



# Program Descriptions and Activity Examples

# Sensory Programs

## Sensory and Air Mat

The air mat offers a great opportunity to stretch out and enjoy some physical mobility. Air mat activities can also help strengthen one's balance. A variety of other sensory activities are offered during this program as well.

- **Program goals:** Meet client's individual sensory needs through participation in sensory and physical activities, increase clients level of participation within these activities and to promote opportunities for clients to make choices.
- **Sensory focus:** Dependent on the individual needs of the participants.
- **Air mat Activity examples:** Sensory blanket activities, rolling, bouncing, stretching and push/ pull activities. Bean bag mats and tumble mats are also available for similar activities.
- **Sensory Activity examples:** Bubbles, tactile brushes and fabrics, puzzles, cause and effect computer programs, iPad activities, beading, looking at picture books and listening to music.

## Sensory and Sensory Room

The Sensory Room is a designated area of SBC that has been designed specifically for sensory programming. We have lots of neat gadgets and games in the Sensory room. It is a great place to go and relax or to engage in stimulating activities.

- **Program goals:** Meet client's individual sensory needs through participation in sensory and physical activities, increase clients level of participation within these activities and to promote opportunities for clients to make choices.
- **Sensory focus:** Dependent on the individual needs of participants.
- **Sensory room activity examples:** Visual activities like the bubble tube, fiber optics, mirrors, black light and video projector; tactile activities like sensory blankets, rumble bench, fiber optics and puzzles; auditory activities like listening to music and playing the key board; and proprioceptive activities like using bean bag chairs and tumble mats. SBC iPads and iPods can be connected to the video projector, rumble bench and music doc for various activities.

## Music and Sensory

This program uses music to create a calm and relaxing environment for clients to participate in sensory activities. Instrument play is also explored. SBC has a variety of musical instruments that make different sounds and vibrations.

This program is facilitated by both a sensory and a music program facilitator.

- **Program goals:** Meet client's individual sensory needs through participation in sensory activities.
- **Sensory focus:** Auditory and tactile
- **Activity examples:** listening to calm music while swinging on the platform swing, completing puzzles, using hand massagers, participating in aromatherapy, watching color and pattern projections and engaging in tactile sand play. Also, instrument play such as bells, drums, chimes, rhythm sticks, shakers, rain sticks, boom tubes, keyboards and music applications found on the iPad.

### **Interactive Sensory**

This program provides an interactive environment for clients to participate in sensory activities with others. Story telling with audio books and follow along books and pictures are often used. Clients can read along, enjoy the books illustrations or color pictures relating to the story while they listen. Activities and games related to the story may also be incorporated.

- **Program goals:** Meet client's individual sensory needs through participation in sensory activities.
- **Sensory focus:** Auditory, visual and tactile.
- **Activity examples:** Storytelling, interactive story games, audio stories like Robert Munch and Dr Seuss, coloring or drawing pictures of a story being told, watch story programs such as Reading Rainbow or Wishbone, computer and iPad cause and effect story programs, simple craft projects based on the story presented, and puppet theatre.

### **Quiet Activities**

This program offers a quiet environment with a small group of individuals to participate in personal projects or small group activities. It is a good opportunity to focus, relax and enjoy some quiet activities without distraction.

- **Program goals:** Meet client's individual sensory needs through participation in sensory activities and to promote and strengthen and informed choice making skills.
- **Sensory focus:** Auditory, visual and tactile.
- **Activity examples:** Simple art projects like painting, cutting and pasting and clay work, computer or iPad use, puzzles and other quiet games and any other personal project a client may be interested in working on.

### **End of the Month Party Activities in Room 1 and 2**

This program happens once a month during the afternoon of the end of the month party. This program is specifically designed for those individuals who prefer a quieter and/or slower paced environment to participate in party activities. Party activities are based on the month's theme. Activity ideas are offered by the clients and staff from the Party Planning Committee and then taken to this program's facilitators. The facilitators then prepare and plan

- **Program goals:** Meet client's individual sensory needs through participation in sensory activities.
- **Sensory focus:** Auditory, visual, olfactory, and tactile.
- **Activity examples:** Sensory activities based on the monthly theme. For example: a tactile monster laboratory for the Monster Mash party, a sand scavenger hunt for the Beach party, a holiday music sing-along for the Winter Wonderland Party or a shredded paper pillow battle for the Pajama Day Party. Other activities may include movie presentation, interactive games as well as musical and craft activities.

