

ACTIVITY CART IDEA Emotional: "God's Eye" Craft



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RESIDENTS WILL BENEFIT FROM THIS PROJECT CREATIVELY, EXPRESSIVELY, AND EMOTIONALLY. THE REPETITIVE MOVEMENT CAN BE SOOTHING, AND THE PHYSICAL STIMULATION WILL SUPPORT RESIDENTS FROM LOSING SKILLS, STRENGTH, AND MOVEMENT DURING PROLONGED RESTRICTIONS.

Understanding that people like to:

- LEARN SOMETHING NEW
- CREATE THEIR UNIQUE VISION OF PROJECT
- MOVE IN REPETITIVE WAYS

Objectives:

- OFFER CHOICE OF COLORED YARN
- PROVIDES A FOCUS PROJECT AND GET INTO A GROOVE OR "FLOW"
- REPETITIVE MOVEMENTS CAN BE SOOTHING
- STIMULATE ACCOMPLISHMENT
- MAINTAIN FINE MOTOR SKILLS AND EYE HAND COORDINATION
- CREATIVE PROJECT FOR SELF OR TO CREATE AND GIVE AWAY

Materials

- 2 STICKS FOR EACH GOD ' S EYE

COFFEE STIRRERS, ORDINARY CRAFT STICKS / POPSICLE STICKS) , AND WE ALSO HAD SOME ROUND CRAFT STICKS.

YOU CAN ALSO USE CHOP STICKS, WOODEN SKEWERS, OR REAL STICKS FROM YOUR YARD.

- SEVERAL BALLS OF YARN

ANY KIND OF YARN OR WOOL WILL WORK. COTTON, WOOL, ACRYLIC YARN TOO. SOLID COLORS, OR VARIEGATED, MULTICOLORED BALLS OF YARN.

- SCISSORS

Process

BEGIN BY CROSSING TWO STICKS TO FORM AN "X".



TO SECURE THOSE STICKS, AND KEEP THEM IN PLACE, WRAP A PIECE OF YARN AROUND THE INTERSECTING POINTS OF THE STICK. YOU CAN KNOT YOUR YARN TO START, OR YOU CAN JUST TRAP THE TAIL UNDER THE YARN AS YOU START WRAPPING. DO A FEW WRAPS IN ONE DIRECTION, AND THEN ROTATE YOUR STICKS, AND DO A FEW WRAPS IN THE OTHER DIRECTION TO ENSURE YOUR STICKS ARE STABLE AND WON ' T SHIFT.

WRAP YOUR YARN AROUND ONE STICK, CLOSE TO THE CENTER OF THE GOD ' S EYE, AND TAKE IT OVER TO THE NEXT STICK. WRAP IT AROUND THAT STICK, AND TAKE IT TO THE NEXT STICK. CONTINUE WRAPPING AND WINDING IN THAT FASHION, ROTATING YOUR GOD ' S EYE CRAFT AS YOU WORK. WHETHER YOU WRAP THE YARN OVER THE STICKS OR UNDER DOESN ' T MATTER, AS LONG AS YOU ARE CONSISTENT.

IT MAY TAKE A FEW ATTEMPTS TO GET THE HANG OF THE WINDING PROCESS. THEY ' LL HAVE TO CONCENTRATE TO HOLD THEIR STICKS IN ONE HAND, AND THEIR YARN IN THE OTHER. AND IT TAKES CO-ORDINATION TO WEAVE AND TURN THEIR

ORNAMENT AS THEY GO. THERE 'S LOTS TO FOCUS ON, BUT AS THE PERSON GETS INTO THEIR "GROOVE" AND THEIR MOVEMENTS BECOME REPETITIVE, THEY 'LL FIND THE ACTIVITY RELAXING AND GRATIFYING.

THIS ACTIVITY IS SO GOOD FOR INCREASING FINE MOTOR SKILLS AND CO-ORDINATION.

TO SWITCH COLOURS WHEN MAKING YOUR GOD'S EYE:

WHEN YOU WANT TO SWITCH TO A NEW COLOR, SIMPLY CUT YOUR YARN, AND TIE IT TO A NEW PIECE OF YARN. TRIM THE ENDS, AND CONTINUE WEAVING. BE SURE TO KEEP YOUR KNOT AND THE TAILS OF YARN TO THE BACK OF THE PROJECT AS YOU BEGIN WEAVING WITH YOUR NEW COLOR.

WHEN YOU 'VE WORKED LONG ENOUGH THAT YOU 'RE NEARING THE ENDS OF YOUR CRAFT STICKS, STOP WEAVING, AND WRAP YOUR YARN AROUND A STICK ONE LAST TIME. CUT YOUR YARN, LEAVING A NICE LONG TAIL FOR HANGING YOUR ORNAMENT. SLIP THAT TAIL UNDERNEATH THE LAST WRAP OR TWO AND TIE IT OFF.

Accommodations:

I ESPECIALLY LIKE THE LIKE TIP, PICTURE II, LOWER RIGHT-HAND CORNER, BINDER CLIP TO GUIDE YARN, COULD RUN A BAND OF HOT GLUE ON THE BOTTOM OF THESE "HOLDERS" TO INCREASE RESISTANCE FROM BEING PULLED OFF TABLE, BEDSIDE TABLE. OR USE PLACEMAT SIZED RUBBER SHELF LINER, MY PERSONAL FAVORITE!



Always remember, safety first.

Stay brilliant!!

Nancy Richards, ADC/EDU/MC

P.S. STAY IN TOUCH AND KEEP UP YOUR IMPORTANT WORK WITHIN THE CARE JOURNEY OF LIFE.

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SOURCE: ADAPTED FROM [HTTPS://HAPPYHOOLIGANS.CA/GODS-EYE-CRAFT-WEAVING-FOR-KIDS/](https://happyhooligans.ca/gods-eye-craft-weaving-for-kids/); ~.TEXT=WRAP%20YOUR%20YARN%20AROUND%20ONE, EYE%20CRAFT%20AS%20YOU%20WORK.

