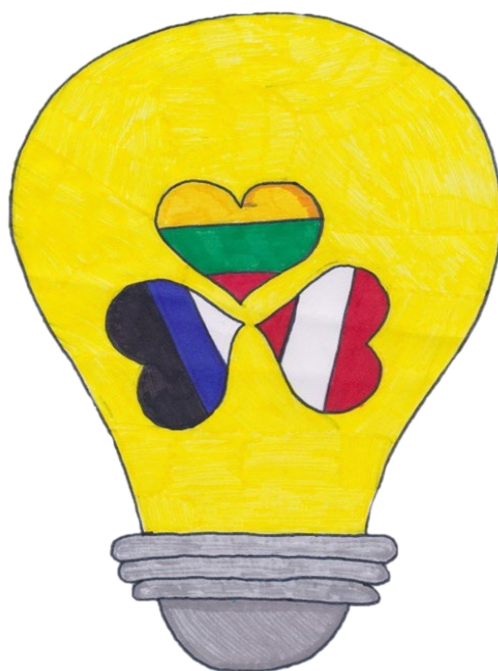


VALUE-ADDED CREATIVITY

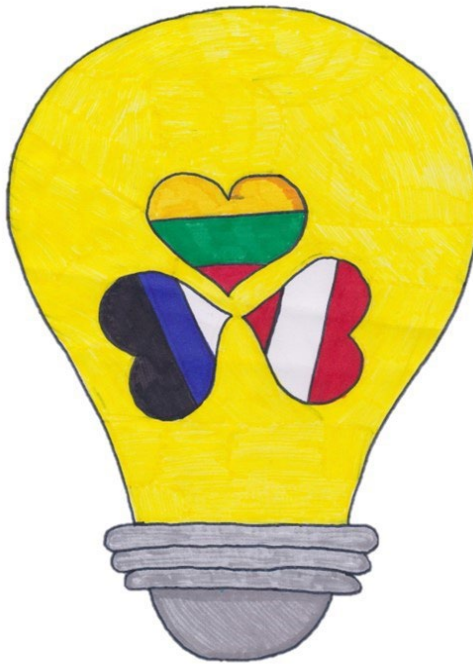
**19 creative activities
with suggestions and observations**



Workbook and Practical Support for Social Workers working with persons with intellectual disabilities (PWDs)

Partners in the project:

- Multifunctional Center for Social Services "LAIPA", Latvia
- Panevezio socialiniu pokyciu centras, Lithuania
- Foundation Maarja Village, Estonia



Panevėžio socialinių pokyčių centras



Developed within the framework of the Nordplus Program
Project No.: NPAD-2022/10083 "Value-Added Creativity"



Nordplus

Table of contents

ANNOTATION	3
STRUCTURE AND USE OF THE WORKBOOK	4
ACTIVITY DESCRIPTIONS	
Soap making.....	6
Bracelets and me	8
Mask making.....	10
Decorative pot	12
I'm the leader	14
Creative shopping bags.....	16
Mask show!.....	18
Acroyoga	20
Button reuse.....	22
Ceramic soap tray	24
Dance movement therapy	26
Printmaking	28
Candle making	30
Invitation from recycled paper.....	32
Collage "Me and what I like"	34
Dreamcatcher	36
Sun-sensitive prints with turmeric	38
Braid of friendship	40
Dot's Art	42
PORTRAITS OF PROJECT PARTNERS	44
STEP-BY-STEP INSTRUCTIONS FOR PWDs	
Soap making.....	48
Bracelets and me.....	50
Mask making.....	58
Decorative pot	60
I'm the leader	63
Creative shopping bags.....	66
Mask show, papier mache technique.....	68
Acroyoga	71
Button reuse	74
Ceramic soap tray.....	76
Printmaking.....	79
Candle making	81
Invitation from recycled paper	83
Collage "Me and what I like".....	86
Dreamcatcher.....	88
Sun-sensitive prints with turmeric	91
Braid of friendship	95
Dot's Art	98

Annotation

The term "Value-added" is about making something better or more useful. Its also about adding new elements or taking something that already exists, adding value and creating something new. And this is where the story of our project "Value-Added Creativity" begins, during which we have learned from each other, learned new work methods and, with a small dose of creativity, tried to add something valuable, creating new ideas and products.

We started out path in this project with a clear idea in our minds - to develop creativity and improve the self-esteem of people with intellectual disabilities by fostering their expressive abilities and imagination. This two-year project was specifically designed to have a positive impact on projects target group, promoting their social inclusion and personal growth.

Key Benefits of the Project:

- **Active Participant Engagement** – During the project, participants actively engaged in creative activities, which enhanced their motivation and interest in creating unique works. This involvement allowed clients to discover their abilities, supporting their emotional growth and boosting their self-esteem.
- **Development of Creative Skills** – The project offered a variety of creative methods and materials that allowed participants to expand their imagination and develop creative thinking. This process not only helped develop new skills, but through creating new and interesting things, also improved clients' problem-solving abilities and adaptability in various situations.
- **Social Interaction and Communication** – One of the key activities of the project was group work, which promoted social interaction. Participants learned to cooperate, share ideas, listen to others' viewpoints, and develop their communication skills, which are crucial both in daily life, and in social relationships.
- **Providing Feedback** – The project activities also included feedback on participants' progress, helping them understand their strengths and weaknesses, as well as enabling them to feel a sense of accomplishment. This approach increased clients' awareness of their growth and motivated them to continue developing their skills.

The "Value-Added Creativity" project offers a valuable approach to social services, helping people with intellectual disabilities develop creative skills, improve social interaction, and foster personal growth. For professionals, it serves as a useful tool to tailor activities to each client's individual needs.



Structure and Use of the Workbook

In the workbook you will find 19 different creative activities that you can use in your daily work to promote the physical and mental development of people with intellectual disabilities. The material is organized into two clearly distinguishable sections to make it easier to use and adapt for different tasks.

1. Activity Descriptions for Professionals

The first section includes detailed descriptions of activities, outlining the methods, materials, and their suitability for specific tasks. This section is especially useful for professionals working with people with intellectual disabilities (PWDs), helping them choose and adapt activities to meet individual needs of each client.

To visually represent the complexity of the creative activities, we have introduced a clear, easy-to-follow system using light bulb icons. Each level of difficulty is defined as follows:

Easy task



Icons used

These activities are simple to implement, require minimal effort, and can be completed quickly.

Medium task



Icons used

These activities require more time, attention, and effort. However, they can be accomplished effectively with the appropriate approach and support.

Difficult task



Icons used

These activities are complex and require significant time, resources, knowledge, and preparation to complete successfully.

2. Step-by-Step Instructions for PWDs

The second section provides implementation instructions for the activities, with visual materials illustrating the process step by step. These instructions are designed for PWDs to follow independently.

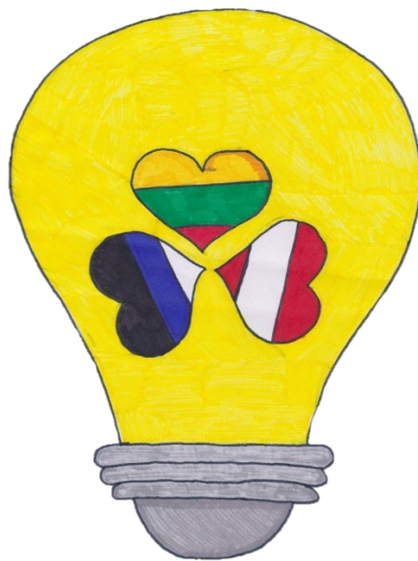
All activities are accompanied by **photographs** and **videos**, which help to:

- **Illustrate** the course of the activities,
- **Clarify** the materials used and the expected results.

This structure makes the workbook a practical tool for professionals and an educational resource for participants, fostering their engagement and development.



ACTIVITY DESCRIPTIONS



Soap making

Difficulty



Easy: Simple steps with room for creativity, suitable for all skill levels.

Duration

Approx. 1 hour.

Required materials

Soap mass, forms, dyes, essential oils, petals, alcohol-containing spray, vessel for melting soap mass.



Skills developed during the activity

- **Motor Skills:** Handling materials and pouring soap improves hand-eye coordination.
- **Creativity:** Participants design unique soaps with various colors and scents.
- **Teamwork:** Encourages collaboration and social skills.
- **Cognitive Skills:** Participants practice decision-making when selecting materials.

Results

By the end, participants will:

- Identify, distinguish and use different raw materials for making soap.
- Create ready-to-use soap.
- At the end, by the use of imagination, participants will express creativity through unique designs.

Notes/observations

- PWD`s liked to take part in the activity, the result gave **emotional satisfaction**, and they wanted to work independently without support.
- The activity facilitated the communication between PWDs
- Alcohol spray ensures **smooth soap** by preventing bubbles.
- This method can also be applied to **other target groups**, such as children, teenagers, seniors.

Added value from the partners

Wrap the wool around soap to create a natural scrub, making it a multi-purpose tool for washing.



Can create seasonal soaps like **"Cinnamon Spice"** for Christmas or **"Fresh Citrus"** for summer by adding different scents (for example cinnamon).

Add **used ground coffee** to create a natural scrub (avoid unused coffee to prevent skin irritation).

Participants can name soaps (e.g. "Good Mood Soap" with rose flowers) thus enhancing creativity.



[Link to step-by-step "Soap Making" instructions \(page 48\)](#)

Bracelets and me

Difficulty



Medium: The steps are simple but require focus and precision.

Duration

1 to 1.5 hours.

Required materials

Red or other colour cords, insertion of a bead, ruler, scissors, lighter.



Skills developed during the activity

- **Fine Motor Skills:** Cutting cords, threading beads, and measuring with a ruler improve hand-eye coordination and dexterity.
- **Concentration:** The task encourages focus and attention to details.
- **Perseverance:** Participants learn to correct mistakes, building determination and confidence.
- **Self-Expression:** Crafting a personalized bracelet encourages creativity and individuality.

Results

By the end, participants will:

- Design and create their own custom bracelets.
- Improve fine motor skills, including cutting, measuring, and threading.
- Feel accomplished and self-proud for completing their bracelets independently.

