

31 different activities

to do with the

Lumineia Corner





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31 ACTIVITIES THAT PROVIDE ADDITIONAL SENSORY STIMULATION

We have compiled a selection of activities that will familiarise you with the different educational and therapeutic areas that can be worked on by making the most of the elements in a multisensory environment.

These first ideas to work with Luminea's corner set out objectives to approach the acquisition of the learnings concerning the psychomotor development. This approach can be very helpful with lots of **different users**, such as: typical children at an early stage development; children at an early stage who have another rhythm for learning; people with a disability or special needs, whose development is slower or have become stagnant; people who are in degenerative processes and the elderly, who need to activate the preserved abilities in order to stop or slow down deterioration; and people who enjoy or feel wellness by experiencing stimuli.

That is why we have carefully created these activities sticking to those learnings, so that the first activities are recommendable for children at an early stage of development or people with assistance needs in general, and **gradually, the activities become more complex**, involving more intricate processes.

Our aim is to show you how to make the most of any individual element in your multisensory room and combine it with others to increase the therapeutic possibilities. We really hope you enjoy these ideas and can successfully help you in your daily basis through Luminea's corner.

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Emotional and behavioural regulation	16, 17, 29
Executive skills (sorting, anticipation, planning, sequencing, abstraction, verbal fluency)	18, 21, 22, 23, 25, 26, 30, 31
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1. Look and feel!

OBJECTIVES

- Detection-reaction
- Postural control (cephalic and upper trunk, elbow support)

MATERIALS

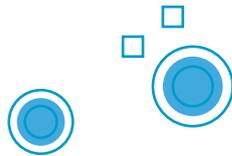
- Luminea Bubble Tube
- Switch On/Off

HOW THE ACTIVITY WORKS

Lay the user face down in front of the tube and activate it to encourage them to lift their head. Once we have caught their attention, switch the tube off. Wait for a few seconds before turning it on again. Praise them every time they raise their head or shoulder girdle to watch it.

MORE IDEAS

To increase the difficulty, we can connect the switch to the sequential input, so that instead of turning off, the tube changes colour. This way, the user will hold their head up longer.



2. What just happened?

OBJECTIVES

- Attention and focus
- Early visual detection-reaction

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber

HOW THE ACTIVITY WORKS

Use the app to select a colour for the fiber optics and the tube. Watch to see if the child reacts and then, after a few seconds, turn these elements off. Observe the child's reaction - a movement, sound or change in breathing - and interpret it ('Well done! You've seen how pretty it is! I'll switch it on again right away!') Switch them on again and reinforce every response or reaction from the child.



MORE IDEAS

If they react to the tube and the fiber optics being activated at the same time, we can progress to only activating the tube and then only the fiber optics. This way, we are gradually focusing their attention.

3. Oh my body!

OBJECTIVES

- Detection-reaction

MATERIALS

- Luminea App
- Luminea Fiber
- Switch On/Off



HOW THE ACTIVITY WORKS

Glide the fiber optic spray over the user's arm, for example, allowing them to feel the weight of the strands as they move and bringing their awareness to the area. Name that part of the body, then glide the tips of the strands over the area for more superficial stimulation. Name the action and describe what you are doing. Work symmetrically, repeating the action on the other side of the body.

MORE IDEAS

Reinforce the awareness of presence/absence by turning off the fiber optic strands when they are not touching the user's body.

4. Eyes wide open

OBJECTIVES

- Attention and focus
- Detection-reaction
- Visual tracking

MATERIALS

- Luminea App
- Luminea Fiber



HOW THE ACTIVITY WORKS

Set the fiber optic strands to a certain colour and place the tips directly in front of the user's face at a distance of approximately 30-40 cm. Watch to see if this captures their attention. When they have been looking at the strands for a few seconds, change the colour. Meanwhile, comment how pretty they are, that they are changing colour, etc.



MORE IDEAS

These early intervention activities must be brief, but as the user's reaction time improves, we can increase the duration by a few seconds. Later, we can move the strands horizontally in front of them, and when they track them well, vertically, too.



5. I caught you!

OBJECTIVES

- Attention and focus
- Detection-reaction
- Understanding cause and effect

MATERIALS

- Luminea Fiber
- Switch On/Off

HOW THE ACTIVITY WORKS

Switch on the fiber optics and watch to see if they catch the user's attention. Then, switch them off and observe the movement they make. Switch the fiber optics again and place the switch where the user can activate it using the movement they have just made. Then, turn them off again. When the user makes the same movement, they will switch them back on. We let them know that they have done it and congratulate them! Repetition is very important in this activity!



MORE IDEAS

This activity can also be carried out using the bubble tube.



6. First colours

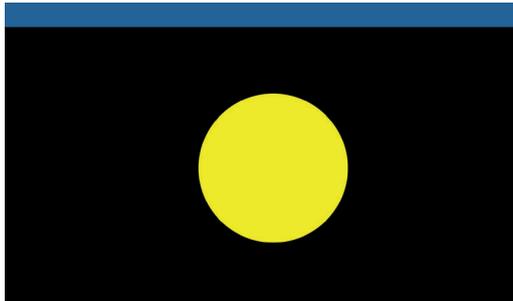
OBJECTIVES

- Attention and focus
- Detection-reaction
- Understanding cause and effect



MATERIALS

- Luminea App
- uminea Bubble Tube
- Luminea Fiber

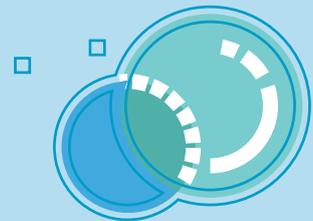


HOW THE ACTIVITY WORKS

Select the yellow circle icon on the Pixel activities screen. Press the circle with your hand to light the elements up in yellow. Describe what is happening and suggest the user does it themselves. If they have difficulty using their hand, help to guide them.

MORE IDEAS

Repeat the activity using red and blue: along with yellow, as they are the first colours we learn to identify.



7. All the same, all different

OBJECTIVES

- Attention and focus
- Group activity
- Specific content areas: colours

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Using one of the Pixel activity scenes with a variety of the colours, select a colour for the tube and fiber optics and ask the users to find the elements in the room that are the same colour (association). Then, ask them to look for things in the room that are NOT the same colour (discrimination). We will teach the words 'same' and 'different' throughout the process.

MORE IDEAS

We can focus only on the word 'equal' whenever the tube and fiber are the same.



8. Stretch and draw in

OBJECTIVES

- Gross motor skills
- Group activity
- Specific content areas: big-small

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

With the Pixel coloured bands activity, we can practice stretching and jumping when we choose red, or curling up into a ball with colder colours. With the colours in between these extremes, we can choose intermediate postures.



MORE IDEAS

We can also use sounds: for example, if we see reds, we make a lot of noise; if we see cold colours, we keep silent, and we make moderate sounds when we see the colours in between.



9. What does it smell of?

OBJECTIVES

- Gnosias
- Specific content areas
- Language

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Select the icon with vertical bands of fruit in the Pixel activities. Bring fruit into the room. Blindfold the participants and ask them to smell the fruit. Then, looking at the app, they have to select the corresponding fruit.

MORE IDEAS

Create and edit your own Pixel activity using images of familiar objects that give off a scent.



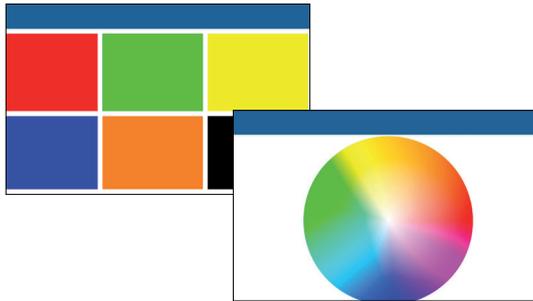
10. Push the colour

OBJECTIVES

- Attention and focus
- Specific content areas: colours
- Gnosias

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber
- Sequential Switch Control



HOW THE ACTIVITY WORKS

The user selects the coloured rectangles or colour wheel icon (shown below) in the Pixel activities, set for use with the tube. With the switch connected to the sequential input, we activate the fiber optics, which will turn red. The user must find red on the app and use it to activate the tube. When they have done so, we can change the colour of the fiber optics using the switch and ask them to repeat the activity. Work your way through all the colours.

