

## ACTIVITY WRITE-UP

**Madeline Woltemate**

**Name of Activity: Beading: Bracelet Making**

Type of modality	Arts and Crafts
Type of play	Solitary or Parallel
Interaction pattern	Aggregate
# of participants required	1 or more participants
Equipment/supplies	<ul style="list-style-type: none"><li>• Beads</li><li>• String</li><li>• Scissors</li><li>• Bags or containers to separate beads</li><li>• Table and chairs</li></ul>
Facilities required/environment	Activity should be done where there is adequate space for table and chairs. It is best to be taken place on a table because the individuals can see everything in front of them to keep it organized.
Precautions	This activity may be difficult for those with arthritis, fine motor skill issues, etc. because the beads can be very tiny and difficult to place on the string. The hole in the beads may be too little to notice, so larger beads are recommended for this activity. If children are engaging in this activity, be cautious of choking hazards.

### Directions

1. Facilitator should group beads, string, and scissors together.
2. Individuals who are participating should bring the supplies to the table.
3. Make sure every individual has a chair, and adequate space to engage in the activity.
4. Facilitator to assist the individuals with sizing their string size. They may make it a bracelet, necklace, or anything they would like to create.
5. Facilitator to assist the individuals with tying a knot at the end of the string so the beads do not fall off. Sometimes tying a knot is not necessary if the bracelet is steadily placed on the table while being beaded, in which the ends can be tied together when finished.
6. Individuals pick which type of beads they would like to put on their bracelet.
7. Individuals pick up beads, and place on string. If it is a group activity, encourage individuals to speak to each other and ask to pass supplies along.
8. Repeat step 7 until masterpiece is complete.
9. Tie ends together when finished.
10. Individuals to share masterpieces with each other
11. When activity is finished, clean up supplies.

## Activity Analysis

Category	Skills
Primary body position	Balance: Dynamic sitting
Part of the body required	Upper extremities: arms, hands, fingers.
Movement	<ul style="list-style-type: none"> <li>• Bilateral integration</li> <li>• Crossing midline</li> <li>• Fine muscle coordination</li> <li>• AROM: Upper Extremities</li> </ul>
Physical	<ul style="list-style-type: none"> <li>• Carrying in the hands</li> <li>• Grasp: palmer, scissor, radial-digital, 2-jaw chuck, pincer</li> <li>• Picking up</li> <li>• Pushing with upper extremities</li> <li>• Putting down objects</li> <li>• Reaching</li> <li>• Releasing</li> <li>• Turning or twisting hands</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>• Attention: selective and sustaining</li> <li>• Categorization</li> <li>• Concentration</li> <li>• Initiation</li> <li>• Memory: short term (if there is a pattern involved in art piece)</li> <li>• Recognition: size, shape/form</li> <li>• Sequencing</li> </ul>
Social	<ul style="list-style-type: none"> <li>• Handling criticism</li> <li>• Maintaining social space</li> <li>• Self-expression</li> <li>• Social conduct</li> </ul>
Perception	<ul style="list-style-type: none"> <li>• Auditory</li> <li>• Tactile</li> <li>• Visual</li> </ul>
Communication/language	<ul style="list-style-type: none"> <li>• Reception and expression of spoken language</li> </ul>
Self-care	N/A
Psychological/emotional (possible)	<ul style="list-style-type: none"> <li>• Individuals may experience joy as this activity can be relaxing and rewarding</li> <li>• Individuals may experience pain if they have arthritis or fine motor skill issues while grasping the beads</li> <li>• Individuals may experience anger and frustration as it may take a few tries to get the bead on the string</li> </ul>

**How to Simplify the Activity**

The activity can be simplified by using wire instead of string. It is much easier to put a bead on wire as it is steadier than string. Using larger beads can make the activity easier because the holes will be larger and more noticeable for the individual to see.

**How to Make the Activity More Complex**

The activity can be more complex by having all the beads formed together instead of separate. This way, the individuals have to search for each bead. It can also be complex by using smaller beads and string.

**Other Comments**

Beading activities are very relaxing and therapeutic, as well as rewarding. It is a good way to de-stress. Although it can be difficult to bead, there are ways to make it simple.