

EVALUATION OF THERAPEUTIC ACTIVITIES

Name of Therapeutic Activity: **I Love Me tree**

What date did you complete this activity?

- **This activity was completed in the C8 playroom on 9/5/2025**

Were any modifications made to the original activity?

- **Instead of facilitating this activity for a group of patients, it was modified into an individual playroom activity.**

According to Parten's Continuum of Social Participation in Play, what type/types of play were observed during your activity?

- **Associative play was observed during this activity as the patient and CLI engaged in the same activity while modifying it to their individual strengths. We engaged in rapport-building conversations and completed our activities simultaneously.**

What went well?

- **Through my therapeutic activity, I was able to provide a distraction from pain, which the patient's mother noted. The patient and I connected by talking about what we loved about ourselves, and then went deeper by discussing the values behind those specific qualities. The patient's mother was also actively engaged by adding to the daughter's strengths. For example, she shared how great a cook her daughter is, which encouraged the patient to describe her favorite meal to cook, who she makes it for, and how she prepares it. Through my assessment, I recognized that the mother, who is a schoolteacher, was supporting her daughter by promoting normalization, as the activity mirrored experiences outside of the hospital.**

What challenges were there?

- **There weren't many challenges during this activity. The main thing I noticed was making sure the patient had the opportunity to share what she felt were her biggest strengths, without her mom speaking too much for her. I was able to navigate this challenge by directing my conversations back to the patient. Overall, it was a very successful therapeutic activity!**

What adaptations would you make for next time (consider developmental level, coping style, and theory in this decision)?

- **Since this patient was school age, next time I would encourage her to add more detail to her “I Love Me Tree” by linking each strength with a specific example or story. This could help her practice reflection skills by identifying positive traits about herself. This supports Piaget’s Concrete Operational Stage, as it allows her to use logical thinking by connecting real-life examples to deepen her understanding.**

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.

- **DEI was incorporated into this activity by giving the patient the freedom to express her own voice. She chose to include her religion by writing “I love that I am a child of God,” which she said was something meaningful to her. I also provided skin-tone-colored pencils so she could represent herself in an inclusive way.**