

Simple handicraft



Goals:

The goal of this activity is to offer elderly a relaxing and meaningful handicraft experience. By engaging in simple handicraft projects, the elderly can express their creativity, reduce stress and anxiety, and feel a sense of accomplishment.

Preparations:

- Materials: Collect materials for simple needlework, including yarn, knitting needles, crochet hooks, fabric, thread, pins, and anything else that is appropriate. Make sure the materials are easy to handle.
- Choose the theme or project: If there is a common theme or project desired, choose it in advance. Otherwise, participants can choose their own projects and materials.
- Have ready-made examples as a model and inspiration.

To make simple handicraft:

- Go through the handicraft method (e.g. knitting, crochet, embroidery, sewing, making jewelry, etc.) and show the materials that are available.
- Guide the participants step by step with their handicraft projects.

What is needed:

- Materials for the craft (yarn, knitting needles, crochet hooks, fabric, thread, needles, etc.).
- Instructional materials or patterns

Below you will find examples of simple crafts that you can use as such or modify according to your needs when planning the activity:

- Learn to knit: <https://purlsandpixels.com/learn-to-knit/>
- [How to Crochet a Friendship Bracelet – Club Crochet](#)
- [Simple Coaster – Club Crochet](#)
- [Bowtie or Bow Headband – Club Crochet](#)
- [Granny Squares – Club Crochet](#)
- [Final Project: Classic Beanie – Club Crochet](#)
- Crochet patterns and tutorials: [Welcome to The Crochet Crowd: Discover Patterns, Tutorials, and Stitch Alongs](#)

These handicraft projects can be adapted to the elderly's interests and skills.

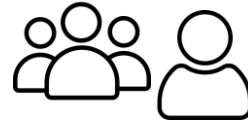
Time: Long



Activity: Activating



Fellowship: Together or alone



The time of the activity will vary depending on the participants' choice of craft project. Plan for the activity to take from 30 minutes to an hour.

This activity can be done individually with the elderly or as a group activity.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal