

## Weave for Wellbeing

### See how creative you can be!

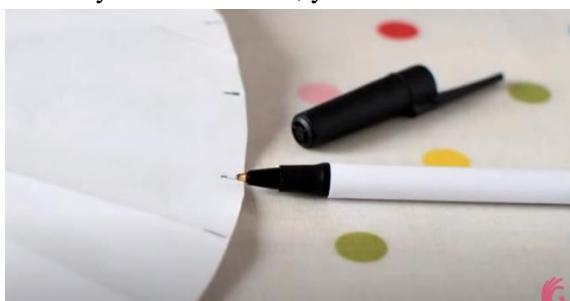
Weaving has proven to have many benefits such as; building fine motor skills, aids visual tracking, builds hand/ eye coordination, strengthens muscles in the hand and is great for our mental well-being. In today's activity, you will be shown an easy way to create your first weave, then you can challenge yourself further!

You will need

- A plate to draw a circle
- Card
- Wool
- Scissors

What to do: You can follow these instructions, or click on this link: <https://youtu.be/fkIwbkorKLA>

1. Draw a circle on a piece of cardboard, using a plate as a template
2. Draw a circle on a piece of paper, using the same plate as a template
3. Cut out the circles
4. To create 32 equal sections you need to take the paper circle and fold it in half,
5. Fold it in half again
6. Fold it in half again
7. Unfold your last fold, and fold both edges into the middle
8. Do the same again, folding both edges into the middle
9. Unfold your entire circle, you should now have 32 sections



10. draw slits on each fold line
11. Cut small slits using your scissors
12. To transfer the 32 equal sections onto your card, you need to place the paper circle on top of your cardboard circle and trace through all 32 slits onto the cardboard
13. Cut 32 slits on your cardboard (no longer than 1cm long)
14. Now you need to wrap the wool around each slit:



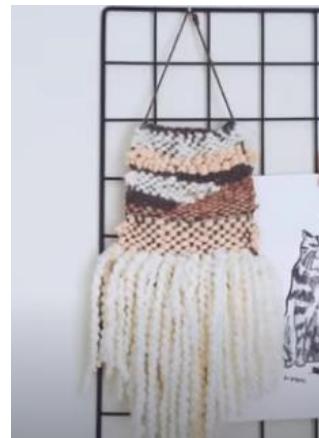
15. Once you have connected all 32 slits, you are ready to start weaving
16. Start from the middle, and weave over and under, going round and round the loom. If your length of wool runs out, just tie another length to the end and continue weaving.



If you want to stretch yourself further, try out these links:

Intermediate:

- [https://youtu.be/mw\\_tZLCLeEY](https://youtu.be/mw_tZLCLeEY)
- <https://youtu.be/h8yJPKUq-Y0>



Mastering:

- <https://youtu.be/CK7OwvlQhtE>