MORE IDEAS

You can also change device by connecting the switch to the tube and asking the user to match the fiber optics to it. The difficulty can also be increased by connecting the switch to On/Off mode: with the fiber optics on automatic, the colours will continually change!



11. Living Statues

OBJECTIVES

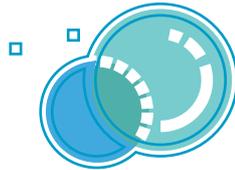
- Group activity
- Gross motor skills
- Language - AAC

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber

HOW THE ACTIVITY WORKS

Select the mirrored ball icon in the Sequences activities on the app. When the music starts and the tube and fiber optics light up, the users need to move; when the music stops, they must stay as still as a statue.



MORE IDEAS

The game can be played by modeling or with 'time's up' in the augmentative communication system. Then, it's the user's turn to give orders.

12. Face up!

OBJECTIVES

- Attention and focus
- Group activity
- Language
- Specific content areas

MATERIALS

- Luminea App
- Luminea Bubble Tube



HOW THE ACTIVITY WORKS

Using the clown image in the Pixel activities and the magic colour function, ask the user to point out the clown's nose. Only when they press it correctly will the bubble tube light up. Afterwards, we can continue to play, using other parts of the picture and changing the magic colour.

MORE IDEAS

People who use alternative communication systems can point out the word on their device and learn new vocabulary.



13. Large, medium and small

OBJECTIVES

- Specific content areas
- Language
- Visual-motor coordination

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Using the coloured circles Pixel activity shown below, users stretch and move like giants when we touch a large circle. When we touch a small circle, they make themselves smaller and move like ants.



MORE IDEAS

When you have named and shown the user each circle, ask them to find them the large ones, then the small and medium-sized ones. Incorporate the user's augmentative communication system into the activity if applicable!

14. Looking for the colours

OBJECTIVES

- Attention and focus
- Gnosias
- Group activity
- Language

MATERIALS

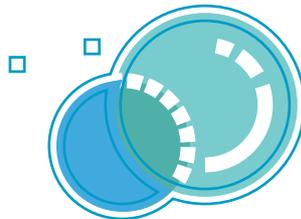
- Luminea App
- Luminea Bubble Tube
- Luminea Fiber

HOW THE ACTIVITY WORKS

This activity involves using the Sequence activities on the app to light up the tube and the fiber optics. Participants must find an item that matches these elements before they change colour again.

MORE IDEAS

Incorporate the users' augmentative/alternative communication systems and ask them to name each of the colours they see.



15. The maze

OBJECTIVES

- Attention and focus
- Visual-motor coordination

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Select one of the Pixel maze activities. The user needs to trace the maze with their finger without going over the lines, or the tube and fiber optics will turn off.



MORE IDEAS

Try using a capacitive stylus to work on pre-writing skills, or do it standing up!

16. Relax and be happy

OBJECTIVES

- Group or individual activity
- Emotional and behavioural regulation

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Suggest that the user/users get into a comfortable position and breathe slowly and deeply. Use the sequences activity in shades of blue so the light in the tube and fiber optics aid relaxation.

MORE IDEAS

You could also use sequences featuring the sea, or create your own (make sure you use cold colours and change them slowly). Enhance this activity with slow, repetitive music.



17. Let's go up!

OBJECTIVES

- Group or individual activity
- Emotional and behavioural regulation

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber

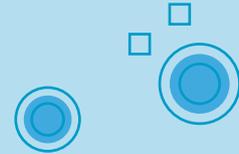


HOW THE ACTIVITY WORKS

Use the circus sequences alongside a dynamic proposal (static gestures, dance or movement) so that the light in the tube and fiber optics can help us to animate the activity with varying warm colours and uplifting music.

