

### **Activity: Flower Arranging**

Arranging flowers provides a meaningful role that allows elders to contribute to their community. In addition, sensory experiences can provide ongoing pleasure and stimulate brain activities that can assist in improving function and performance for movements such as dressing and self-care.

#### **Purpose**

- Practice motor control
- Practice pincer grasp
- Maintain focused attention
- Bring nature into the environment
- Fulfills need to give back to the community
- When done with others, provides opportunity for socialization



#### **Materials Needed**

- Tray
- Placemat that contrasts with the table and materials
- Colorful vase
- Colorful real or silk flowers
- Sign that invites the person to participate in the activity

#### **Preparing the Activity**

*Preparation can be done before the person starts the activity, or these steps can be part of the activity.*

- Bring the tray to the table.
- Place mat on the table.
- Place vase near the center top of the mat.
- Lay flowers out on the mat in a line below the vase.

#### **Participating in the Activity**

*First demonstrate the steps, then invite the person to participate in and complete the activity.*

- Pick up one flower and place it in the vase.
- Invite the person to put the next flower in the vase.
- Repeat steps until all the flowers are in the vase.



## Done For You Staff Training

### **Modifications**

#### *To Simplify*

- Provide a photo that shows a finished vase with flowers.
- Add colored glass flat marbles to the bottom of the vase to keep it weighed down.

#### *To Make More Complex:*

- Pick fresh flowers from the community garden.
- Include snippers for trimming the stems to the desired length.