Notes/observations

- The activity boosts **self-esteem** and **self-expression**.
- Participants gain a sense of accomplishment after completing their unique bracelet.
- It takes more practice to get the task right.

Added value from the partners

This technique can be adapted to create handles for various crafts (e.g. serving boards or shopping bags). Colourful cords and beads add a personal touch, making each item both decorative and functional.



Participants can create products like bookmarks, reflectors, or lock grabbers. These practical, personalized items enhance the daily life through creative and functional designs.



[Link to step-by-step "Bracelets and me" instructions \(page 50\)](#)



[Link to video instructions](#)



Mask making

Difficulty



Medium: The steps are manageable but require concentration and creativity.

Duration

1 to 1.5 hours per session, over two sessions.

Required materials

Paper, carton (cardboard), paper tape, scissors, plaster knife, pop bandage, bowl of water, paints, brushes.



Skills developed during the activity

- **Creativity:** Participants design unique masks, experimenting with shapes, textures, and colours.
- **Motor Skills:** Working with plaster and painting enhances hand-eye coordination.
- **Self-Confidence:** As participants see their ideas come to life, they gain a positive sense of accomplishment.
- **Problem-Solving:** The process of shaping and decorating masks encourages innovation and new skills.

Results

By the end, participants will:

- Create their own unique masks using a variety of materials.
- Experience a sense of accomplishment and self-expression.
- Gain confidence and develop new creative skills.

Notes/observations

- The activity helps **boost self-esteem** and promotes **self-expression**.
- Allows personalization by using **vibrant colours** and **textures**.
- Participants are satisfied with their work and have received **positive feedback**.

Added value from the partners

Adding **sticks** to the masks make them more portable and easier to wear. Participants can attach the masks to their faces, exchange them with others, and even decorate them with imitation hair for added creativity.



Technique is ideal for creating Easter decorations. By using air balloons as molds, participants can create fun, hollow shapes. Once the plaster dries, the balloon is popped, leaving a reusable structure that inspires further exploration.



 [Link to step-by-step "Mask making" instructions \(page 58\)](#)

Decorative pot

Difficulty



Medium: Requires focus and creativity, with manageable steps for all skill levels.

Duration

1 hour per session, over two sessions.

Required materials

Piece of clay, glass of water, clay glaze of your colour of choice, brush for wet clay and glaze, pottery oven.



Skills developed during the activity

- **Tactile Skills:** Rolling and shaping clay stimulates the sense of touch and enhances fine motor coordination.
- **Creativity:** Participants design and personalize their pots, expressing individuality through shapes and colours.
- **Patience:** The drying and firing process requires time, fostering patience and perseverance.
- **Cognitive Skills:** The activity enhances problem-solving and decision-making when shaping and glazing the pots.

Results

By the end, participants will:

- Create a personalized decorative pot.
- Develop fine motor skills and coordination.
- Gain a sense of accomplishment through the creation of a functional art piece.

Notes/observations

- The activity promotes **self-expression** and **confidence**.
- Glazing allows for **personalization** and a final, polished touch to the creation.
- Some participants needed **assistance with rolling clay**, but they all enjoyed the glazing process, which encouraged **personal expression**.

Added value from the partners

By adding different shapes like clay balls, participants can create **candle holders**. The circular rolling technique promotes fine motor skills while crafting functional and decorative items.



Adding a **clay pot cover** can transform the pot into a **spice jar**.



[Link to step-by-step "Decorative pot" instructions \(page 60\)](#)



I'm the leader

Difficulty



Easy: No special skills are required, just participation and creativity.

Duration

15-30 minutes.

Required materials

Favourite music, device to play music, large room, at least 4 participants.



Skills developed during the activity

- **Leadership:** Participants take turns guiding and directing the group.
- **Coordination:** Enhances movement, rhythm, and music sense.
- **Teamwork:** Encourages cooperation and mutual support in a group setting.
- **Self-Confidence:** Participants gain confidence through performance and creativity.

Results

By the end, participants will:

- A joint performance on one topic can be created.
- Develop leadership, coordination and teamwork skills.
- Experience the joy of collaborating on a shared performance.

Notes/observations

- A great **icebreaker** activity for events and workshops.
- **Safe environment** for self-expression without the pressure of being the focus.
- Group movements amplify **energy** and **joy**.

Added value from the partners

This activity can serve as a **short workout** at the start of a workshop, helping individuals relax and adapt, fostering greater engagement and interest in the session.



PWDs Comments:

"Great activity to boost mood."

[Link to step-by-step "I'm the leader" instructions \(page 63\)](#)

Creative shopping bags

Difficulty



Hard: The steps are manageable but require strong attention to detail, particularly in sewing skills.

Duration

Varies, typically 1 to 1.5 hours depending on the complexity of the design.

Required materials

Shopping bags, jeans, cardboard templates, soap bar, marker, scissors, sewing needle, sewing thread, buttons.



Skills developed during the activity

- **Fine Motor Skills:** Cutting, stitching, and decorating improve dexterity and hand-eye coordination.
- **Creativity:** Participants design personalized bags, experimenting with colours and patterns.
- **Practical Skills:** Participants learn basic sewing techniques and how to create a functional item.
- **Self-Confidence:** Creating a unique, usable product fosters pride and accomplishment.

Results

By the end, participants will:

- Design and create **personalized shopping bags**.
- Develop fine motor skills and practical sewing abilities.
- Gain confidence and independence by creating a functional item.

Notes/observations

- A creative, hands-on way to express individuality.
- The activity encourages **recycling** and **upcycling**, promoting sustainability.
- **Accessible** for participants with varying skill levels, especially with the option of using **hot glue** instead of sewing for easier access.

Added value from the partners

Reusing old **T-shirts** with favourite prints to create personalized bags allows participants to transform cherished items into practical accessories.

Adding **jeans pockets** to shopping bags helps participants keep small items organized, increasing the bag's functionality.



Participants can experiment with different materials, such as **waterproof textile markers**, **stamps**, and **buttons** to decorate the bags. These can be sewn or glued for added versatility.

Pillow covers can also be decorated using fabric scraps. **Hot glue** is recommended instead of sewing, as it is more accessible for individuals who find needlework challenging.



Link to step-by-step "Creative shopping bags" instructions (page 66)



Mask show!

Difficulty



Medium: The activity involves a series of steps that require creativity and attention to detail.

Duration

2 sessions, each lasting **1 hour**.

Required materials

Newspapers, tape, scissors, plastic wrap, felt-tip pen, colours, decorative materials, elastic band, glue gun, sponge.



Skills developed during the activity

- **Self-Expression:** Participants explore their identity and emotions through mask design.
- **Creativity:** The process encourages imagination and artistic expression.
- **Confidence:** Presenting the mask boosts self-esteem and public speaking skills.

Results

By the end, participants will:

- Create and present a unique, personalized mask.
- Gain confidence through creative expression and the presentation process.
- Explore different emotions, personas, and connections through their masks.

Notes/observations

- A great opportunity for **self-expression** and **personal growth**.
- The **presentation** fosters confidence and communication skills.

Added value from the partners

Participants can create **full costumes** and present them during events like **carnivals**, enhancing **self-expression** and fostering a sense of pride. The activity encourages participants to try on different **roles** and explore new **emotions**.



Participants created **thematic masks** for **Morris dancing** to celebrate Latvia's **Martindiena**, introducing them to local traditions and cultural practices.



[Link to step-by-step "Mask show" instructions \(page 68\)](#)



Acroyoga

Difficulty



Hard: Requires significant physical effort and coordination, and may need to be adapted based on the specific needs and abilities of the participant.

Duration

1 hour.

Required materials

Soft mat, the **person responsible for safety and support** during the exercise, large room.



Skills developed during the activity

- **Fine Motor Skills:** Exercises help improve hand and body coordination.
- **Emotional Balance:** Builds trust, confidence, and emotional regulation.
- **Cooperation:** Participants learn to work with a partner in a supportive environment.

Results

By the end, participants will:

- Improve their **physical and emotional balance**.
- Improve body awareness and movement coordination
- Enhance **body awareness** and **movement coordination**.

Notes/observations

- A great activity for **building self-confidence** and emotional connection.
- **Trained caregiver support** is essential for ensuring safety and comfort.
- The activity requires professionally trained staff, as it can't be implemented without **yoga-trained personnel** in some institutions.

Added value from the partners

Including **animals** in the activity can extend the session's duration, but the animals help participants focus on exercises and provide additional emotional support, boosting **confidence** during the session.



[Link to step-by-step "Acroyoga" instructions \(page 71\)](#)

Button reuse

Difficulty



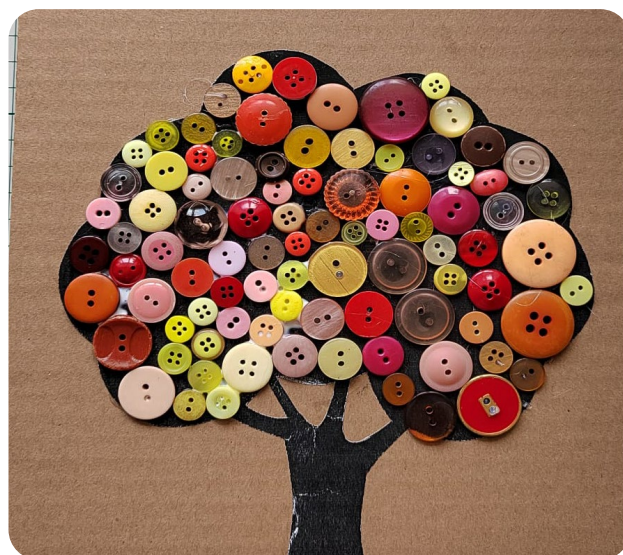
Medium: The activity is easy to follow but requires attention to detail and patience.

Duration

1 hour (can vary depending on the complexity of the project).

Required materials

Different size and colour buttons, cardboard, paper with template, scissors, PVA glue, paint brush, tray for glue, hot glue gun, hot glue sticks.



