

# Arts & Crafts

## Vintage Memories Board



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**Facilitator**    Diversional Therapist, Lifestyle / Activity Staff or Volunteer

### Objective of Activity

To promote past or new interest, social interaction, fine motor skills, visual, tactile and sensory stimulation, hand eye coordination

### Capability

- Motivation
- Some level of concentration
- Fine Motor Skills

### Environment

Multi-purpose room

### Equipment

Metal ruler

Pencil

Craft knife

Piece buff coloured card 30 x 30cm

Suitably decorated paper handkerchief or napkin 21 x 21 cm

Aerosol glue

Modge Podge \*

Photographs or computer scanned images of a selection of vintage buttons and sewing materials

Scissors

Decorative scissors

Suitable family photographs 6 x 10, mounted on card

4 photo corners

Circle cutter

4 A6 (105 x 148mm) sheets patterned paper

PVA Glue

\*You can get Mod Podge in Australia easily. Just go to Spotlight and ask there for it, or to any craft or scrapbooking shop near you.

Mod Podge is a water soluble glue that can be used to seal things like paper craft items as it dries clear and sets very well.



### Instructions

1. The sheet of buff-coloured card will provide the base for your memory board. Tease the layers of the paper handkerchief or napkin apart. It is the top patterned layer you will be using. Apply aerosol glue to the reverse side of the decorative patterned layer and attach it centrally on the buff base.
2. Prepare your decorative images. Apply Modge podge to the images and leave to dry completely (this may take a few hours). Once the Modge podge is dry, cut out the images. You may want to leave a narrow border or trim them to the edge. Trim each image as you see fit.
3. Arrange the images as you want them and glue in place. Position the photograph and affix to the board using the photo corners. To create the patchwork corner decoration, use a circle cutter to cut four 6cm diameter circles from the patterned papers. Cut the circles in half and divide each half into four equal wedges. Use PVA glue to attach them, creating a fan like patchwork pattern on two corners.



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### Goals of Activity

#### **PHYSICAL:**

- Maintain sitting posture and balance
- Encourage walking to group if ambulant
- Encourage upper limb functions, strength, fine motor skills and dexterity
- Maintain ability to perform purposeful movements
- Maintain interest, competence, and motivation
- Redirect and channel restless/anxious behaviour into meaningful activity

#### **SENSORY:**

- Utilise vision, tactile and auditory skills
- Reduce risk of sensory isolation by utilising senses: smell, hearing, touch, vision

#### **COGNITIVE:**

- Maintain alertness and concentration span and attention skills
- Utilize comprehension and broad thinking skills
- Stimulate residual mental abilities to optimise cognitive functioning
- Assist to raise level of planning, sequencing and task orientated skills by the use of activity
- Promote visualisation skills
- Maintain/build alertness and concentration span
- Prompts past learned skills of a familiar nature
- Utilise comprehensive and abstract thinking skills
- Stimulate long-term memories

#### **COMMUNICATION:**

- Maintain social interaction and motivation to communicate within the group
- Expression should be encouraged to maintain skills at both a simple and more complex level of communication
- Stimulate and motivate social contact and communication skills, especially relation to the group
- Maintain verbal and non-verbal skills

#### **SOCIAL/EMOTIONAL:**

- Provide an avenue for interaction with fellow residents to promote and maintain social skills
- Facilitate feelings of self-worth; increase self-esteem by promoting self-expression of one's own ideas
- Promote a sense of belonging, feelings of self-worth and self-esteem, especially on completion of projects
- Peer support and encouragement, self-expression and assistance are provided in an enjoyable group environment
- Reduce risk of social isolation
- Maintain past interests, promote a sense of well-being
- Promote self-expression of own ideas and provide an opportunity to learn new skills and interests
- Increase self-esteem with group participation
- Have fun

