

FROG ROCK CONCERT

\$5 Special Materials Budget

Residents will listen to the sounds of different frogs and toads during a virtual summer evening nature walk and learn how they benefit the garden as well as our ecology. Then they will create cute pet frog rocks to decorate the garden or gift to friends and family. The Eldergrow garden offers a therapeutic connection to nature where residents engage in meaningful ways with the garden – cognitively, socially, spiritually, emotionally, and physically. **This activity can be done even if you don't have an Eldergrow garden.**

Activity Objectives:

Objective 1: Resident will engage sensory stimulation (SS)

Objective 2: Resident will engage cognitive stimulation (CS)

Objective 3: Resident will engage motor skills (MS)

MATERIALS



• Lucky Pet Rock Frogs

- Washed/dried rocks and plastic lids (something to paint on and easily move painted frog rock as it dries)
- Googly eyes (Dollar Tree or [Link here](#)) (or simply draw on eyes with Sharpie/paint)
- Paint, brushes (Dollar Tree), sharpies (optional for details), & cups for brush-rinsing water
- Table covering, paper towels, newspaper, plastic, etc.
- *Optional:* If making a pet frog rock "home" to give as a gift:
 - Small boxes, tape and twine/ribbon
 - Newspaper/paper and dried herbs (to shred as nesting material)
 - Gift labels: [Link here](#)
- Charged smartphone/tablet device connected to blue tooth speaker(s).
- Print Talking Points: "**Frogs in the Garden**"
- **Print "Lucky Garden Pet Frog Rock Care Instructions"** (last page)
- **Virtual Garden Walk:** Turn on this video to use as ambience ([Link here](#)) while slowly reading aloud the Virtual Nature Sensory Garden Walk script (located on page 5 of this lesson).
- **Nature Sounds:** (Links are on page 4 of this lesson plan.)

PREPARATION:

- Prep 1-2 weeks ahead by making several herb bundles for frog rock nesting materials.
- Make sure Bluetooth speakers are charged.
- Create a sample pet frog rock along with its care box and instructions (*optional*).
- Move garden into central location near the activity table - **brakes on!** Or gather around a window.
- Set materials off to the side and have garden journal and pen ready for any comments or observations.

ACTIVITY DIRECTIONS – CHOOSE 1, 2 OR ALL 3 PARTS:

Eldergrow Lesson Plans are guides only. In order to maximize resident engagement, customize these plans to the various interests, cognitive levels and physical abilities of residents.

1. GARDEN OBSERVATIONS & VIRTUAL SUMMER GARDEN WALK:

- Ask: *How many flowers are blooming? Do you know their names? Are there any plants that are struggling? What could we do to help them? How many colors do you see? How many herbs?* **Collect herbs from the garden** to add another sensory element to the virtual nature walk.
- **Ask:** *Who likes relaxing to nighttime nature sounds? What are your favorite sounds at night? Do you enjoy taking a warm summer evening stroll? Where do you like to go?*
- Play "**Background Sound of Frogs**" on a smart device connected to bluetooth speakers.
- Today we are going on a relaxing, imaginary, **Virtual Summers' Night Walk**.
- Distribute **one herb sprig per resident** and **read the guided virtual hike meditation** out loud. (5 minutes)

2. NATURE SOUNDS & TALKING POINTS

- Turn off "Background Sound of Frogs". Now that we are back from our Virtual Summers' Night Walk, let's learn a little bit more about a couple of the animal sounds we heard during our walk – Frogs and Toads –and how beneficial they are to the garden and to our ecology!
- Have residents read the **Frogs in the Garden Talking Points out loud**.
- After they read about how these cute critters benefit the garden, play the different video clips of frogs and toads: "Individual and Group Frog & Toad Sounds" links are on page 4. (Residents really enjoy these types of auditory/visual sensory stimulation activities, so take your time with it as it should be the **primary focus of this lesson**. *Does the sound of croaking frogs remind you of summer nights – maybe sipping cold lemonade during the heat of summer on the porch with family or friends?* Share your own summer evening memories to help evoke memories.
- Now let's create something to remind us of our virtual nature walk.

3. CONVERSATION STARTERS & CREATING PET FROG ROCKS:

- Show everyone your sample pet frog rocks. Read aloud the care instructions for pet frog rocks and see if folks recall the famous pet rocks of the early 1970s. (This year in September marks the pet rock's 54th anniversary!)
- Ok, let's make our own pet frog rocks to decorate the garden or give as gifts to family/friends.
- Look at the frog Talking Point page for painting inspiration! Frogs come in all kinds of different colors.
- Consider placing each rock on a yogurt lid as folks paint them and to easily move to the garden to dry.
- Using a wide paintbrush, brush a thin layer of paint all around the upper portion of your rock. Allow to dry several minutes. (Or speed up the drying process by lightly blowing/fanning the painted rock.)
- Using a fine soft paintbrush or sharpie add details to your pet rock frog to make it look like a frog. Or just add two googly eyes for a very simple cute frog. (When adding googly eyes to a blob of thicker, wet paint, you don't need to remove sticky back or add glue.)
- Decide where this frog might live in your garden or, once dry, place in a box as a pet rock gift! (If giving as a gift, have folks shred nesting newspaper and mix with dried herbs in each small box and add gift label.)
- **Ask:** *What was your favorite part of today's activity?*