**Note: Please see the Sensory Programming notes for greater detail and activity examples regarding our sensory programs.**

# Sensory Definitions and Descriptions

- The Spring Board Centre offers daily sensory programming.
- Sensory activities help individuals organize and balance their nervous systems.
- Sensory activities can have an alerting or calming effect on an individual's nervous system. These effects vary between individuals.
- Sensory activities can also aid in regulating an individual's attention and mood.
- **Program Goals:** Help individuals meet their sensory needs so they can achieve an appropriate level of alertness and focus, help individuals cope with stress and anxiety, encourage positive behavior by replacing negative stimulus with positive stimulus, help individuals recognize their sensory needs and learn how to positively communicate what they want or need.
- **Activity Examples:** Target stimulus of sensory based activities include Auditory (sound), Olfactory (smell), Tactile (touch), Visual (sight), and Oral (tactile and taste). Also included are Vestibular (balance) and Proprioceptive (gross motor) activities.

## **Auditory activities may include but are not limited to:**

- Listening to music. Different kinds of music can affect the mood of an individual or set the tone of an environment.
- Singing, humming and vocalizing.
- Cause and effect activities such as musical instruments, computer programs and interactive sensory objects (items that light up, play music and/or vibrate when manipulated).

## **Olfactory activities may include but are not limited to:**

- Aroma therapy with essential oils, scented bean bags, scratch and sniff stickers, aroma bottles and natural scents such as herbs, flowers, plants and coffee grounds.
- Edible arts like: pudding painting, cookie dough/oatmeal sculpting, and fruit and vegetable print making or matching games.
- Note: SBC manages risks associated with allergies during aromatherapy activities.

## **Tactile activities may include but are not limited to:**

- Manipulating tactile materials like shredded paper, water, sand, rice, beans, oatmeal, clay, sponges, feathers, Velcro strips and rubbing in hand creams.
- Weighted materials such as weighted vests, arm weights and heavy blankets and mats that participants are able to put and take off independently.
- Massagers, air fans, pressure massage, blankets and brushes.
- Musical instruments like rattles, rain sticks, guitars, drums and cymbals. Instruments create vibrations when used which transfer a great tactile sensation.
- Objects that have different or changing temperatures. Some massagers have heating options. Water bottles can be filled with water of different moderate temperatures.
- Note: only mild temperature variations are used (warm and cool).

**Visual Activities may include but are not limited to:**

- Environmental lighting: dimming over head lights, use of natural light.
- Light producing items such as flashlights, fiber optics, mirror balls, interactive sensory objects (toys that light up, play music and/or vibrate when manipulated).
- Note: extra care is taken when supporting individuals with seizure disorders.
- Video and image projectors.
- Objects with moveable and changing components like fans, rattles, waterfalls, and bubbles.
- Visual art activities like painting, drawing and mixing colored paint and dough.
- Sensory bottles filled with water, oils, food coloring, detergents, glitter, marbles and other moveable and changing parts.

**Oral and Taste activities may include but are not limited to:**

- Blowing: can include use of instruments like harmonicas, horns, whistles and sound makers or blowing bubbles, pin wheels, feathers and straws.
- Sucking through a straw.
- Crunchy snacks and foods brought from home like chips, raw veggies, pop corn, crunchy fruits, granola, frozen grapes and pretzels.
- Licking stamps.
- Specialized and individual oral-motor chewing devices.

**Vestibular activities may include but are not limited to:**

- Using park equipment like swings, bridges and merry-go-rounds.
- Walking and jogging on different kinds of terrain, up and down hill.
- Jumping and bouncing on trampoline, exercise ball and air mat or playing hop scotch and jump rope.
- Rocking or turning in a chair.
- Exercise movements like toe tapping, stretching, dancing and hula hooping.
- Balancing on swivel and rocking boards and walking lines.
- Hand and eye movement activities like catching and throwing balls, rolling cars, clapping and stacking blocks.
- Air mat activities.
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**Proprioceptive activities may include but are not limited to:**

- Physical movements like reaching and stretching, lifting and carrying, bending and standing up straight.
- Light joint compression activities like pushing, pulling, jumping and dancing.
- Physically active games and activities like swimming, bowling, floor hockey, soccer, catch with balls, musical chairs and tag.
- Crawling and rolling.
- Weighted materials such as weighted vests, arm weights and heavy blankets and mats.
- Deep pressure massage.
- Note: all activities are controlled by the participating individual.

