

Picnic Pack

Feeding is one of the basic activities of daily living that is fundamental to living in a social world (American Occupational Therapy Association, 2014). The *Pediatric Picnic Pack* provides therapists an opportunity to utilize a creative intervention that simulates feeding and measures functional performance.



Feeding

Set up/ arrange items/ pattern of bringing food from plate or cup to mouth

Meal Preparation and Clean up

Plan, prepare, serve well-balanced, nutritious meals, and cleaning up food and utensils after meals

Social Participation

Interweaving of occupations to support desired engagement in community and family activities, as well as those involving peers and friends

Play Exploration

Involves pretend play, games with rules, constructive play, symbolic play

Sensory Functions

Visual, proprioceptive, tactile function with various textures

Control of Voluntary Movement

Eye hand coordination, bilateral integration, crossing midline, fine/gross motor control, accuracy

Motor Skills

Aligns, stabilizes, position of utensil, reach, grips, manipulates, coordinates, moves, lifts

Functional ROM

Prehension patterns, grasp activation (lateral/superior/inferior pinch, 3 jaw chuck), wrist movement (radial/ulnar deviation), supination, pronation, elbow flexion and extension, digit dexterity

Process Skills

Paces at consistent and effective rate, attends to task, handles with support/stabilizes, hand to mouth sequence, initiates task, appropriate choice with piercing and scooping, figure ground perception



If a patient has or develops an aversion to food, OT can facilitate an activity utilizing the picnic pack with creativity. Use your imagination to search for bugs in a can of worms or hunt for hidden gems & colorful treasures.

Picnic Pack

Create your own individualized *Pediatric Picnic Pack* with items priced at \$1.00.