CLOSING & ACTIVITY AMENDMENTS

- Encourage a high acuity or low vision resident with **hand support assistance** or have them hold your wrist as you do the various parts of the project. *"Would you like to hold my wrist as we paint together?" "May I give you a little assistance as we shred paper for the pet rock home?"*
- If making gift frog rock gift boxes, some folks may **need help identifying whom to give the gift to** and cutting out the gift label.
- **Play favorite/familiar music** during gardening and crafting activities to help calm the shaking limbs of people with Parkinson's Disease. Music can have substantial effects on movement-related symptoms as well as psychological ones in PD, enhancing connections between the motor and auditory systems. Music Playlist for Dementia Patients: [Link here](#)
- Try the **"Assembly line approach"** where each resident has a separate task to take care of. (One person may like to wash and dry the rocks, another paints, another adds eyes while others shred the paper.) Some folks may prefer to watch you and a lovely assistant create a pet frog rock together and then help choose where it will live in the garden.
- Some residents do best when given a **choice of two options** to avoid being overwhelmed and to encourage engagement. *"Would you like to paint the frog green or blue?"*
- Assist as minimally as possible to the particular resident's ability. **This way it's a collaboration that plays to the resident's strengths, allowing them to be successful and fulfilled with what they can do!** This may require you to gently request a staff member can work with that particular resident during the activity so they are still included and supported.
- **Hang up the Talking Points on the garden or around the room** as a sweet reminder of a fun Summer Night Frog Rock Concert class, which also can strengthen short term memories.
- Some residents prefer to only **assist with gross motor garden care**. One may enjoy hand tilling the soil or adding new soil around the plants. Someone else may like to water each plant to the count of three or dust off the shelves and garden structure.
- Changes in the garden or nature outside can help stimulate short term memories, so do encourage residents to **make garden observations as well as reflect back on previous observations so they can see how their garden is changing over time**.
- Ask staff to **assist residents with walkers or wheelchairs to the garden to make observations, and harvest herbs**. If a resident can't make it to the garden, bring the garden to them! If the garden is on wheels, you can roll it to their doorway to make garden observations and "Scratch & Sniff" sensory stimulation. **(Always make sure to lock the brakes!)** Or take a bowl of pruned herbs for them to explore or a potted plant to view up close!

NATURE SOUNDS ON YOUTUBE

- **Background Sound of Frogs** (Listen during your Virtual Nature Hike): [Link here](#)
- **Individual and Group Frog & Toad Sounds:**
 - **Frog Sound Compilation:** [Link here](#)
 - **American Toad Mating Call:** [Link here](#)
 - **Worlds Cutest Frog - Desert Rain Frog:** [Link here](#)
 - **Bullfrog:** [Link here](#)
 - **Leopard frog:** [Link here](#)
 - **Red-eyed tree frog:** [Link here](#)
 - **Orange Eyed Green Tree Frog:** [Link here](#)
 - **American Toad Calling:** [Link here](#)
 - **Sound of Toads Croaking:** [Link here](#)

VIRTUAL NATURE SENSORY GARDEN WALK (5 MINUTES)

This is a guided nature sensory meditation where we will all go together on a relaxing, imaginary nature walk in the garden. Is everyone ready? (*Everyone should have a sprig of an herb in hand. Some higher acuity folks may need an ammended, shortened version.*)

- First rub the herb between your fingers. Is it bumpy or smooth? Thick or thin? Lift the herb to your nose and take a deep smell in. *Would you find this kind of herb in your garden or possibly on a hike in the woods? Does the smell of this herb remind you of anything? Wait for answers and continue to hold this herb.*
- As you sit in your chair, notice how your upper body is balanced over your hips and shoulders in a comfortable but alert posture. Place your hands in your lap and allow your arms to hang by their own weight, like heavy curtains. Bring your attention to your body, your feet... legs... hips... arms... shoulders... neck... head...
- Allow your eyes to softly close. Bring awareness to your breath and feel each breath as it comes in and goes out...(breathe together) let the breath be just as it is, without trying to change or regulate it in any way... allow it to flow easily and naturally, with its own rhythm and pace.
- Now bring your attention to the sounds of this warm summer night next to this special garden (long pause).
- As you sit here, let an image form in your imagination, of the most magnificent and beautiful garden you know or have seen or can imagine..., let the plants all around you gradually come into greater focus... and even if it doesn't come as a visual image, allow the sense of a garden and feel embraced by the presence of the various plants around you. Imagine that you are slowly walking on a path through the garden on this summer's day.
- Notice how beautiful this scene is of the plants, flowers and fruit trees ...continue to breathe in... and out...(pause)
- There may be streams and waterfalls cascading nearby... or an open meadow with a pond.
- Listen to the croaking of the little frogs all around you.
- Observe the scene around you and imagine that you bring the garden and the sounds into your own body with each breath ... become one so that as you slowly walk, you share in the stillness of the different plants, you are now one with the garden.
- With each breath, as you continue imagining your garden scene, become a breathing garden, alive and vital, yet still. You, like the garden, are centered, grounded and present. Now stop on your path as you come to imagine the largest apple tree in front of you.

(Continued next page)

VIRTUAL NATURE SENSORY GARDEN WALK (5 MINUTES)

(Continued from previous page)

- As you stand in front of this beautiful and enormous apple tree, be aware that the sun is traveling across the sky, the light and shadows and colors are changing virtually moment by moment in the tree's stillness, and the garden teems with life and activity... streams, waterfalls, plants, insects and wildlife.
- As the tree stands in front of you, see and feel how night is starting to follow the day. The bright warm sun, followed by the night sky that is slowly starting to be filled with stars... You can feel a summer night breeze gently touch your skin. And you imagine that those apples would be very sweet.
- On this late summer warm evening, the tree still has all of its leaves, the warm air hugs you like a blanket.
- Soon it will be fall, and tree may wear a coat of brilliant fiery colors, and then will head into winter.
- The apple tree continues to stand, unmoved by the weather, or by the changing of its leaves... remaining its essential self, through the seasons, the changing weather, or by the activity ebbing and flowing around it ...
- In the same way, as we sit here in meditation, we can learn to experience the tree, we can embody the same central, unwavering stillness and grounded-ness in the face of everything that changes in our own lives, over seconds, over hours, over years.
- By becoming the apple tree in our meditation practice, we can link up with its strength and stability and adopt them for our own. We can use its energy to support our own energy, to encounter each moment with mindfulness and clarity.
- So if you find you resonate in some way with the strength and stability of this tree and the garden, it may be helpful to remember, from time to time, what it means to sit mindfully with acceptance and stillness...

- Now, slowly take another deep breath in and out.... Wiggle your fingers and toes.... Slowly open your eyes. Take another smell of the herb between your fingers.
- We are back from our virtual nature walk. Let's learn a little bit more about the frogs and toads we heard.

LUCKY GARDEN PET FROG ROCK CARE INSTRUCTIONS:

(Based in the most part on the original 1972 Pet Rock Care Manual)

Congratulations! You are the proud owner of a Lucky Garden Pet Rock Frog! First, make sure to give your new friend a lovely name. Follow these care steps below to keep your pet frog rock Healthy & Happy!

- **Food:** Most pet rock owners, though not intending to harm them, do not feed their pet rocks. Contrary to popular belief, pet rocks do need food to live a content life. You can feed your pet frog rock some dried herbs and dirt every so often and they will live forever.
- **Housing:** Pet rock frogs love to live in an enclosed box/container full of newspaper or tissue shredding, mixed with dried herbs. They like to be taken out periodically to view life from a shelf or side table, but prefer to live mostly in a dry shelter. Unlike real frogs, pet rock frogs don't like to get wet. Consider poking a few "breathing holes" in the top of the box/container.
- **Tricks:** Teaching your pet frog rock to do tricks not only benefits your pet rock, but can also be very entertaining to you, and your friends and family. Below are some of the most basic tricks a pet frog rock can learn.
 - **Sit:** To teach your pet frog rock to sit, start by placing it on the ground. Next, tell it to "sit." You will be surprised, as well as satisfied when you find that your pet frog rock remains in a sitting position on the ground.
 - **Stay:** First, have your pet frog rock sit. Then, use the command "stay" while holding up your hand with your palm facing your pet frog rock. Walk away, keeping an eye on you pet frog rock. Amazingly, your pet frog rock will be in the same spot when you come back, no matter how long you leave it there.
- **Health:** It is truly a terrible thing when you find out that your pet frog rock is sick. To prevent this, make sure you feed your pet frog rock regularly, and take them to the vet's office at least once a year. Although you may get strange stares, do not be alarmed. Most veterinarians do not like pet frog rocks, as they "aren't as interactive as other pets", which is not true for all pet frog rocks. If you take care of your pet frog rock correctly, they can make an exceptional pet. It is not necessary for your pet frog rock to receive vaccinations because they have an extraordinary immune systems that some say is "rock hard." Pet frog rocks rarely get worms, and never get flees.
- **Enjoy!** Pet frog rocks can make great pets for those who have allergies, or tight budgets. They are good listeners, and learn tricks easily. Even small children can take care of them with ease, although adult supervision is advised if the pet is small enough to swallow. Pet frog rocks never die, and will be with you forever.