# Arts & Crafts and Social Programs

## Communication Basics

Participants of this program are encouraged to build on social skills and develop positive peer relationships through social activities and games.

- **Program goals:** Increase client involvement in social activities and to strengthen and build on communication skills.
- **Sensory focus:** Auditory and visual.
- **Activity examples:** Sign language activities, games requiring cooperative team work and communication, client newsletter within the program, journal writing, client run current events board, show and tells, and discussion groups.

## Social Arts

This program promotes a collaborative approach to accomplishing social goals while working on creative projects.

- **Program goals:** Increase client involvement in social activities.
- **Sensory focus:** Tactile, auditory and visual.
- **Activity examples:** Arts and crafts projects planned by clients and facilitator, decorations for the monthly parties, building projects and partner/ group projects such as large scale mosaics, print making and paper-mache building.

## Pliable Arts

This art program assists clients in meeting their tactile and proprioceptive sensory needs through working with pliable and tactile creative materials.

- **Program goals:** Meet client's individual sensory needs through encouraging increased participation in activities.
- **Sensory focus:** Tactile and proprioceptive.
- **Activity examples:** Manipulation of clay and dough for hand building pots, creating objects like animals or people, bead making, pressing clay into molds, following recipes to make different dough and clays and material exploration through squishing, pinching, coiling, rolling and cutting.

## Arts and Crafts

This program offers the basic fundamentals of arts and crafts. Clients have the opportunity to create just about anything they can imagine up. Projects may be decorative, expressive or functional in nature.

- **Program goals:** Strengthen and build on communication skills through following simple step by step directional prompts.
- **Sensory focus:** Tactile and visual.
- **Activity examples:** Paper crafts, painting, kite making, paper-mache projects, decoration building, clay, puppetry and costume making.

## Craft Program, Client Lead

This Craft program is client co-facilitated. The craft projects are planned and prepared by clients with staff guidance.

- **Program goals:** Provide opportunities for clients to assist others, to promote and strengthen and informed choice making skills and to provide clients with leadership opportunities.
- **Sensory focus:** Tactile and visual.
- **Activity examples:** wreath making, beading, fabric weaving, dream catchers, rug hooking, mosaic and collage projects, clay crafts and jewelry making.

### Scrapbook Social

Participants of this program have the opportunity to visit with their peers while putting together personal and group scrapbooks and communication books. Clients can use photos taken at SBC or pictures brought from home.

- **Program goals:** Increase involvement in social activities through scrapbooking, to strengthen and build on communication and choice making skills.
- **Sensory focus:** Tactile and visual.
- **Activity examples:** Personal and group scrapbook projects, making posters and cards, decorating and updating picture wall, and goal related activities like creating personalized sign language books and visual communication posters and/or boards.

### Party Planning Committee

Participants of this program plan the activities that will happen for each of the end of the month parties. They also make decorations for SBC and work with other groups to come up with fun ways of celebrating the theme in other programs throughout each month.

- **Program goals:** Increase involvement in social activities, promote and strengthen informed choice making skills and provide clients with opportunities to assist others.
- **Sensory focus:** Auditory and tactile.
- **Activity examples:** Participate in brain storming and planning meetings to pick out music to sing and dance to, create games to play and craft activities for the party day, writing newsletter updates and making decorations for SBC, creating a monthly theme banner and prepare special presentations that may be taking place at the party.

### Spa

This program reinforces positive self-care practices through fun spa like activities. Each participant has his/her own bag with personal make up, hair brushes and combs.

- **Program goals:** Meet client individual sensory needs through participation in sensory activities, to increase client involvement in social activities, provide opportunities for clients to assist others and to promote and strengthen informed choice making skills.
- **Sensory focus:** Tactile, olfactory and visual.
- **Activity examples:** Spa stations for hair, makeup, nails and massage, hand soaks, fashion shows and looking at magazines and books for hair and nail designs.