MORE IDEAS

Why not create your own stimulating sequence activity? Use warm, changing colours and add inspiring music.



18. Water or lava?

OBJECTIVES

- Group activity
- Gross motor skills
- Executive skills

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

When the fiber optics are blue, it is a river, so we jump over it. When it is red, it is lava, so we need to run away as fast as we can!

MORE IDEAS

Make up your own stories using a colour and associate them with a specific motor response.



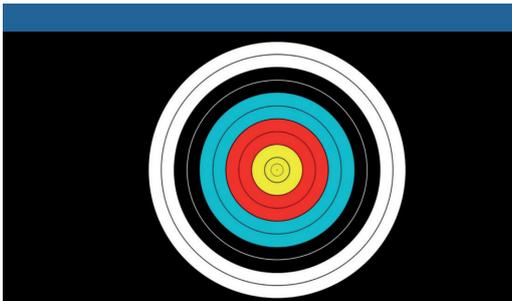
19. In the bull's eye

OBJECTIVES

- Attention and focus
- Visual-motor coordination

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Select the target icon in the Pixel activities on the app. Can the user hit the bullseye with their hand, foot, nose or elbow?



MORE IDEAS

You can increase the difficulty by selecting the icon with the small target, or use the clown for doing the activity with very young children.



20. Counting colours

OBJECTIVES

- Attention and focus
- Specific content areas: counting
- Taking turns

MATERIALS

- Luminea Bubble Tube
- Luminea Fiber
- Two switches



HOW THE ACTIVITY WORKS

Connect a switch to the sequential input on the tube and another to the fiber optics. The lights in both elements are the same colour. The user presses the tube's switch several times while I count how many times it changes colour. I press the fiber optics switch the same amount of times, and if I get it right, it will turn the same colour. Then it's my turn, so the user counts how many times I press the button.



MORE IDEAS

To vary the activity, we can use different elements in the room or press the switch with different parts of the body. We can be blindfolded after the first turn to focus on memory skills.



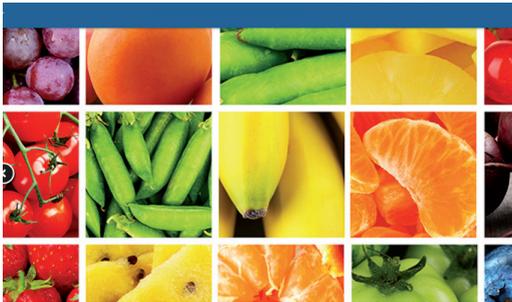
21. Find and touch the...

OBJECTIVES

- Attention and focus
- Executive skills
- Gnosias
- Specific content areas: colours

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Using the Pixel activity that has squares of fruits and vegetables, the user needs to touch the red objects in the room. If they get it wrong, the objects will change colour! Repeat the activity using other colours.



MORE IDEAS

Create your own Pixel activities using colourful objects such as pencils or flowers. It's easy!



22. Keywords

OBJECTIVES

- Language
- Executive skills

MATERIALS

- Luminea App
- Luminea Bubble Tube



HOW THE ACTIVITY WORKS

In this activity, we use the tube or the fiber optics to interact with the user. The aim is for them to have fun and enjoy the game, while we also model words such as 'no', 'enough', 'more', 'I want', 'me', 'you' - and, later, others such as 'how?', 'different' or 'like' - on their alternative communication device.

MORE IDEAS

Complement the activity with other words such as the colours, 'tube', 'light up', 'bubble' or 'I love it!'.



23. Red like a...

OBJECTIVES

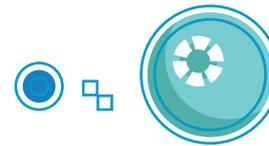
- Attention and focus
- Executive skills
- Gnosias
- Specific content areas: colours

MATERIALS

- Luminea App
- Luminea Fiber

HOW THE ACTIVITY WORKS

Select a colour for the fiber optics and ask the user to name something the colour reminds them of.



MORE IDEAS

You could also ask the user to find other objects in the room that are the same colour.