Skills developed during the activity

- **Fine Motor Skills:** Sorting, picking up, and glueing buttons enhances hand strength and control.
- **Creativity:** Choosing colours, sizes, and patterns allows personal artistic expression and design innovation.
- **Cognitive Skills:** Planning button placements and creating balanced designs strengthens problem-solving and spatial awareness.
- **Patience:** Arranging buttons and focusing on intricate details teaches persistence, mindfulness, and the value of finishing tasks.

Results

By the end, participants will:

- Create unique and personalized art object using buttons.
- Enhance their **fine motor** and **cognitive** abilities.
- Improve skills of using hot glue or PVA glue.
- Experience a sense of accomplishment and relaxation.

Notes/observations

- The activity encourages a **relaxed, meditative** approach to crafting.
- **Self-expression** and **communication** are enhanced as participants share their creations.
- During the activity participants came up with **different ideas** how technique can be used (door plates, birthday cards).

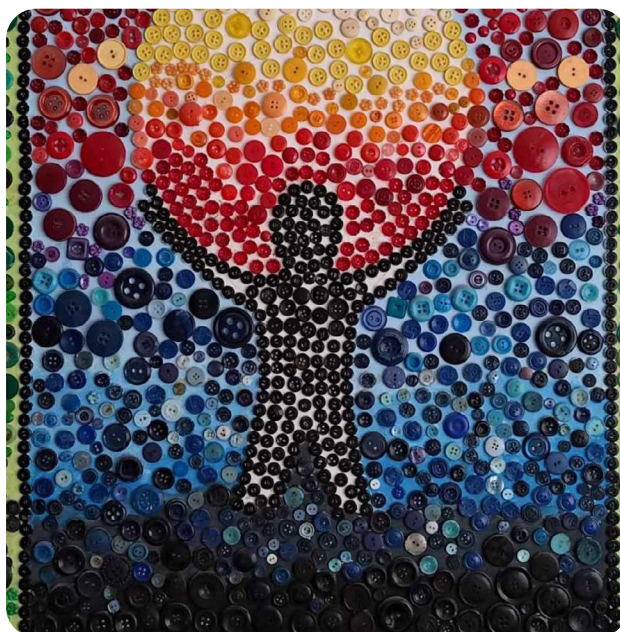
Added value from the partners

By using **fabric bases**, participants can create **seasonal decorations** for holidays like Christmas. This fosters creativity while introducing participants to holiday traditions and cultural practices.

Grains and **pasta** can be used instead of buttons, offering an alternative for creativity and further improving fine motor skills.

Using buttons of various colours and sizes on **canvas** allows participants to create large-scale **themed images**. This results in vibrant, durable decorations that can be used to personalize home décor.

Participants can decorate **masks** and **bags** with buttons, which encourages them to try new things and boosts their confidence in exploring their creativity.



[Link to step-by-step "Button crafting" instructions \(page 74\)](#)



Ceramic soap tray

Difficulty



Medium: The activity requires some hand dexterity and focus, but can be adjusted to suit different skill levels.

Duration

2 sessions, 1 hour each.

Required materials

Piece of clay, rolling pin, lace fabric, knife, shape template, hole cutter, sponge, painting brushes, liquid clay, pottery glazes, pottery kiln.



Skills developed during the activity

- **Fine Motor Skills:** Rolling, shaping, and cutting clay improves hand-eye coordination and dexterity.
- **Creativity:** Personalizing the soap tray fosters creative expression.
- **Collaboration:** Some participants may need assistance, promoting teamwork and communication.
- **Tactile Stimulation:** The hands-on work with clay enhances sensory development.

Results

By the end, participants will:

- Create their own personalized **ceramic soap trays**.
- Experience **self-expression** through the design process.
- Gain practical skills in **pottery making**.

Notes/observations

- **Staff assistance** may be needed for some participants, especially with rolling and shaping the clay.
- Using a **template** ensures a good result and encouraging to try later own forms.
- The finished soap trays are both **functional** and **creative**, making it a rewarding activity.

Added value from the partners

Participants can create their own forms using clay, crafting unique items like **candle holders** or **tea pack** containers, further enhancing creativity and practical skills.



Participants can make functional, aesthetically pleasing soap trays that drain excess water efficiently by designing a **maple leaf-shaped soap dish** with a drainage spout.



Adding dried grass or leaves allows participants to create textured ceramic designs, making each tray even more unique and personalized.



Link to step-by-step "Ceramic soap tray" instructions (page 76)



Dance movement therapy

Difficulty



Easy: The activity is simple, accessible, and requires basic coordination, flexibility, and focus, suitable for all skill levels.

Duration

1 hour, adjustable based on participants' energy levels and engagement.

Required materials

Device to play music, large room, comfortable clothing, scarfs.



Skills developed during the activity

- **Fluidity and Flexibility:** Practicing various movements improves coordination, body control, and range of motion.
- **Muscle Strength:** Engaging in dance or movement exercises builds strength and endurance.
- **Body Awareness:** Understanding how to position and move the body enhances awareness.
- **Rhythm:** Repeating patterns and beats sharpen the ability to follow rhythms and create synchronized movement.

Results

By the end, participants will:

- Develop better **self-expression** through movement.
- Experience **emotional connection** with others, enhancing **self-confidence**.
- Enjoy a **therapeutic** and **relaxing** experience that promotes **personal growth**.

Notes/observations

- The **calming** environment supports relaxation and promotes **trust** between participants and activity partners.
- The activity is designed to be inclusive and supportive, fostering a sense of belonging and **self-worth**.
- As the session progresses, **communication** improves, enhancing **social skills** and collaboration.

Added value from the partners

The activity can be used in a **social circus performance**, where **shared movement** and rhythm foster emotional connections, promote collaboration and trust.

Watch the performance: Social Circus Performance

By incorporating **different props and tools**, the dance activity becomes more dynamic, encouraging creativity and enhancing movement expression.



Watch a demonstration: Dance Movement Props

"Dance movement therapy" video instructions: 1st exercise

"Dance movement therapy" video instructions: 2nd exercise

"Dance movement therapy" video instructions: 3rd exercise

"Dance movement therapy" video instructions: 4th exercise

Printmaking

Difficulty



Medium: The activity is accessible, but requires attention to detail and some manual dexterity. It is suitable for a range of abilities, with the option to adjust for individual needs.

Duration

1 hour. The activity can be adjusted to allow more time if needed for individual work or group feedback.



Required materials

Printing roller, old mirror or piece of glass, printing foam, sharp pencil or ball point pen, spatula, printing ink, white printer paper, coloured paper, cutter, cleaning paper.

Skills developed during the activity

- **Motor Skills:** Manipulating printing tools and materials helps improve fine motor skills and hand-eye coordination.
- **Artistic Expression:** Participants explore their creativity through design and colour, producing their own prints and images.
- **Self-Esteem:** Creating multiple prints provides a sense of accomplishment, boosting confidence.
- **Attention to Detail:** Precision in stamp making and print design fosters patience and focus.

Results

By the end, participants will:

- **Create personalized prints** and cards, showcasing their designs and creativity.
- **Improve motor skills** and coordination through the manipulation of printmaking tools.
- Gain **confidence** by producing a variety of prints in a short time.

Notes/observations

- The process encourages **creativity**, allowing each participant to create unique designs.
- The printing process also provides an understanding of mirrored images and how they affect design

Added value from the partners

This printmaking technique can be adapted to create **unique stamped designs** on furniture, such as **wardrobes** or **tables**. A **wooden base** can be used to attach stamps, allowing for prints on hard surfaces.



The technique can be used to create **custom t-shirts** and **bags** by using **cotton dyes** and **stencils**. To ensure clean designs, excess paint must be carefully removed from the stencil gaps before stamping.



This technique works well for **printing patterns on clay** using stamps or textured materials, creating **unique designs** for personalized, decorative clay pieces.

[Link to step-by-step "Printmaking" instructions \(page 79\)](#)



Candle making

Difficulty



Easy: The steps are straightforward, but participants need to focus on timing and accuracy to ensure a successful outcome.

Duration

1 hour. The activity can be adjusted to allow more time if needed for the wax to cool and harden.

Required materials

150 g coconut/soy wax, glass container, hob, pot, 3 drops of essential oil, iron cup, 8 cm long candle wick, thermometer, mixing paddles, 2 glasses of water, dried petals.



Skills developed during the activity

- **Motor Skills:** Handling materials, pouring wax, and securing the wick helps develop fine motor skills and coordination.
- **Self-Expression:** Participants can personalize their candles with different fragrances and decorative elements, expressing their creativity.
- **Patience & Attention to Detail:** The process of melting and pouring wax encourages patience, while attention is needed to ensure quality and safety.
- **Communication:** Participants may work together or with caregivers to ensure proper steps are followed and assist one another.

Results

By the end, participants will:

- Create a fully manufactured candle.
- **Improve fine motor skills** and attention to detail.
- **Gain a sense of accomplishment** and pride in their finished product.
- Learn about **fragrance blending** and the **importance of design** in creating a visually appealing and functional object.

Notes/observations

- The **temperature of the room** can affect the speed of solidification, so additional time may be needed depending on the environment.
- The participants really enjoyed making candles.

Added value from the partners

Recycled **tin cans** and **cardboard** can be used as **candle trays** and **wicks**, allowing creation of **affordable outdoor candles** with a **sustainable, creative touch**.



Using **wax** and **egg cartons**, participants can create **fire roses**, which are practical and eco - friendly **fire starters** for fireplaces.



 [Link to step-by-step "Candle Making" instructions \(page 81\)](#)

Invitation from recycled paper

Difficulty



Hard: The activity requires significant effort and focus, with many steps. Participants may need breaks and extra support to stay engaged.

Duration

3 sessions, 1 hour per session.

Required materials

Used paper, frame for paper production, liquid glue, sieve, towel, sponge, large bowl.



Skills developed during the activity

- **Creativity:** The activity encourages participants to personalize their invitations with decorative elements like petals or designs.
- **Patience:** The process of soaking, pressing, and drying the paper requires careful attention and patience.
- **Sustainability Awareness:** The activity fosters an understanding of **eco-friendly practices**, emphasizing the importance of recycling and reusing materials.
- **Fine Motor Skills:** Handling and manipulating paper and glue supports hand-eye coordination and dexterity.