# Games and Physical Activities

## Table Top Games

Participants in this program have a large selection of board games, computer programs and small project activities to participate in. Participants may choose to work on independent games or invite peers to join them in multiple player games.

- **Program goals:** Increase participation in activities, to build on client communication skills and to strengthen and promote informed choice making skills.
- **Sensory focus:** Visual, proprioceptive and vestibular.
- **Activity examples:** Puzzles, board games, card games, computer activities, table tennis and Wii games.

## Cooperative Games

This program is organized so that clients can participate in physically active games on competitive and non-competitive teams.

- **Program goals:** Increase level of participation through physical activities, provide clients opportunities to assist others, and to strengthen and build on communication skills.
- **Sensory focus:** Proprioceptive, vestibular and tactile.
- **Activity examples:** Basketball, bowling, relay races, following the leader, parachute games, bean bag toss, carnival games, rubber chicken bowling and Wii Sports games.

## Bingo

Standard bingo is played in this program and is co-facilitated by clients and staff. Other variations of bingo may also be introduced to correspond to monthly themes or to offer variety.

- **Program goals:** Increase participation in activities, focus on client involvement in social activities, to provide opportunities for clients to assist others and to strengthen and build on communication skills.
- **Sensory focus:** Proprioceptive and auditory.
- **Activity examples:** Standard bingo, picture bingo, black out bingo, alphabet bingo, animal bingo, colour bingo and auditory bingo.

## Picture Bingo

This is a modified bingo program that uses picture cards instead of numbers. This type of bingo provides a greater opportunity for participation for individuals who are stronger at understanding and responding to visual cues.

- **Program goals:** Increase participation in activities, focus on client involvement in social activities, to provide opportunities for clients to assist others and to strengthen and build on communication skills.
- **Sensory focus:** Visual, auditory and proprioceptive.
- **Activity examples:** Picture bingo cards can vary depending on the monthly theme like color bingo, animal bingo, hockey team bingo and friendship bingo.

### **Scavenger Hunt**

Participants have the opportunity to explore their environment through games, group projects and independent activities. Activities may take place at SBC or in the community.

- **Program goals:** Focus on client involvement in social activities, increase level of participation in activities and to strengthen and build on communication skills.
- **Sensory focus:** Visual and proprioceptive.
- **Activity examples:** “I spy” games, computer games, organized scavenger hunts in the community and within SBC, hide and seek games, puzzles, interactive games and activity sheets.

### **Gross Motor Movement**

This active program provides clients with the opportunity to stretch, move and exercise through fun games and physical activities.

- **Program goals:** Participation in physical activities and to provide clients with leadership opportunities to assist others.
- **Sensory focus:** Proprioceptive and vestibular activities.
- **Activity examples:** Staff and client lead exercise activities and stretching routines, parachute games, ball games, activities with ribbon wands and hula hoops, learning simple dance routines and participating in Wii Fit games.

### **End of the Month Party Movie Presentation**

This program happens once a month during the morning of the end of the month party.

Each month the Party Planning Committee selects a movie that goes along with the monthly party theme. Only movies with a G or PG rating are shown. All clients who wish to watch the movie are welcome.

- **Program goals:** Meet client’s individual sensory needs through participation in sensory activities.
- **Sensory focus:** Visual and auditory
- **Activity examples:** Movies that have been selected in the past have included Up, Fantasia, Ice Age 2, Happy Feet, the Winter Olympics, Superman and Freaky Friday.

### **End of the Month Karaoke Party**

This program happens once a month during the afternoon of the end of the month party.

Songs and special party themed activities are put together by the clients and staff of the party planning committee and the facilitators of this program. Karaoke performances are a favorite among the clients in this program.

- **Program goals:** Participation in physical and social activities.
- **Sensory focus:** Auditory, proprioceptive and vestibular.
- **Activity examples:** Karaoke performances and sing-alongs, Theme based activities such as beach volley ball, costume masquerades, talent show presentation and Olympic Games challenges.

# Music Programs

## Music and Song

This music program offers clients the opportunity to learn new songs through singing, sign language, instrument play and dance. Clients also have the opportunity to share their favorite songs and dances with the other participants.

- **Program Goals:** Participation in activities and to meet client sensory needs through participation in sensory activities.
- **Sensory focus:** Auditory, visual, proprioceptive and vestibular.
- **Activity Examples:** Rhythm games, group and individual performances and group sing a-longs.

