

Traveling Chairs—A Movement to Music Group

Format: 45 minutes

1. Introduction and Warm-up—10 minutes
2. Musical Activity—20 minutes
3. Sharing—5 minutes
4. Processing—2 minutes
5. Generalizing—2 minutes
6. Application—1 minute
7. Summary and Thank You—5 minutes

Frame of Reference: The Model of Human Occupation (MOHO) can be used with any person experiencing problems in their occupational life and is designed to be applicable across the whole life span. It is a holistic approach based on the idea that a person is an open system that changes and develops. While most of the literature on MOHO does not address group treatment specifically, according to Cole (p. 270, 2005) a balanced occupational therapy program is one that includes addressing leisure, which this group will.

Supplies:

- Recorded music and amplifier
- Leis and small American flags for all participants
- Small instruments, primarily percussion
- Chairs for participants who are not in wheelchairs

Safety and Confidentiality Issues: This movement group requires group members to have a cognitive ability to refrain from activities or movements that have been restricted. All efforts will be made by the group coordinators to conduct general-level activities appropriate to the group members, and to provide cautionary statements while conducting the group.

Goals:

- Provide the right level of exercise and movement to group members.
- Provide a short and enjoyable activity that sparks memories of travel and other places.

Format and Description:

1. Introduction and warm-up (10 minutes)
 - a. Welcome group members, explain that we are students at Bay Path College studying occupational therapy, and that today we will be listening and moving to different kinds of music, such as Hawaiian, Polish, Midwestern, and what one might describe as truly American. All movements will be done while seated.
 - b. To get to know each other a little better, we will ask each person to state their name and tell us: What was the favorite place to which you ever traveled?

2. Musical Movement Activity (20 minutes)
 - a. Hawaii—the Hula
 - b. Poland—the Polka (Chicken Dance)
 - c. Midwest—Giddyup
 - d. America—Marching and flag waving
3. Sharing (5 minutes)
 - a. Did the music remind you of anything?
 - b. What did you think of the activity?
 - c. If Beverly or those in the activities department were to do this again, is there any other musical style you would like?
4. Processing (2 minutes)
 - a. Is this something you would like to see more of?
5. Generalizing (2 minutes)
 - a. There are many types of music in the world, and some of them we associate with different places or origin, and others we associate with different times of our lives. Bring together any comments made by group members.
6. Application (1 minute)
 - a. Did you find yourself tapping your toes? How did the music make you feel?
7. Summary (5 minutes)
 - a. Pull together the various places talked about.
 - b. Thank the group members for participating.
 - c. Remind group members to keep their flags for Memorial Day and the Fourth of July.

Reference

Cole, M. B. (2005). *Group dynamics in occupational therapy: The theoretical basis and practice application of group intervention*. Thorofare, NJ: SLACK Incorporated.