

# Game play project



and Number Game/Play Project When working with children in a hospital environment, it is important to find activities and toys that are safe, interactive, and are easy to use or setup. Playing with children can be an extremely important tool in the healing process as it keeps the young patients in a positive frame of mind and also serves to distract them during the constant stream of checkups and treatments. One particular activity that would serve a myriad of purposes and objectives would be making puppets and putting on a makeshift play. The materials that are necessary for this particular activity are fairly minimal. Small paper sacks are needed for the puppets and can be located at any major grocery store or superstore. Markers or crayons, yarn, buttons, and glue-sticks are materials that are cheap and are a great way to decorate the puppets without creating a mess. There are many available designs that workers can teach the young patients which can be viewed on [Enhantedlearning.com](http://Enhantedlearning.com). After designing the puppets, the worker and the children can develop a dialogue about their specific puppet such as their name and basic characteristics. Workers can prompt the children with questions such as “ What’s your puppets name? What’s the puppet’s favorite food, activity, etc? Does the puppet have any brothers and sisters?” Finally, the children can create a story whether through improvisation or writing out a scene and act out the story using their puppets. This activity does not have any major safety risks that need to be addressed. As long as the adult/worker has prepared the yarn before hand, there is no need to bring scissors or any other risky material into the patient’s environment. The puppet activity can be modified for children as young as four or five and as old as nine or ten. For the younger age groups, stories and characters might not be as sophisticated as they would be for <https://assignbuster.com/game-play-project/>

older children thus the worker might need to be involved in the process of creating at a stronger level for younger children. The puppet activity serves several purposes. It fosters creativity in the children and provides an outlet for emotions that they may not have the ability to communicate effectively at a young age. With the worker helping in the process of creating the puppets and their characteristics, the children are able to develop a dialogue and trust with the worker. It might even be a way to open up communications between the worker and children about their hopes and fears as they will be able to place these characteristics into their puppets. The puppet activity is involved enough as well that it can be an effective strategy for distraction, but also easy enough to clean up and put away when necessary. Positive activities such as puppet making and puppet shows can provide a fun and creative environment for children that are going through an otherwise difficult time. Stories and characters present a distraction and also fosters a social environment which is helpful in forging relationships with the worker as well as other children. As it is relatively cheap and easy, this is also an activity that will be simple enough for the worker to add to their visits or programs when interacting with their clients/patients in the hospital setting.

Nutrients Needed: Teenagers, in particular, are an age group that need proper nutrition in order to help them through their final growth spurts into adulthood. According to an article entitled “ Your Teens Nutritional Needs,” the average female teenager needs to consume 2, 400 calories a day while a male teenager needs to consumer between 2, 800 and 3, 000 calories per day. It is important to create a balance when it comes to nutrition. According to the USDA, a balanced diet is comprised of fruits, grains, vegetables, protein, and dairy. Parents will have an easier time

ensuring that their teen is getting the proper nutrients if their fridges are stocked with healthy, nutritious foods and unhealthy foods and snacks are kept to an absolute minimum. Menu Example An example of the type of meals and nutrition that teens should be getting daily: Breakfast: Whole grain toast with scrambled egg whites. (Protein and grains) Snack: Baby carrots or apple slices (vegetable and fruit Lunch: Oven roasted turkey sandwich w/swiss cheese on whole grain bread. (Protein, dairy, and grains) Snack Celery and cottage cheese (Vegetable and Dairy) Dinner Chicken, Brown rice, and apple sauce (Protein, grains, fruit) A Brief Overview Of The Nutrients that Are Vital for Teenager's Healthy Growth Pamphlet Summary:

1. For this particular pamphlet, I utilized two sources: " USDA's MyPlate - Home page ." USDA's MyPlate - Home page . Web. 10 July 2011. . " Your Teen's Nutritional Needs." Family Education . Web. 10 July 2011. .
2. I wanted to keep the pamphlet simple in terms of color and style. It is easier to read and glean information when the look of the pamphlet is not too busy or distracting.
3. The pamphlet is most useful for parents who might be needing some guidance in terms of what kind of food to provide their teenage children with at home.
4. I would place this pamphlet in a pediatrician's office or a school office where it would have the most opportunity for parent's to see it and have access to it.
5. This pamphlet could be improved with a few more graphics and perhaps it could include a bit more detailed information.
6. The developmental level that this pamphlet was developed for was teenagers and adults. This was accomplished by keeping the content focused and the language of the pamphlet does not talk down to the reader.
7. Gender was briefly addressed by discussing the particular caloric needs of girls and boys. Socioeconomic issues were not specifically addressed, but

were not specifically excluded either. 8. This pamphlet is meant for English speakers and readers. In order to reach a wider audience, translating it into Spanish might be helpful. References " Paper Bag Puppets Craft - Enchanted Learning Software." ENCHANTED LEARNING HOME PAGE. Web. 9 July 2011.. " USDA's MyPlate - Home page ." USDA's MyPlate - Home page . Web. 10 July 2011. . " Your Teen's Nutritional Needs." Family Education . Web. 10 July 2011. .