Results

By the end, participants will:

- **Create their own handmade invitations** using recycled paper.
- **Develop a sense of accomplishment** by completing a practical and personalized craft.
- Gain a deeper understanding of **sustainable practices** and how they can be applied in everyday life.

Notes/observations

- **Recycled materials** make it possible to create unique and personalized items, while reinforcing eco-friendly values.
- It is important to allow time for the paper to **dry fully**, which may take time depending on the environment.

Added value from the partners

Adding flower petals or other dried herbs to the recycled paper creates beautiful floral ornaments and introduces a pleasant, natural aroma.



Participants can create **personalized diaries** by using old books. This introduces new possibilities for creativity and continues the focus on **sustainability**.



Link to step-by-step "Invitation from recycled paper" instructions (page 83)



Collage

“Me and what I like”

Difficulty



Easy: The activity involves simple cutting, gluing, and arranging images, making it accessible to individuals of varying abilities.

Duration

1 to 1.5 hours.

Required materials

Self-portrait photo, photos with your personal events, pre-cut pictures from magazines with different themes, magazines, scissors, glue stick or liquid glue and brush, colourful cardboard paper A3.



Skills developed during the activity

- **Manual and Creative Skills:** Participants engage in hands-on activities, such as cutting and arranging images, which enhances their fine motor coordination and sparks creative expression.
- **Cognitive Development:** The process stimulates critical thinking, self-reflection, and meaning-making by encouraging participants to analyse life events, recognize personal strengths, and express their identity.
- **Self-Expression and Self-Understanding:** Through image selection and arrangement, participants visually communicate their experiences and gain deeper self-awareness, promoting personal insight and growth.
- **Memory and Reflection:** The activity fosters memory recall as participants revisit key life moments, while also encouraging thoughtful reflection on personal journeys and emotions.

Results

By the end, participants will:

- **Create a personal collage** that represents their story, achievements, and dreams.
- **Enhance self-awareness**, as they reflect on past events and celebrate their strengths.
- **Strengthen communication skills** by sharing their collages with others, fostering a deeper sense of connection and mutual understanding.

Notes/observations

- This activity encourages **personal reflection** and **positive self-expression**.
- The collage can serve as a **motivational tool**, helping participants set personal goals or celebrate achievements.



Added value from the partners

The collage technique can be applied not only to **flat (2D)** surfaces but also to **three-dimensional objects**. This allows participants to decorate and personalize a wide range of crafts or items, giving them **unique, creative and meaningful designs**.



The collage method is an excellent **planning tool** for setting goals. For example, our team identified **four summer objectives** and will use the collage to track progress when we return. It's especially helpful for individuals with **reading challenges** to visualize goals in a creative format.



Link to step-by-step "Collage – Me and what I like" instructions (page 86)



Dreamcatcher

Difficulty



Medium: The activity requires some manual dexterity, attention to detail, and basic crafting skills such as weaving and glueing.

Duration

1 to 1.5 hours. The duration can be flexible based on the participant's pace, allowing for a comfortable crafting experience.

Required materials

Willow or other flexible wood branches, yarn or string, crafting beads, scissors, hot glue gun, hot glue, feathers or other craft items for decoration.



Skills developed during the activity

- **Fine Motor Skills:** Weaving the yarn, threading beads, and attaching feathers helps improve hand-eye coordination and dexterity.
- **Creativity and Self-expression:** Participants can customize their dreamcatchers with beads, feathers, and colours that reflect their personality and imagination.
- **Cognitive Skills:** The process of assembling and designing the dreamcatcher involves planning, sequencing and problem-solving.
- **Patience and Focus:** Crafting a dreamcatcher requires participants to pay attention to detail and practice patience as they weave and attach decorative elements.

Results

By the end, participants will:

- Create their own **dreamcatcher**, which will serve as a personal, decorative item.
- Gain a sense of **accomplishment** and **pride** in creating a meaningful, functional item.
- Strengthen their **social skills** by collaborating and exchanging ideas with others.

Notes/observations

- It fosters **social interaction**, allowing participants to share their creations and engage in discussions, which helps build communication and collaboration skills.

Added value from the partners

Instead of willow, any type of wood branches can be used, making the activity more adaptable. Participants can experiment with creating dreamcatchers in different shapes, such as triangles.



Participants can personalize their dreamcatchers with **wooden elements**, creating a sense of **harmony** and **unity**. Customizing with colours and materials allows participants to design dreamcatchers that complement their **home décor** or personal style.



Using the same principles, participants can create wind chimes by incorporating wooden elements, beads, and feathers, offering an additional creative option.



[Link to step-by-step "Dreamcatcher" instructions \(page 88\)](#)



Sun-sensitive prints with turmeric

Difficulty



Medium: This activity requires a bit of preparation, attention to detail, and patience. Participants will learn to mix and handle the ingredients carefully, place natural elements properly.

Duration

1 hour of active work, with an additional **several hours** required for exposure to sunlight (you can prepare multiple designs to check results over time).



Required materials

Turmeric powder, vodka, 2 little jars to prepare the ink and a spoon, old fabric to filter. Newspapers, gloves, paintbrush, photo paper, glass pane on a strong board, flowers and leaves.

Skills developed during the activity

- **Motor Skills:** Mixing the turmeric and vodka, positioning the natural elements, and placing them on the photo paper helps enhance hand-eye coordination and dexterity.
- **Cognitive Processes:** Participants will focus on the process of making the ink, placing natural elements, and waiting for the print to develop. This fosters attention, patience, and planning.
- **Creativity:** The natural elements allow participants to explore design, experimenting with patterns, placement, and composition

Results

By the end, participants will:

- Create **unique sun-sensitive prints** featuring natural elements like leaves and flowers.
- Develop **patience** and **focus** as they wait for the prints to develop.
- Experience the joy of **self-expression** through the design and creative process.

Notes/observations

- It's a lengthy process. Completing the work from start to finish takes several hours.
- Turmeric powder is a very **strong pigment**. Mixed with alcohol (like vodka) it becomes a sun-sensitive ink. The ink fades away when exposed to the sun for a few hours.



Added value from the partners

After the prints have been created, the **contours** of the designs can be outlined with a **thin black marker**, making the natural elements stand out more clearly.



To **preserve the artwork** longer, participants can take a photo of the print and **create colorful prints** from the photo. This allows the artwork to be shared or displayed in **multiple formats**, ensuring it lasts beyond the sun-sensitive process.

Link to step-by-step "Sun-sensitive prints with turmeric" instructions (page 91)



Braid of friendship

Difficulty



Medium: The activity is accessible for most individuals but requires some basic coordination and motor skills, making it suitable for participants with **moderate physical and intellectual disabilities**.

Duration

Variable: The duration of the activity can be adjusted based on the group and how the activity evolves, but typically ranges from **30 minutes to 1 hour**.

Required materials

4 colours of macrame threads, 4 stones, fabrics (bound for stones), threads for tying the material, lighter, scissors, paper clips.



Skills developed during the activity

- **Coordination & Motor Skills:** Through threading and movement, participants enhance their **motor coordination, balance, and fluidity**.
- **Social Interaction & Teamwork:** Working alongside others promotes **collaboration** and enhances **communication** skills.
- **Focus & Concentration:** The activity requires attention to detail as participants focus on following the thread path and performing the corresponding movements.

Notes/observations

- This activity is highly effective for improving the **team's atmosphere**.
- Playing uplifting music can create a **motivating** experience.

Added value from the partners

To make the **pattern visible**, participants **follow the same thread path** rather than switching threads, creating a smooth, dance-like rhythm that adds flow to the movement. This technique is especially beneficial for individuals with **physical disabilities**, as it requires **less physical effort** and encourages **teamwork** while providing **visual feedback** of their progress.

This activity works **great outdoors**, where participants can enjoy the **fresh air**. Materials can be easily packed into a bag, making it **portable**, and **tree branches** can serve as a simple way to hang and guide the threads, connecting participants with nature and enhancing the **therapeutic experience**.



[Link to step-by-step "Braid of friendship" instructions \(page 95\)](#)



Dot's Art

Difficulty



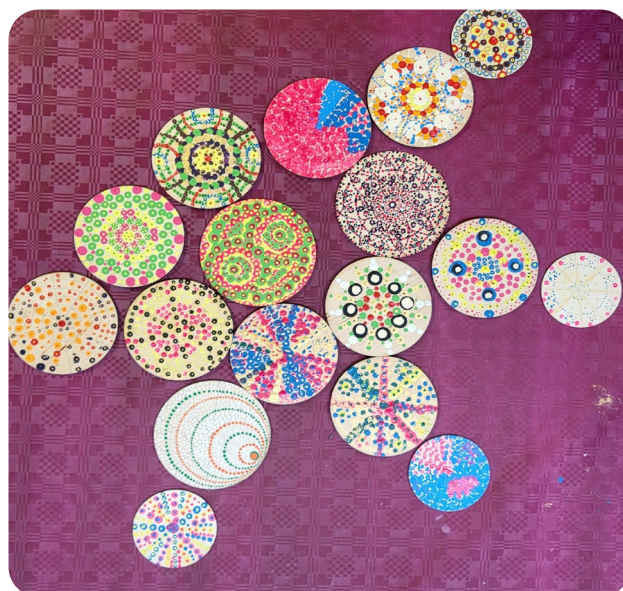
Medium: This activity requires attention to detail, patience, and some creativity. It encourages independent work with room for creative exploration.

Duration

1 hour: The activity is designed to be completed within one hour, though the drying process may require a few extra minutes.

Required materials

Wooden drink coasters, PVA glue, paint brush, pencil, dotting sticks, caps of the bottle, paper, towel, stencils, acrylic colours, hair dryer.



Skills developed during the activity

- **Fine Motor Skills:** The process of painting, applying glue, and using dotting sticks helps to improve **hand-eye coordination, dexterity, and precision.**
- **Cognitive Development:** The activity requires participants to think about colours, patterns, and design elements, helping to enhance **problem-solving** and **decision-making** skills.
- **Creativity & Self-Expression:** Participants express their individuality through their choice of colours, patterns and textures creating a unique product.
- **Patience & Focus:** Working at their own pace helps participants develop patience and the ability to focus on the task at hand.

