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 :

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.

Alone or in a group:

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