

Arts & Crafts

Suspended Paper Star



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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

Materials and Equipment

This activity was taken from Better Homes and Gardens 2008 and was a great hit.

Stiff wrapping paper (*the one that is folded rather than rolled is normally better*)

Pearlescent paper in a contrasting colour

Cutting mat



Metal ruler

Pencil

Scissors

Double-sided adhesive tape (*I used a small stapler, just as effective and less fiddly*)

Stapler

Instructions

1. Diagonally fold a 13.5cm square sheet of paper twice, to create a triangle.
2. Draw 3 evenly spaced lines, parallel to long side, across triangle.

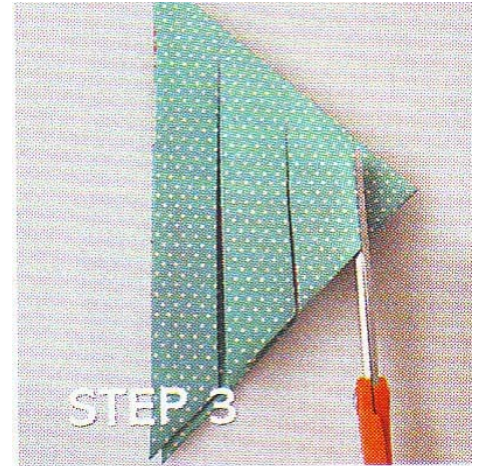


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Instructions Cont.

3. Starting at the open edge of the triangle, cut along each of the lines, stopping about 1cm short of the folded edge.



4. Open out the cut paper triangle. Using double-sided tape to secure them, bring up and overlap the centre square.

5. Turn the paper over, overlap and stick together the tips of the square.

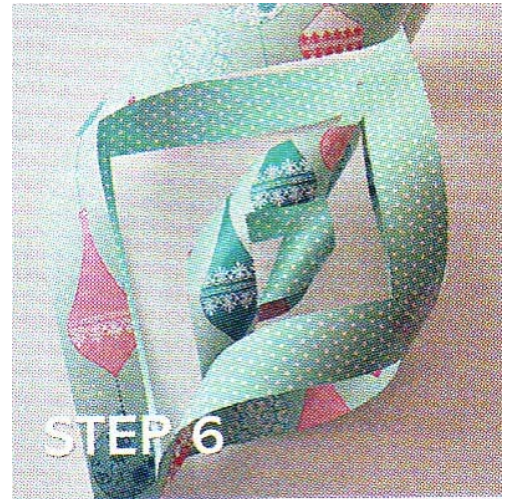


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Instructions Cont.

6. Turn the paper over, overlap and stick together the tips of the third square. Repeat to stick together the tips of the fourth square

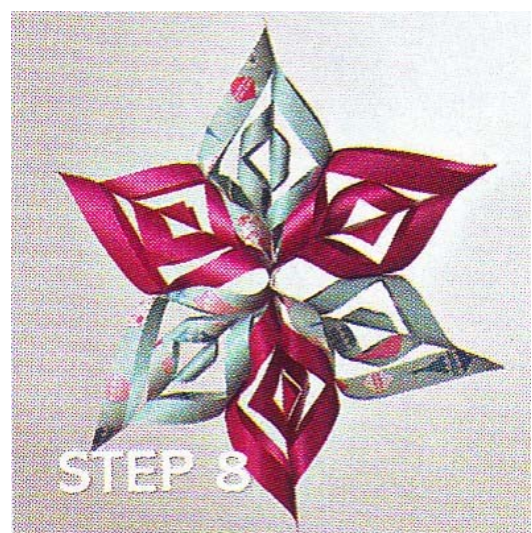


7. Repeat steps 1 - 6 and make a total of 6 star elements. Staple the tips of 3 segments together at one end. Hold the segments together where they touch with double-sided tape. Repeat for the remaining 3 segments.

8. Staple 2 halves of the star together in the centre. Use double-sided tape to hold star halves together where they touch.

Note:

For a larger or smaller finished star, adjust measurements to suit.



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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

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Residents Who Regularly Attend:	Comments/ Prompts/Assistance Required:

Name of Person Completing Form:

Signature :

Designation :

Date :

Plan is to be reviewed annually or as required.

Date Revised: