

CU-249: Needlepoint Initial Key Rings (4.6-5.8)

Supplies:

KIT INCLUDES:

Plastic canvas



Yarn



Key Ring



Steel yarn needle



YOU WILL ALSO NEED:

Scissors



Pliers (optional to attach key ring)

Instructions For Making Samples

Follow the printed instruction sheet and diagram of letters to make three samples. Choose letters that illustrate straight, diagonal, and curved lines (“A”, “M”, “S” for instance.) Use a single thread throughout. Secure loose yarn ends under stitches for a flat back. While stitching may be done in any order, it is recommended to fill in the background first, starting at the top left corner. Work from left to right, across the row, filling in all stitches except for the letter, from top to bottom. Consult the diagram to determine where to skip holes for the letter. When the background is completed, stitch the letter with a contrasting color. Vertical lines of letters are best worked from bottom to top. It may be necessary to end the yarn and restart a new strand to avoid making a long stitch on the back. Whip stitch the border with a contrasting color and use a pair of pliers to attach the ring to the upper left corner of the canvas.

When To Use This Activity

The needlepoint initial key ring is an interesting introduction to needlework for a non-sewer and allows expansion of basic sewing skills for the sewer. It affords an opportunity to attend to a variety of visible cues including color, number, direction, vertical and horizontal axes, diagonal lines, surface properties, and figure-ground patterns.

Persons at mode 4.4 may imitate needlepoint stitching actions but usually find this activity frustrating. Individual stitches are difficult to identify, and the turning of the canvas to begin a new row is confusing. The Bargello Bookmark (CU-10) is preferred at this mode.

Therapists can expect to provide step by step demonstration of instructions at modes 4.6-4.8. Separating persons in level 4 from those in level 5 allows the therapist to give both groups adequate attention. Persons at modes 5.0-5.4 may request verification or clarification of written instructions with demonstration. Persons at modes 5.6-5.8 may work from written instructions without samples.

Needlepoint Initial Key Rings (Continued)

This is an excellent bedside activity. It can be done in several short sessions over the course of a few days to monitor for changing ability in post-acute settings, or works equally well in two 1-hour sessions. Adolescents enjoy making a personalized project that can be given as a gift to a teacher or friend. A heart shape can be easily added to the background for interest. Persons at modes 5.6 and above may be encouraged to make new designs. Persons with vision or hand impairments may find this activity difficult.

Evaluation Set-Up

4.6 – 4.8 Individual/Group

(No more than 2 persons at 4.6 recommended). Seat person(s) at table with kit, letter diagram, and completed samples of key ring visible. Additional supplies may be in plain sight nearby. Include written instruction sheet for 4.8. Canvas may be pre-cut to save time (step 1). Additional samples may be useful.

5.0 – 5.8 Individual Projects

Provide kit, written instructions, letter diagram, and completed samples for 5.0-5.4. Provide kit, written instructions and diagram for 5.6-5.8. Supplies not in kit may be located in closed drawers or cupboards to which persons are oriented the first session.

Therapist's Instructions

4.8 – 5.8

"This is a needlepoint key ring with an initial design. It is made by stitching yarn according to a pattern onto a plastic canvas. You may select the letter that you prefer to make from the diagram. You can keep it or give it away as a gift. Making this project is an opportunity for you to practice some problem solving with these materials. In order for me to see how that is going for you, I would like you to read the instructions that come with the kit. Try to figure things out for yourself as much as possible. I will answer any questions you may have." (Persons at 5.6-5.8 who wish to make an original design should be encouraged to draw their idea first.)

Observe behavior, provide prompts and clarification to verify or correct person's understanding of the instructions, or provide demonstrations as needed. (In groups, therapists should clarify when persons seek and receive help from others.)

4.6 Only

"This is a needlepoint key ring with an initial design. It is made by stitching yarn according to a pattern onto a plastic canvas. You may select one that you prefer to make from the diagram.

Needlepoint Initial Key Rings (Continued)

You can keep it or give it away as a gift. In order for me to see how you are doing today, I would like you to try to make your project as much like the sample as possible.”

Provide the following step-by-step instructions (these parallel written instructions.) Demonstrate as indicated on the person’s project. Use sample to point out properties such as direction of stitch and tension. Use the diagrams to count stitches on letter selected by the person. Observe behavior, provide assistance as needed, and rate performance of each step. Wait until each step is completed before giving more information.

Step 1:

“Cut the plastic canvas 12 holes square.”

Step 2:

“Thread the needle with background yarn.”