Results

By the end, participants will:

- Have created **functional and personalized wooden drink coasters.**
- Feel a sense of **accomplishment** by completing a craft they can use.
- Develop **patience** and **focus** as they complete their artwork.

Notes/observations

- **Different patterns** can be used for decorating drink coaster.
- You can apply **multiple layers of dots** on top of each other, but make sure the bottom layer is **completely dry** before adding the next one.

Added value from the partners

Participants can decorate their coasters with macrame by threading macrame cord through the coaster's edge holes and creating a decorative, textured border using basic knots like square knots or spiral knots.



In addition to coasters, participants can apply **dot-art techniques** to functional items like **earrings, pendants, brooches**, or even **keychains**. The dotting technique works well on dark backgrounds and can be a festive way to create Christmas decorations or accessories.



 [Link to step-by-step "Dots Art" instructions \(page 98\)](#)

Portraits of the project partners

The Nordplus project "Value-Added Creativity" is a cooperation platform of 3 organizations operating in the social field - Jelgava District Multifunctional Center of Social Services "LAIPA" (Latvia, leading organization), PANEVEZIO SOCIALINIŲ POKYČIŲ CENTRAS (Lithuania) and FOUNDATION MAARJA VILLAGE (Estonia) - which served as a basis for the exchange of experience, mutual enrichment, introduction of new practices, as a result networking and cooperation between the Baltic States was promoted as well as common problems and future cooperation opportunities identified.



Multifunctional Center for Social Services "LAIPA"

Multifunctional Center for Social Services "LAIPA", the project applicant organization, is a relatively recently established institution of Jelgava Local Municipality, which has started operating in 2020.

"LAIPA" provides three social services:

1. group apartments
2. day care centre
3. specialized workshop.


At the moment there are 16 adults with intellectual disability living and working in the centre and the aim is to bring them back to society.


The task/mission of the Day Care Center (DCC) is to promote the acquisition of self-care and communication skills, understanding of the possibilities of using the systems of daily services and public life, to promote the preservation, development and improvement of intellectual abilities, to provide comprehensible information about the processes taking place in society, to provide support to individuals and their families in solving problems and to establish and maintain contacts with family members of individuals.

In DCC different types of activities take place i.e. learning of life in which different basic knowledge is maintained/acquired (reading, writing, work in e-environment, day-to-day self-care etc.) and activities secured that promote creative thinking and improve one's well-being, i.e. ceramics classes, creative lessons with paper, textiles, yarn, beads and other types of materials

The service of the specialized workshop is secured in cooperation with social entrepreneurs and the following activities are provided - assessment of the client's interests and skills for employment, acquisition of work skills, individual or group classes under the guidance of a social rehabilitator, leisure activities.

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 Draudzības iela 3, Kalnciems, Kalnciema pagasts, Jelgavas novads, LV-3016





Panevėžio socialinių pokyčių centras

Panevezio socialiniu pokyciu centras

Panevezio socialiniu pokyciu centras (PSPC), located in the heart of Panevėžys, Lithuania, has been a well-known part of the community since its establishment by the Panevėžys Town Council in 1996. The centre provides social day care services for individuals aged 18 and older with intellectual disabilities.

PSPC's mission is to enhance the quality of life for its service users through tailored activities that promote personal growth, social interaction, and vocational skills. The centre also advocates for the rights of its users while encouraging independence, physical and intellectual well-being, and continuous development.

Service users benefit from specialized activities, events, nutritional care, transportation, and personal hygiene support. Individual care plans are developed collaboratively with staff, considering users' needs, skills, and family input. Caregivers are actively involved in shared activities to strengthen community ties.

Currently, PSPC supports 70 service users with a team of 43 staff members, including social workers, support staff, and administrative personnel.

Known for its involvement in local, national, and international projects, PSPC integrates project outcomes into daily activities. Hosting volunteers from around the world enriches the skills of users and staff, fosters new friendships, and promotes cultural exchange.

PSPC is an innovative, inclusive community, organizing theatre and dance festivals and participating in craft fairs. Its dedicated staff work to promote users' well-being, self-sufficiency, and social integration.

Motto: "Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime."

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LT-35173, Lithuania





Foundation Maarja Village

Foundation Maarja Village was founded in 2001 and it is located in Põlva County. It started as a community living place. In 2003, there were only two residents and one assistant. Today, we have more than 150 clients having different services in Maarja Village and around 100 employees.

Since 2007, Maarja Village in cooperation with the Röpina School of Horticulture offers a vocational educational programme adapted to students with special needs. In 2010, sheltered workshops were set up for people with disabilities who are unable to participate in the open labour market. In 2017, the community living service was extended and now is offered also in Tartu.

Maarja Village has a rehabilitation team that offers social and vocational rehabilitation. The team includes a social worker, a speech therapist, a physiotherapist, an art therapist, a psychologist, an occupational therapist, a special education teacher and a peer counsellor. The specialists support the clients' personal development, self-awareness, self-confidence, communication and social skills, coping with stress, and learning new knowledge.

A lot of various creative activities are used in everyday life. The products of the creative process are presented as works of art, which gives the authors also some personal benefit. The results of the creative activities are offered for public evaluation for viewing, admiring and possibly for sale. The clients receive positive attention and recognition. Maarja Village has handicraft workshops and a boutique in a big shopping centre where the handmade products are sold.

We at Maarja Village provide people with disabilities with opportunities for socially active and meaningful life. Collaboration with different organisations and project activities is a good way for development and learning equally for both staff and clients.

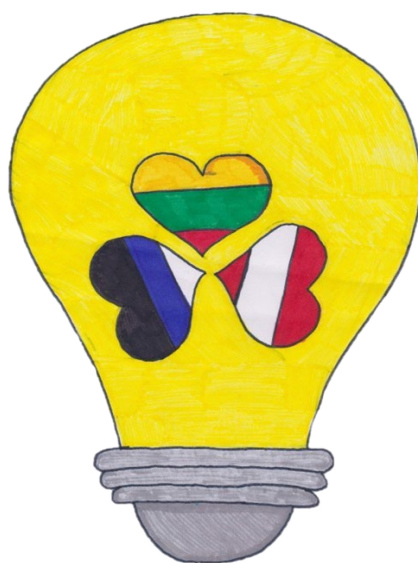
✉ epp@maarakyla.ee

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📍 Haavasaare 1, Kiidjärve küla, Põlva vald,
Põlvamaa



STEP-BY-STEP INSTRUCTIONS FOR PWDs



SOAP MAKING



Tools and materials required for activity:

- soap mass;
- molds;
- dyes;
- essential oils;
- alcohol spray;
- bowl for melting soap mass.

1



Divide the soap mass into smaller pieces - so that it melts faster.

2



Melt the soap mass in a water bath. It can also be melted in the microwave, but be careful not to boil the soap mass.

3



Add dyes and add essential oils to melted soap mass.



4



You can add petals (calendula, chamomile, rose, lavender, etc.), seeds (poppy, etc.) to the soap mass.

5



Gently stir in the soap mass with added ingredients.

6



Pour the mixed soap into molds. Spray the soap with an alcohol spray to remove bubbles.

7



Allow the soap to set, remove from the mold.

8



Finished product.



BRACELETS AND ME



Tools and materials required for activity:

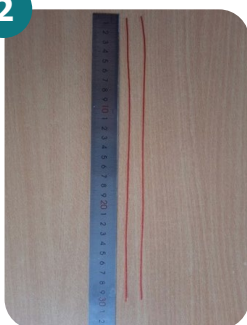
- red or other colour cords;
- insertion of a bead;
- ruler;
- scissors;
- lighter.

1



Measure the circumference of your arm, leave the longer ends for connection.

2



Cut two equal lengths of cords (2x30cm).

3



Measure two more cords of the same length for weaving (2x80cm).



4



You are ready for work!

5



Fold the two short (2x30cm) cords.

6



Thread it through the loops of the bead.

7



This is what it should look like.

8



Align the ends of the ropes.

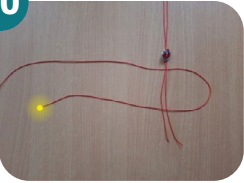


9



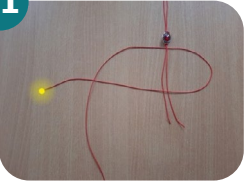
With the long cord, start weaving. The long cord shall be under the short cord.

10



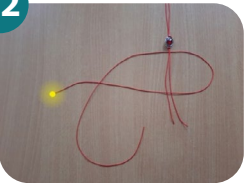
Stretch the end of the cord with the yellow knot from right to left.

11



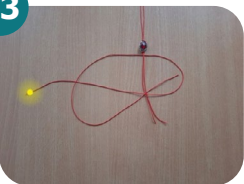
Place the long cord on the cord with the yellow knot.

12



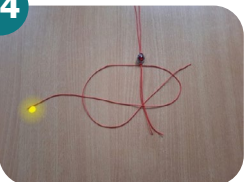
Insert the cord through the bottom of the loop.

13



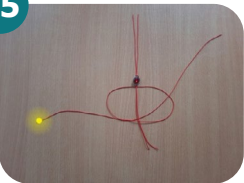
Insert the cord through the bottom of the loop on the right.

14



Thread the cord through the top of the loop.

15



String both cords equally.

16



Tighten equally until a knot is formed.



17



Here is the first knot.

18



Now repeat the same weave on the other side.

19



Insert the cord through the bottom of the loop.

20



Insert the cord through the bottom of the loop.

21



Thread the cord through the top of the loop.

22



Tighten equally until a knot is formed.

23



Here is the second knot.

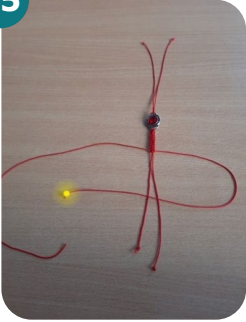
24



Now repeat the same weave on the other side.

