

EVALUATION OF THERAPEUTIC ACTIVITIES

See chapter 4 on Play in the Child Life Theory book for more information on play categories and theories

Only complete if you implemented this activity with a child, teen, or caregiver

Name of Therapeutic Activity: **Magic Calming Jar**

What date did you complete this activity? **9/10/2025**

- Were any modifications made to the original activity?
 - **No modifications were made to this activity.**
- According to Parten's Continuum of Social Participation in Play, what type/types of play were observed during your activity?
 - **Cooperative play was observed as the patient invited me to help her pour the glitter and objects into the jar. This demonstrated teamwork and collaboration to achieve the shared goal of creating a calming glitter jar.**
- What went well?
 - **This patient was able to understand the deeper meaning of the activity and make connections instead of just focusing on creating a fun jar. She was able to take deep breaths as the glitter jar settled, showing calmness. She also personalized her jar by adding some of her favorite things (K-pop, Halloween, and her brother). This activity promoted autonomy by letting her feel in control of what went into the jar and how much to reflect her feelings. I also talked to her about bringing this calming jar to the hospital to symbolize staying calm in tough times, and she seemed to understand.**
- What challenges were there?
 - **I didn't experience any challenges when facilitating this activity.**
- What adaptations would you make for next time (consider developmental level, coping style, and theory in this decision)?
 - **No adaptations were needed for this patient because her developmental level was appropriate. As a 7-year-old (school age), she is in Piaget's concrete operational stage, which allowed her to connect the glitter jar to her emotions. She is also in Erikson's Industry vs. Inferiority stage, so personalizing her jar supported her autonomy by helping her relate the materials to her interests. Finally, she demonstrated understanding of the activity's coping purpose by taking deep breaths when the glitter settled at the bottom of the jar, showing the intervention was developmentally appropriate without adaptations.**
- Discuss if Diversity, Equity and Inclusion (DEI) was incorporated in this activity and if so, how effective you were in utilizing/facilitating it. If not, list opportunities when you could incorporate DEI in a future therapeutic activity.
 - **I incorporated DEI into this activity by providing materials that reflected the patient's personal identity and interests. When adding the lettered beads, she chose to add her brother's name to the jar, emphasizing how important family is to her. I intentionally provided materials aligned with her interests, such as Halloween colors and scary googly eyes. I also used language about "dancing glitter" because of her love for dancing and K-pop. All of this helped her reflect on her identity through the activity. In the future, I could also offer materials that represent**

different cultures and religions and ask open-ended questions to encourage her to share more about her cultural background.