

## Title of the activity : Getting to know the Snoezelen

**For who :** 10+  
**Duration :** 75 mn  
**Number of players :** 10  
**Place :** snoezelen room

**Characteristic :**  
 - medium duty  
 - untransportable

**Type of game :** Getting to know the room  
**Educational interest :**  
 - To try to rest areas

**Materials :**  
 - Snoezelen room

### Goal :

- **To be familiar with the equipment in the room**
- **To capture the different effects of visual stimuli**
- **To experience combination of light**
- **To specify personal preferences for particular equipment or rest areas**
- **To be aware of concentrated inhaling and exhaling**
- **To promote calm and relaxation**

### Abbreviations :

**C = carer**

**I = instructor**

**P = persons**

**U = User**

### Method :

Phase time	Didactic – methodological intention	Content	Organisation media
I. Approx. 15'	The U should get used to the room and the group members. A minimum of stimuli should be offered in the first unit. Concertation on light	U. choose a place in room they like (not too close to the person nest to them). In a comfortable position, they listen to the music. After approx. Two to four	Room in semi – darkness. Music by Buntrock : Wolkenflug and Dream time. Bubble unit and fibre optic are switcher on Observation form cf.

		sources and music. Trying out seating options. I. Observes reactions of the group and records them on an observation form( cf. Appendix) in order to adjust the room to the specific needs of the U.	minutes places are changed. (Altogether approx. Five changes). At the end they go back to the place they liked most ( even if more than one U. Makes the same choice).	(appendix)
II.	Approx. 20'	The U. Should get to know the pieces of equipment individually and express their preferences. The mood generated by the light sources and the music should be verbally expressed. The group should agree on a combination ( usually it is not a difficult decision to make). Feelings can be specified, bur U. Should not forced to do so.	Only one light source is turned on to begin with. After aprox. two to four minutes another one, e.g. , the bubble units, fibre optic, colour wheel. The three most popular items will be switched on in connection with music. At the end or after each pat the U. Can express which one they have enjoyed the most.	The U can change places. Bubble unit(s) fibre optic, colour wheel, mirror ball, star carpet, it is depend on the equipment of room. Music by Buntrock : Wolkenflug and Dream time.  The U. Sit in a circle.
III.	Approx. 10'	The effect of combining the equipment should be investigated.  The U. should think about the impressions end express them  A mutual solution as to the best combination is found and observed quietly.	The room is dark, As in II. The equipment is turned on one item at a time. Once all optical media ate in use, the will slowly be switched off again. The U. agree on a combination then will be left for the following part.	Free choice o seating. Equipment parts are switched on one after the other (approx. One every one minute). After a period od approx. Three minutes all the equipment is switched off again, one piece at a time.
IV.	Approx.25'	The light combination used at the end of part III remains the same. The unit should	The light combination used at the end of part III remains the same. The I. Initiates the	Light combination agreed on in III : No music. The U. are lying comfortably on the

	<p>come to a harmonic end. U. concentrate on a regular breathing rhythm. The I. A accompany this process with calm and slowly spoken words. Sentences might be repeated if the I realizes that the U. have difficulties starting the relaxation process. Exhaling should take twice as long as inhaling (approx 12. Repetitions). The I. Observes the group. Only when the state of relaxation is achieved does he begin reading the text. Story Snuit : Der Seelenvogel.</p>	<p>state of relaxation. „ <i>Move your body until you find a comfortable position. Now please close you eyes. The moth is lightly opened. The arms are relaxed next to your body. Breath in and out slowly and deeply. Your stomach rises when you whale and lowers when you exhale. Continue inhaling and exhaling deeply and evenly until I begin to read the story.</i> ”</p> <p>I. Reads the story „ Der Seelen vogel.</p>	<p>mats. Cushions, beanbags.</p>
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**You can need your music (relaxation music) and read your text for youth people.**

**Source :**

**Krista Merkens, *Snoezelen – in Action*, Shaker Verlag 2008, ISBN 978 \_3\_ 8322- 7602-7**

**Link or picture :**