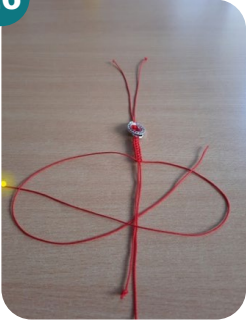


25



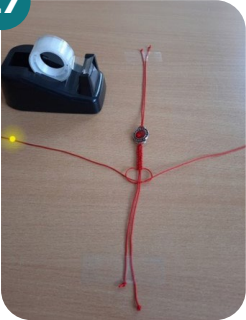
Stretch the end of the cord with the yellow knot from right to left.

26



Place the long cord on the cord with the yellow knot and thread the cord through the top of the loop.

27



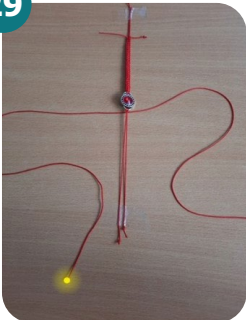
Tighten equally until a knot is formed.

28



Repeat it until the cord runs out.

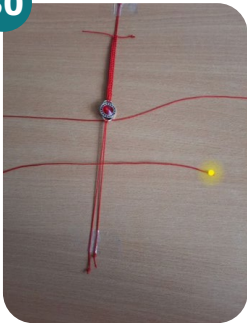
29



With the long cord, start weaving other side of the bracelet. The long cord shall be under the short cord.

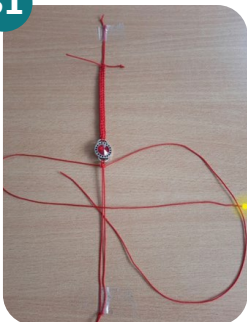


30



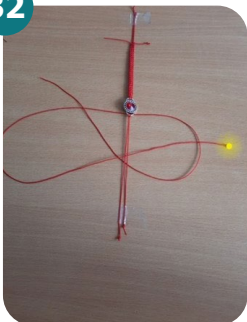
Stretch the end of the cord with the yellow knot from left to right.

31



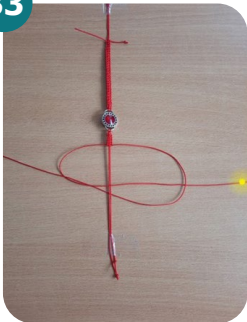
Insert the cord through the bottom of the loop.

32



Thread the cord through the top of the loop.

33



Tighten equally until a knot is formed.

34



Repeat it until the cord runs out.



35



Shorten the ends of the cord to a length of 2 mm.
Melt the ends of the cord with a lighter.

36



Melt at the edges of the bracelet.

37



Cut 20 cm of cord for connecting the ends of the bracelet.

38



Place the ends of the bracelet on top of each other.

39



Take the 20cm cord for connecting and start weaving in the same way as for the bracelet.



40



Weave the cord to a length of about 1 - 1,50 cm.

41



Shorten the ends of the cord to a length of 2 mm.

42



Melt the ends of the cord with a lighter.

43



Melt at the edges of the cord.

44



The bracelet is finished!



MASK MAKING



Tools and materials required for activity:

- **To make the form:** paper, carton (cardboard), paper tape, scissors, plaster knife.
- **To cover the form:** pop bandage, bowl of water.
- **To decorate the mask:** paints, brushes.

1



Create the basic form.

2



Connect all parts with the tape.

3



Cut the pop bandage into pieces. On piece 5-10 cm wide.

4



Moisture the pop bandage in the water piece by piece.

5



Cover the form with the bandage piece by piece. Let it dry.

6



Color the mask.

7



Let it dry.



DECORATIVE POT



Tools and materials required for activity:

- 200 gr. a piece of clay;
- glass of water;
- clay glaze of your colour choice;
- brush for liquid clay and glaze;
- pottery oven.

1



Cut a piece (200g approx.) of white or brown clay (low combustion temperature, 920°C).

2



Make smaller pieces out of the 200g piece and use your hands to make some ropes of about 30cm each. The ropes thickness should be between 0,5-1cm.

3



You need liquid clay to shape the product. Add small pieces of clay to a glass of water and mix for 15 minutes.

4



Apply the liquid clay to the entire surface of one of the previously created ropes.

5



Roll the rope in order to shape the bottom of the pot. Feel free to choose the bottom diameter you prefer.

6



Make sure there are no gaps. Lightly press the material so that it sticks well.

7



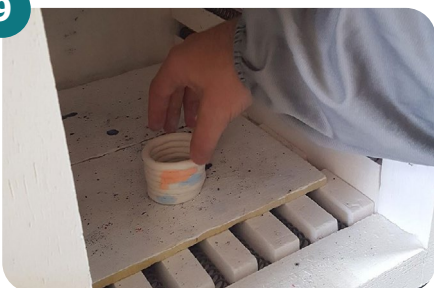
Once the pot is ready, dry it for 10 days in a dry space and then put it in the oven. Cook it at 920°C for 5 hours. After that, turn off the oven and leave the piece inside for 20 hours without opening it.

8



Take the pot out of the oven and use colour glazes to paint and decorate it the way you prefer. Don't paint the bottom.

9



Once the pot is painted, wait for 2-3 hours and then put it inside the oven again.



10



Cook it at 980°C for 3 hours. After that, turn off the oven and leave the piece inside for 20 hours without opening it.

11



One day after, your decorative pot will be ready.



I'M THE LEADER



Required for the activity:

- favourite music.

Duration of the activity:

- 15-30 minutes.

Participants:

- 4 participants minimum.

1



The participants of the activity are divided into two groups.

2



Each group chooses a leader.
The leader stands in front of the group.
The remaining participants stand behind their group leader.

3



When group is ready, the music starts.

4



When the music starts playing, the leader of each group starts dancing.

5



The participants of each group repeat the leader's movements.

6



After a minute, the group leader changes.

7



The leader of each group continues to dance.

8



The participants of each group repeat the leader's movements.

9



After a minute, the group leader changes.
The exercise is repeated until each team member was a leader for one minute.



INSPIRATION



CREATIVE SHOPPING BAGS



Tools and materials required for activity:

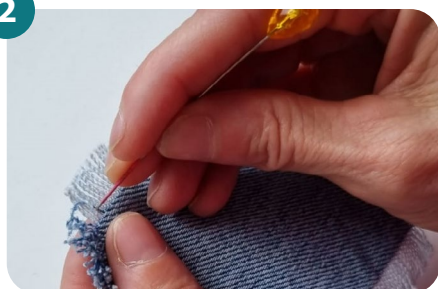
- shopping bags;
- jeans;
- cardboard templates;
- soap bar;
- marker;
- scissors;
- sewing needle;
- sewing thread;
- buttons.

1



Using four cardboard templates and soap/ marker mark squares on jeans fabric. Cut squares with scissors.

2



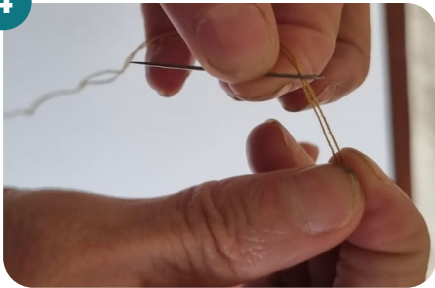
Unravel sides of all squares using sewing needle.

3



Design your preferred decoration layout using jeans fabric squares and buttons.

4



Thread the sewing needle and make a knot at the end of sewing thread.

5



Sew button and two smaller jeans fabric squares together.

6



Add two remaining squares and sew them together.

7



Sew your decoration onto the shopping bag.

8



Finished product.



MASK SHOW

PAPIER MACHE TECHNIQUE



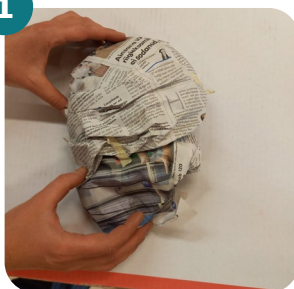
Tools and materials required for activity:

- newspapers;
- tape;
- scissors;
- plastic wrap;
- felt-tip pen;
- colours;
- decorative materials;
- elastic band;
- glue gun;
- sponge.

Prepare the glue first

- **Step 1:** Mix 1 part wheat flour with 1 part cold water in a glas.
- **Step 2:** Boil 4 parts of water in a pot.
- **Step 3:** Add step-1 mixture in boiled water (step 2) slowly and stir constantly.
- **Step 4:** Boil it 2-3 minutes.
- **Step 5:** Leave it to cool down.

1



Prepare base form.
Connect all parts with tape.

2



Cover the form with plastic wrap.



3



Mark the eyes and mouth with a felt-tip pen.

4



Tear a newspaper into strips.

5



Cover the form criss-cross with the newspaper strips, fix the strips with glue. Make sure not to cover eyes and mouth.
Let it dry.

6



Remove the mask from the plastic wrap.
Cut the edges of the mask nicely.

7



Paint the mask with a white colour and let it dry.



8



Decorate the mask by colouring it, adding glitters, pearls, sponges and etc. Be creative!

9



Finish the mask for wearing.



ACROYOGA

1



Warm-up!
RUN!

2



ROLL!

3



Keep the BALANCE!

4



BALANCE to crouch!



5



COLLABORATION

HELP your partner to get into lying position!

HELP your partner to stand up!

6



PRESS against your partners legs!

7



Flying from press position

8



NEST



9



ELEVATOR

10



At the end of the session -
SOFT MASSAGE

11



At the end, TAKE A NICE PHOTO



4



Design your preferred pattern using different size and color buttons on template.

5a



a) Using hot glue gun apply small dots of glue to the template and carefully attach button to it. Hold it for a few seconds (Be careful- glue is hot!).

OR

5b



b) Using paint brush apply PVA glue to the template and attach button to it. Hold it for a few seconds.

6



Remove all excess glue from the template and leave it aside so glue can dry completely.

