Name of activity:

Brief description of activity (including place and duration):

|  |
| --- |
| **What are the requirements for the activity?** |
| Cognitive: |
| attentionconcentrationdiscriminationgeneralisationuse of symbols perceiving cause and effect problem solving | goal setting planning organisation number of processes involvement speed role opportunities imagination creativity  | language following demonstration/directions reading writing numbers logic abstract thinking | orientation awareness of time memory range of knowledge reality testing choice |
| Psychological: |
| expression of feelings integration control of feelings frustration tolerance coping with pressure expression of needs gratification of needs  | trust independence passive or active creativity reality testing ego-defence mechanisms encourage or removed | sharing interaction self-imagebody image identification exploration of feelings and motives responsibility  | sexual identity end product contrived or real experience tolerating risk sublimation playing/exploring involvement |
| Physical: |
| sensation sensory perceptionspatial awareness | mobilityfine motorrepetitionmotor planning | strengthendurancerhythmcoordination | range of movementposturetypes of movement gross motor |
| Interpersonal: |
| individual or group/size of group mixed or segregated sexescommunication cooperation | competitionnegotiationcompromise | structurerulesleadership | interactionisolationvariety of relationships |
| **What did you observe?** Understand the effect the activity is having on the individual. |
| Cognitive |
| Psychological |
| Physical |
| Interpersonal |
| **To allow for change in the individual identify where the potential for grading is:** Grading allows the client to progress from exploration, through acquisition of skills, to attainment of goals. It also allows the client to move on to the next stage once a skill has been learned. Grading may involve a gradual change in the nature of the activity by changing one or two components, or a complete change of activity. |
| Materials and equipment  | Environment – human and non-human |
| Method | Related activities |