## Music Therapy

Participants of this program have the opportunity to enjoy the musical talents of SBC staff and their peers. A variety of musical activities that encourage participation and music appreciation will be offered.

- **Program goals:** To meet individual sensory needs through participation in sensory activities and to increase participation in social activities.
- **Sensory focus:** Auditory, proprioceptive and vestibular.
- **Activity examples:** Sing-a-longs, dancing, instrument play, name that tune and other musical games.

## Karaoke

This program encourages group participation and self expression through music and movement. Participants may choose the songs they would like to perform and even partners for duets.

- **Program goals:** Increase level of participation in activities, provide opportunities for clients to assist others and to strengthen and promote informed choice making skills.
- **Sensory focus:** Auditory, proprioceptive and vestibular.
- **Activity examples:** Group sing-a-longs, spotlight performances, name that tune and other musical games.

## Musical and Performing Arts

This music and social program gives clients opportunities to experience different kinds of dance, music, and drama activities with their peers. Participants are welcome to perform their musical and dance numbers for their peers.

- **Program goals:** Increase participation in social and physical activities.
- **Sensory focus:** Auditory, visual, proprioceptive and vestibular.
- **Activity examples:** creative dance, music and drama performances, sing along routines and instrument play, theatre sports and making music videos.

### Musical Activities

This program encourages the creative expressions of music making while promoting physical movement through interactive games and musical activities.

- **Program goals:** Participation in physical and social activities.
- **Sensory focus:** Auditory, proprioceptive and vestibular.
- **Activity examples:** Drum circle, The Limbo, The Chicken Dance, Mexican Hat Dance, Hula Dancing, Congo Lines, the Macarena, spot light dances, instrument play and musical games like hot potato and musical chairs.

### Music and Sensory

This program uses music to create a calm and relaxing environment for clients to participate in sensory activities. Instrument play is also explored. SBC has a variety of musical instruments that make different sounds and vibrations.

This program is facilitated by both a sensory and a music program facilitator.

- **Program goals:** Meet client's individual sensory needs through participation in sensory activities.
- **Sensory focus:** Auditory and tactile
- **Activity examples:** listening to calm music while swinging on the platform swing, completing puzzles, using hand massagers, participating in aromatherapy, watching color and pattern projections and engaging in tactile sand play. Also, instrument play such as bells, drums, chimes, rhythm sticks, shakers, rain sticks, boom tubes, keyboards and music applications found on the iPad.

### End of the Month Dance Party

This program happens once a month during the afternoon of the end of the month party.

Party themed songs and musical activities are put together by the clients and staff of the party planning committee and the facilitators of this program. Dance activities range from special theme based activities to standard client favorites.

- **Program goals:** Participation in physical and social activities.
- **Sensory focus:** Auditory, proprioceptive and vestibular.
- **Activity examples:** Dancing with the music video projector, Clients and staff perform and record special dance number or performances like hula dancing, Musical games like The Limbo, The Chicken Dance, Congo Lines and the Macarena and clients and staff participate in Let's Dance Wii game competitions.

# Community Programs

All outings offered at the Springboard Centre have been assessed for risks pertaining to our clientele. Springboard only visits locations that have been approved through this process.

## **Bowling**

We visit both 10 pin and 5 pin bowling venues depending on which best suits the needs and abilities of those attending. The bowling venues we visit have wheel chair accessible bowling lanes and bowling ball ramps.

Participants play together as a team and cheer for and assist their team mates.

- **Program goals:** Participation in physical and social activities.
- **Sensory focus:** Tactile, visual, proprioceptive and vestibular.
- **Bowling locations:** The Bowling Depot and Let's Bowl.

## **C-Train Exploration**

This program gives participants a view of the city while enjoying social interactions with their peers and other members of the community. Scheduled C-Train routes are pre-planned by the participants and program facilitator.

- **Program goals:** To meet individual sensory needs through participation in sensory and physical activities and to strengthen and build on communication skills.
- **Sensory focus:** Tactile, visual and auditory.
- **Activity examples:** C-train scavenger hunts, following maps and marked routes, picture taking and sightseeing.

## **Park Exploration**

Outdoor activities are planned at parks throughout the city of Calgary. Group or individual activities may be organized depending on the location, interests and goals of the participants involved.

