/lights
- Music- favorites CD's
- Hot chocolate sachets/drinks of choice
- Microwave heated wheat bags
- Choice of bubble bath/shower gel
- Selection of photos/pictures
- Scrap book of memories
- Favorite smells- perfume– parents T-shirt
- Hobbies – knitting/train spotting/magazines
- DVD/film
- Favorite toys

Be aware of choking hazards or items that can be tied

ACTIVITY LOG please list below the activities tried from the pack and the reaction, both like and dislike, such as facial expressions, engagement, verbal communication

Date	Activity	Comments (including support required)



This activity pack was created by the Learning Disability Occupational Therapy team for more information please call **(01604) 657700** or visit the website at hwww.nhft.nhs.uk/



This folder was made on:- 26th March 2020