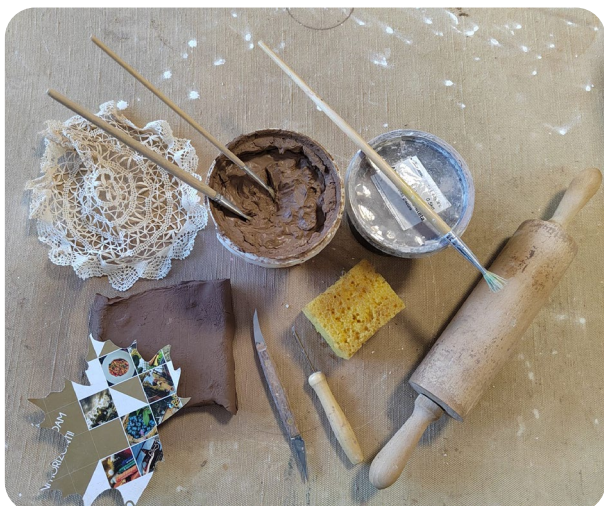
7



Now you can use and enjoy your finished button art piece.



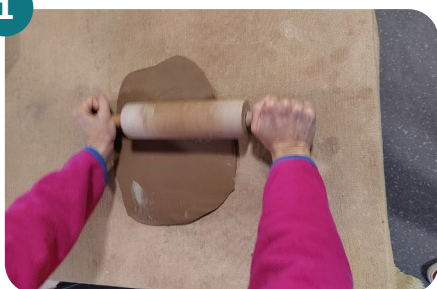
CERAMIC SOAP TRAY



Tools and materials required for activity:

- 300g of clay;
- rolling pin;
- lace fabric;
- knife;
- shape template;
- hole cutter;
- sponge;
- painting brushes;
- liquid clay;
- pottery glazes;
- pottery kiln.

1



Cut a piece of clay (approx. 300g) and role it flat (approx. 5-7 mm) using rolling pin.

2



Apply lace fabric to clay and roll it in with a rolling pin.

3



Cut out soap tray shape with a knife using template.



4



Cut 5 holes in a central part of soap tray using hole cutter.

5



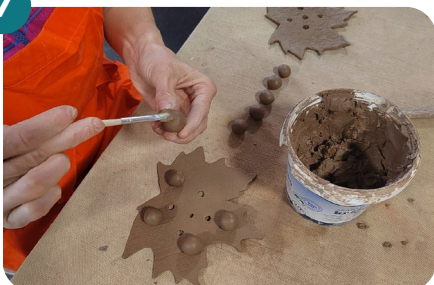
Polish soap tray shape using wet sponge.

6



Roll 5 same size clay balls Using your palms.

7



Attach created balls to the bottom of the soap tray as legs using brush and a liquid clay.

8



Dry it for 5 days in a dry place and then put it in the kiln. Cook it at 870°C for 5 hours. After that, turn the kiln off and leave it for 20 hours without opening it.

9



Take the soap tray out of the kiln and use color glazes to paint and decorate it the way you prefer. Don't paint the legs. Let it dry for 2 hours.



10



Put glazed soap tray in the kiln. Cook it at 1040°C for 6 hours. After that turn the kiln off and leave it for 20 hours without opening it.

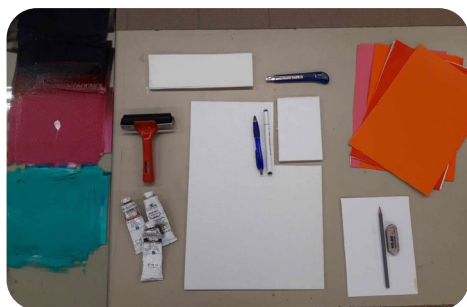
11



Next day your soap tray is ready to use.



PRINTMAKING



Tools and materials required for activity:

- printing roller;
- old mirror or piece of glass;
- printing foam (or try polystyrene plates or polystyrene meat trays);
- sharp pencil / ballpoint pen;
- spatula (or paint knife or just an ordinary knife);
- non-toxic, water-based block printing ink (black);
- thin papers: white printer paper, colored paper, etc.;
- cutter;
- cleaning paper (these really help with this activity as the ink is super-messy).

1



Prepare your design: draw sketches on a simple paper until you are happy with the result.

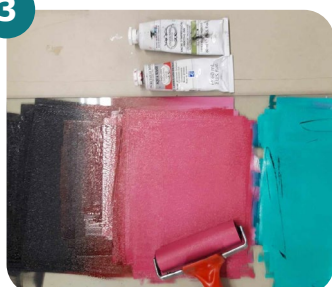
Tip: if you use a lots of details, you might have more interesting picture.

2



Draw the image by simply pressing into the printing foam with a sharp pencil or ball point pen.

3



Prepare the colours by applying a little printing ink on to the mirror or mirror glass with your spatula. Using the roller, spread the colour evenly.

Tip: spread the colour in all directions with the roller: from top to bottom and from side to side to achieve a thin coating of ink on the roller.



4



Roll the colour on your printing block. Make sure that the colour is evenly everywhere.

5



Let's print: put a paper on top of the printing block and press with your fingers for some time. Be sure that you did it on the all block.

Tip: hold carefully the block to get a clear print.

6



Carefully remove the paper. Now you have the result of your printing. Let it dry for 1 or 2 days.

Tip: you can always add more details if you want to and print again ;)

7



Try paper of different colours to create a series of prints.

RESULTS



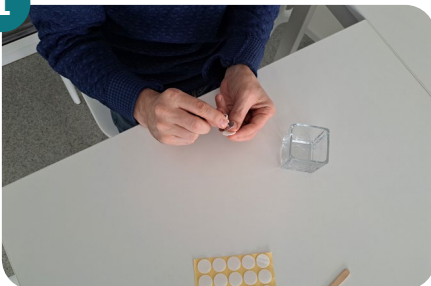
CANDLE MAKING



Tools and materials required for activity:

- 150 g coconut/soy wax;
- glass container;
- hob;
- pot;
- 3 drops of essential oil;
- iron cup;
- 8 cm long candle wick;
- thermometer;
- mixing paddles;
- 2 glasses of water;
- dried petals.

1



Fix the wick in the glass container.

2



Make sure the wick is in the center of the vessel.

3



Pour the required amount of wax into the cup.

4



Melt the wax in a water bath.

5



Cool the melted wax to 40 C.

6



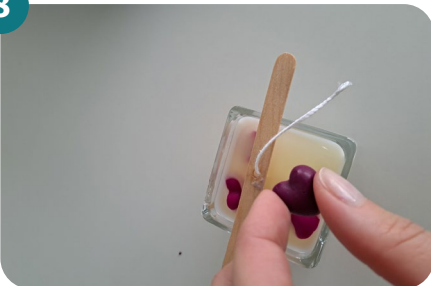
Add 3 drops of essential oil.

7



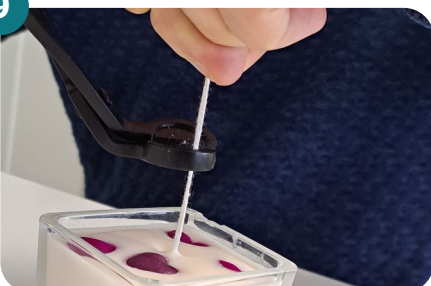
Pour into the prepared glass container.

8



When the wax starts to change color, add the available decorations. Leave it to harden for 30 minutes.

9



Cut the wick when the wax has hardened.



INVITATION FROM RECYCLED PAPER



Tools and materials required for activity:

- used paper;
- frame for paper production;
- liquid glue;
- sieve;
- towel;
- sponge;
- large bowl (big enough to fit the frame).

1



Paper is shredded manually, torn or cut with scissors into small pieces (0.5-1 cm), or shredded with a paper shredder.

2



Pour hot water over the shredded paper.
Leave for a day.
(Handful of paper 3 glasses of water)

3



Grind the soaked paper with a blender.
If the mass is very thick, add more water.
There should be three times more water than soaked paper.

4



Additional water should be added to the prepared mass to make it more liquid.

5



Diluted glue should be added to the prepared mass.

For 10 liters of prepared paper pulp, mix 3 tablespoons with 400 ml of cold water.

Strain the mixture through a sieve.

If you want coloured paper, you can add dye, coffee grounds, or other elements.

6



The frame is dipped into the paper pulp and gently moved from side to side.

Then lifted up and held straight until the water drains off.

7



One frame is removed, and the paper is carefully turned onto a cotton towel with the good side facing down.

8



The excess water is absorbed with a sponge and a towel.

It's very important to dry the edges well.



9



The towel with the sheet of paper needs to be carefully moved onto cardboard and left to dry overnight.

10



The dried paper needs to be carefully removed from the towel. To make the paper smoother, it should be pressed with a scrapbooking machine. Each sheet should be pressed twice.

11



The paper is made.
It can be written on and used as intended.



CREATIVE COLLAGE

"ME AND WHAT I LIKE"

This creative collage is like your self-portrait. It is a great way to explain and share with people you love who you are and what you like. It will also bring joy and peace when you think about this picture. Take care of it!



Tools and materials required for activity:

- self-portrait photo, photos with your personal events
- pre-cut pictures from magazines with different themes (food, landscapes, activities, objects, animals...);
- magazines;
- scissors;
- glue stick or liquid glue and brush;
- colourful cardboard paper A3.

1



- Select about 10 pre-cut pictures with different themes that represent what you like.
- Choose A3 cardboard paper with your favourite colour.
- Place selected pictures and photos on your cardboard to represent what you like.
- Play with pictures, create at least 2 different compositions.

Questions to ask for yourself: what are the most important pictures to put on the front?

What happens if I overlap some of my pictures?

2



- Choose the composition you prefer (the one that speaks the best about you).
- Glue pictures one by one on the A3 cardboard paper. Use a glue stick or liquid glue with a brush as you prefer.

Be careful to put enough glue on the edges that the picture would be well fixed everywhere.

3



- When you have glued all your pictures, find and cut out letters, words or sentences from the magazine that describe you, or are somehow meaningful to you.
- Glue them on your collage.

For example "take time for rest", "love", "happy family" ..., or like in this picture: "me and what I like".

PROCESSES AND RESULTS



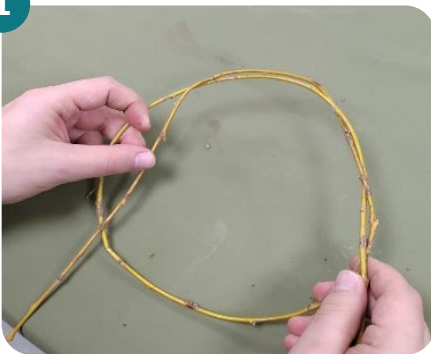
DREAMCATCHER



Tools and materials required for activity:

- willow or other flexible wood branches;
- yarn or string;
- crafting beads;
- scissors;
- hot glue gun and hot glue;
- feathers or other craft items for decoration.

1



Create a hoop from willow branches by twisting it around itself.

2



Take your yarn and tie a knot around the hoop. Begin wrapping it tightly around the hoop, covering the loose end in the process.

3



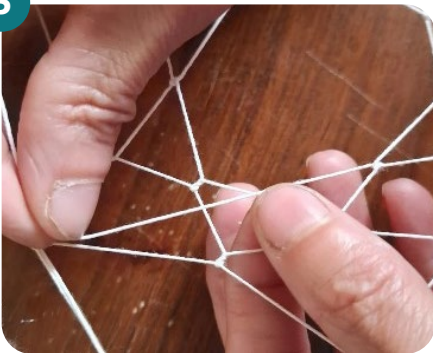
With a thinner yarn or string, tie a knot around the hoop, cutting off the loose end.

4



Take the long end of this yarn, stretch it across the hoop so it reaches $\sim 1/6$ of the hoop's diameter. Bring the yarn around the hoop and through the hole you just created with the yarn, creating a tightened loop around the hoop.

5



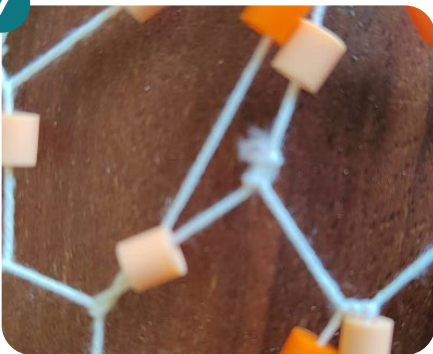
Continue to make loops, but instead of making it on the hoop itself, you'll make them on the new lines of yarn you just made using middle of the closest piece of yarn.

6



Strung beads in an order on a yarn before creating a loop to create your preferred pattern.

7



Eventually the lines will become so small that you won't be able to find a good middle point on which to make loops. At this point you can stop and tie off the yarn in a knot and cut it off.



8



Tie three long lengths of yarn to one end of the hoop using knot.

9



Attach your preferred decorations (beads, feathers, wooden parts, shells) to long yarns.

10



Your dreamcatcher is ready.



SUN-SENSITIVE PRINTS WITH TURMERIC



Tools and materials required for activity:

- turmeric powder;
- vodka;
- 2 little jars to prepare the ink;
- a little spoon;
- old fabric to filter the turmeric solution;
- old newspapers;
- pair of gloves ;
- paintbrush ;
- photo printing paper;
- frame (or glass pane on a strong board fixed with tape); it should be larger than your paper;
- flowers and leaves collected in your surroundings (or flat objects). The flatter the better result!

1



In a jar, mix turmeric powder and vodka together with a spoon to have a liquid paste (smoothy like consistency).

2



Cover the other jar with an old fabric and pour the liquid paste through to filter it.

3



Squeeze the liquid paste to get most of the liquid out.

Wear gloves! The turmeric mixture might colour your hand skin for a while. It is not toxic but you probably don't want to have yellow-orange hands for some days.

4



Cover your working space with old newspapers to protect the table.

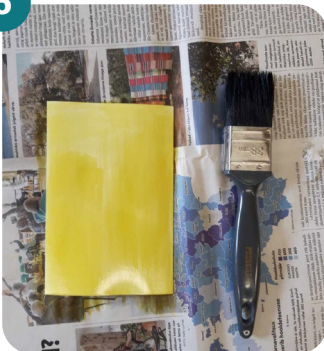
5



With a paintbrush, cover the whole photo printing paper with the first layer of turmeric ink.

Wait until it dries a little bit (a few minutes).

6



Paint over a second layer to be sure that there is enough ink everywhere.

Let it dry for at least 15 min.

7



Let's collect the material to print: collect all the flowers and leaves that you like.

Pay attention to their beautiful shape.

Collect enough flat flowers and leaves to be able to fix them afterwards under the frame (between the glass and the board).



8



Put the frame board under your paper.

Place the different plants you have collected and create the composition you like.

Now you can take time to play and test different compositions. It is a creative process!

9



Put the frame glass on your artwork in order to press them between the board and the glass.

Use at least 2 lace screws (or tape) to press strongly the flowers and plants between the glass and the board.

! It is important that they would not be able to move to get a sharp print (otherwise it will become blurry).

10



Put your artwork under the sunlight to be printed.

Let it there until the turmeric ink fades away.

It can take between 3-6h depending on the weather.

11



Remove the lace screws gently (or untape).

Remove the leaves and flowers gently. Now you can see your beautiful artwork. Well done!

NB: the picture might fade away by being exposed to direct sunlight. Keep away the picture from direct sunlight (in an album or shady place at home).



RESULTS



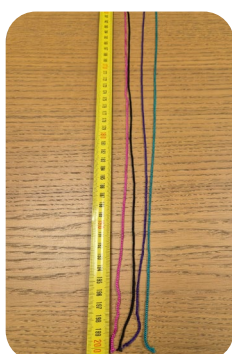
BRAID OF FRIENDSHIP



Tools and materials required for activity:

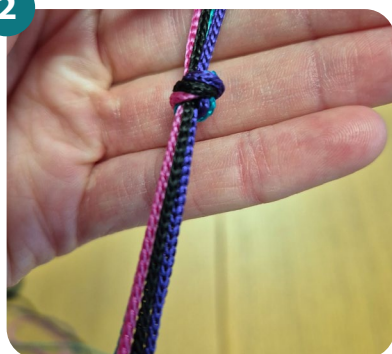
- 4 colours of macrame threads;
- 4 stones;
- materials (bound for stones);
- threads for tying the material;
- lighter;
- scissors;
- paper clips.

1



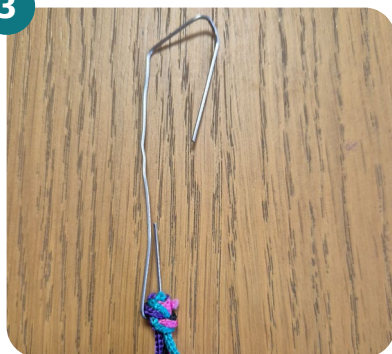
Cut 2 meters of thread from each spool.

2



Tie 4 threads into one knot.

3



Make a hook from the paper clips at the top of the knot.

4



Take the stone wrap it in a patch of material and tie it at the end.

5



Hand the thread with stones high.

6



Four people stand facing each other and pick up one thread each.

7



Two opposite standing people exchange threads with each other.

8

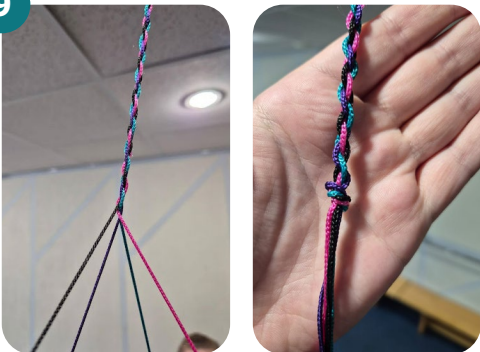


Then the other two opposite people repeat the same action.

The process is repeated until the thread is wound.



9



A knot is tied in the long braid and the end is ignited with a lighter.

10



Cut the braid into several parts.

11



Inflame the ends.

12



Tie a bracelet on your friend's arm.



DOT'S ART



Tools and materials required for activity:

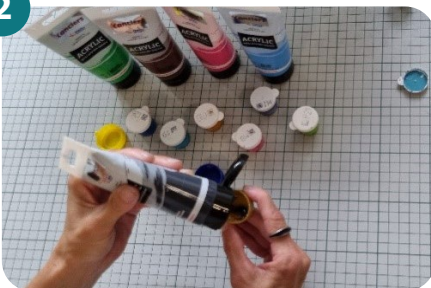
- wooden drink coasters;
- PVA glue;
- paint brush;
- pencil;
- dotting sticks;
- caps of the bottle;
- paper towel;
- stencils;
- acrylic colors;
- hair dryer.

1



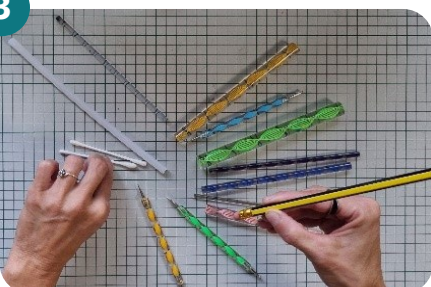
Apply a thin layer of PVA glue with a brush to wooden drink coasters. Leave it to dry.

2



Choose 3 paint colours, fill small amount of paint into bottle caps.

3



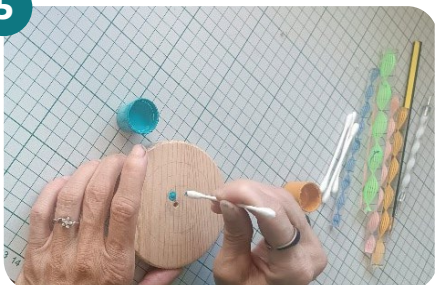
Prepare different size dotting sticks that will be used to make dots. Prepare paper towels for cleaning.

4



Use stencils to mark the centre and create drawing lines on the coaster.

5



Dip the dotting stick into paint and create a dot on the drink coaster.

6



Repeat previous step with different colours. When using a different colour, rinse or wipe a dot-ting stick with paper towel.

7



Make sure the lower dot is dry before placing a smaller dot of paint on top of a larger dot. You can use a hair dryer on low setting for drying.

8



Fill the design on the drink coaster with dots and let the paint dry for 1 hour or dry it with a hair dryer for 15 min.

9



Your drinking coaster is ready to use!
Enjoy!