- **Program Goals:** Meet individual sensory needs through participation in sensory and physical activities.
- **Sensory Focus:** Auditory, olfactory, tactile, visual, vestibular and proprioceptive.
- **Activity Examples:** Scavenger hunts, walks on paths, accessing public water parks and wading pools, sports games like soccer and capture the flag, Kite flying, climbing hills, building sand sculptures and using playground equipment like slides and swings.

## **Community Exploration**

Indoor and outdoor venues are accessed throughout the city of Calgary for these programs. Venue location will be dependent on weather and the goals and interests of the individuals participating.

- **Program Goals:** Meet individual sensory needs through participation in exploration and physical activities.

- **Activity Examples:** Cheer on hockey games at Max bell centre, Scavenger hunt at IKEA, program supply shopping, watch air planes take off and land at Air port observation deck or visit the Space Port Activity Centre, explore the Fish hatchery visitors centre or Calgary Olympic Park, visit animals at a pet store, look at and smell flowers at a green house or go for a walk in a city park.

### Library

- Library venues provide clients with access to visual, audio and interactive materials. Participants of this program may choose to use the library resources to help with their goals. Others may enjoy finding materials of personal interest to share with their peers. Computers and access to the internet are also available. Clients are welcome to check out books, movies and music to use while at SBC. These items are returned the following week.
- **Program goals:** To strengthen and build on client communication skills, to provide opportunities for clients to assist others and to promote and strengthen choice making skills.
- **Sensory focus:** Visual, auditory and tactile.
- **Activity Examples:** Library scavenger hunts, research topics of interest and share with peers, assist with gathering materials for SBC programs, and individual client goal work.

### Recycle and Vending Machine Program

SBC recycles pop cans and bottles that have been donated or discarded at The Centre. The money collected from recycling goes towards special events, activities and equipment for SBC. After recycling participants restock the vending machine at SBC. They do a fantastic job and exercise great team working skills.

- **Program goals:** Increase level of participation in activities, to strengthen and build on client communication skills and to provide clients with opportunities to assist others.
- **Sensory focus:** Tactile, visual, proprioceptive and vestibular.

### Swimming

Swimming is a great activity to have fun while getting physical exercise. SBC currently has a yearly pass to Cardel Place. The pool here is wheelchair accessible. With a large assisted change room facility. SBC has life jackets for client and staff use. Life jackets can also be signed out at Cardel Place. Staff may ask lifeguards for water equipment such as buckets, balls and pool noodles.

- At times, SBC may also access other pools such as Village Square and Bob Bahan.
- **Program goals:** Meet individual sensory needs through participation in sensory activities and to increase participation in physical activities.
  - **Sensory focus:** Tactile, proprioceptive and vestibular.
  - **Activity Examples:** Play catch with pool balls, walking in water race, balance with pool noodles and water mats, work body's range of motion by stretching and paddling with arms and stretching and kicking with legs as well as water sensory by pouring water onto arms, hands, shoulders and head.

## **Gym Activities**

SBC has access to the gyms at Cardel Place and the Marlborough Park Community Centre.

At Cardel, public use of the gyms is on a first come, first serve basis. Staff and clients must check in with the front desk to see if any of the gyms free for their use. Staff and clients can sign out basketballs from the front desk as well.

At the Marlborough Community Centre, the gym is pre booked by an SBC manager or assistant manager. SBC is responsible for bringing our own gym equipment such as balls, hula hoops, skipping ropes, pool noodles and bowling sets.

- **Program goals:** Participation in physical and social activities and to meet individual sensory needs.
- **Sensory focus:** Tactile, visual, proprioceptive and vestibular.
- **Activity Examples:** Bowling, Basket ball, soccer, relay races, pool noodle hockey, stretching, catch and throw games and walking for physical activity.

**Note: In the event of extreme weather conditions (Temperature with wind chill equaling -30 degrees Celsius or colder or +27 degrees Celsius or hotter and/or poor driving conditions including poor visibility, icy roads, significant snow fall and strong winds) and any public emergencies or road advisories outings will be canceled and clients will attend in house programs with similar program goals and activities.**

**Swimming, outdoor based programs and C-Train outings will be cancelled if the temperature with wind chill reaches – 15 degrees Celsius or colder.**