

Weave a Rainbow

Celebrate the NHS!

Weaving has proven to have many benefits such as; building fine motor skills, aids visual tracking, builds hand/ eye coordination, strengthens muscles in the hand and is great for our mental well-being. In today's activity, you will be guided through the steps to great a fantastic rainbow to hang in your window, to show your support of the NHS!

You will need

- A plastic plate
- Wool (the colours of the rainbow)
- Sticky tape
- Scissors

What to do:

Cut from the side of the plate to about 4 cm from the middle. Repeat on the other side.

Cut more slits around the top half of the plate. The younger the child, the less slits you want, but you should make an odd number of cuts to end up with an even number of segments. I have done 9 so we have 8 segments.



Tape the first piece of wool on to the uncut half of the plate and weave in and out of the segments. To finish and display the rainbow, you might want to cut along the bottom edge, leaving a 1-2cm border.