24. Once upon a time... deep blue sea

OBJECTIVES

- Attention and focus
- Language
- Visual-motor coordination

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

You can upload a picture of the ocean floor to the Pixel activities and tell a story in which we are swimming or deep-sea diving and come across different plants and animals. While we are diving and touching the sea with our finger, the tube will be blue, but when we come across a 'Nemo' fish when our finger is on the animals, the tube will turn orange. It will turn gray for the shark and green for seaweed. Then, we can change the tube light to gray and ask: 'What gray animal did we find?'



MORE IDEAS

Edit your own activities and tell your stories, introducing different colours. When saying it, the participants touch that colour in the app.



25. Dancing colours

OBJECTIVES

- Attention and focus
- Group activity
- Executive skills
- Improving apraxia and motor planning

MATERIALS

- Luminea App
- Luminea Fiber

HOW THE ACTIVITY WORKS

We clap our hands when the fiber optics turn green, then we will keep changing the colour until we see green and the users must clap. Then, we incorporate new movements, such as a jump when the fiber optics turn blue.



MORE IDEAS

You can also carry out the activity with the tube, and different users can take turns to control the app.



26. Guess, what's next?

OBJECTIVES

- Attention and focus
- Executive skills
- Working memory

MATERIALS

- Luminea Bubble Tube
- Switch



HOW THE ACTIVITY WORKS

In this activity, we focus on a colour such as green, for example. We use the switch to flick through different colours and watch closely: which colour comes before green? When that colour appears, the user needs to warn us that the next colour is green. Repeat with every different colour.

MORE IDEAS

You can change the element you use and carry out the activity with the fiber optics or another Luminea element.



27. Same time!

OBJECTIVES

- Improving apraxia and motor planning
- Postural control
- Visual-motor coordination

MATERIALS

- Luminea Bubble Tube
- Luminea Fiber
- Two switches



HOW THE ACTIVITY WORKS

Connect a switch to the sequential input on the tube and another to the fiber optics. Set the switches to work with two movements that the user can make without any difficulty. They will have to coordinate both movements to change the colour of the tube and the fiber optics at the same time.



MORE IDEAS

Change the movements needed and remember that in addition to our hands, we can also use our feet, knees or elbows, for example, to activate the switches.



28. This could be a...

OBJECTIVES

- Communication and social skills
- Creative thinking
- Fine motor skills
- Group activity

MATERIALS

- Luminea App
- Luminea Fiber



HOW THE ACTIVITY WORKS

Use the fiber optic strands to represent different objects, such as a wig (place them on your head). Everyone plays out their example.

MORE IDEAS

Activate the colour that best suits your idea!



29. Gonna be alright

OBJECTIVES

- Communication and social skills
- Emotional and behavioural regulation
- Group activity

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Using the Pixel rainbow activity, select a colour that expresses how you are feeling.



MORE IDEAS

You can do the same with any other image.



30. Simon says...

OBJECTIVES

- Attention and focus
- Executive skills
- Group activity
- Working memory

MATERIALS

- Luminea App
- Luminea Bubble Tube
- Luminea Fiber



HOW THE ACTIVITY WORKS

Select the Pixel colours bands activity on the app and repeat a changing colour sequence three times. Will the next person be able to copy it correctly? Gradually increase the sequences to 4, 5 or 6 colours and so on.

MORE IDEAS

Try it using another element in the room, such as the ball pit for example.



31. I got you!

OBJECTIVES

- Executive skills
- Group activity
- Specific content areas: body concept

MATERIALS

- Luminea App
- Luminea Fiber

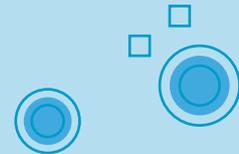


HOW THE ACTIVITY WORKS

Activate the fiber optics and set them to a certain colour. Associate this colour with a part of the body: blue is for elbows. Every time the user sees blue, they need to touch another participant's elbow. More colours and parts of the body will gradually be introduced.

MORE IDEAS

Allow the user to touch two other participants at the same time.



MY NOTES





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