Step 3-6:

“Watch me while I make the stitch. You will always work from left to right. A correct stitch forms a diagonal line from the lower left hole to the upper right hole.” Demonstrate at least two stitches. Demonstrate how to catch loose ends under first few stitches at the back of the canvas. “Now you try it.”

Step 7:

When first row is completed, demonstrate how to start row 2. “To start the next row, turn the canvas around so that the bottom is now at the top. Notice that now your needle and thread are on the left side again. Continue to make the stitches as you have been doing, from left to right.” Demonstrate at least one stitch. “Now you try it.”

Step 8:

“It is usually easier to fill in the background first. To do this, you must look at the sample to determine where to put the background stitches, while leaving space for the letter. It helps to count the stitches.”

Step 9:

“Make the border by doing a whip stitch over the edge through each hole.” Demonstrate stitch. “Make two stitches at each corner.” Demonstrate how to catch yarn ends under stitches.

Step 10:

“Attach the key ring to the upper left corner by bending the ring open and working it through the corner hole. When the ring is on the canvas, bend it shut.” It may be necessary to do this step for the person.

Needlepoint Initial Key Rings (Continued)

Critical Observations

- 4.4 ability to match striking visual cues (stitch types and number of stitches)
ability to imitate short sequences of actions
- 4.6 ability to make simple adjustments
ability to vary pressure, alter actions for better effects
ability to scan for supplies and assistance
- 4.8+ ability to use written instructions and diagrams
ability to attend to complex visual cues involving 2 axes
ability to imitate lengthy sequences of actions
- 5.2 ability to attend to details including surface and edge properties
- 5.4 ability to attend to figure-ground patterns, parts and wholes, rotation in space
ability to solve fine motor problems (threading needle, attaching key ring)
ability to find materials day to day
- 5.6 ability to use illustrations and diagrams to generate new ideas
ability to anticipate surface property problems
- 5.8 ability to anticipate spatial problems of a particular new design

CU-249: Needlepoint Initial Key Rings

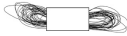
Supplies:

KIT INCLUDES:

Plastic canvas



Yarn



Key Ring



Steel yarn needle



YOU WILL ALSO NEED:

Scissors



Pliers (optional to attach key ring)

Instructions

1. Cut plastic canvas piece 12 holes square.
2. Thread yarn for background through needle.
Work with a single thread.
* Long yarn tends to twist or knot.
3. Rows are stitched from left to right. Starting at the top left corner of the canvas, push needle from back to front through the first hole in the second row and pull through. Leave 1/2" (1 cm) yarn end at back.
4. Push needle down through hole to the upper right and pull through, making a diagonal stitch (fig. 1).
5. Bring needle from back to front through the second hole in the second row. Catch the loose end of the yarn under the stitch at the back to prevent the stitch from pulling out.
6. Continue to make stitches to end of row.
7. Turn the canvas 180 degrees. Push the needle up through the first hole of the next row. Continue to make stitches from left to right as before (fig. 2), skipping holes to allow for the letter. When background is complete, fill in the letter with a contrasting color.

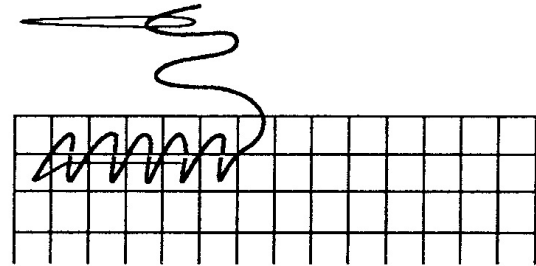


fig. 1

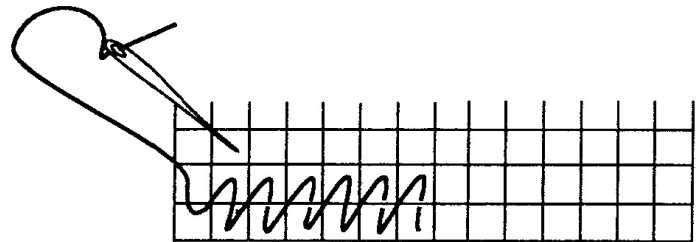


fig. 2

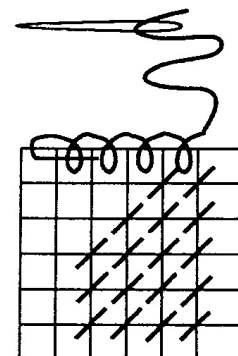


fig. 3

Needlepoint Initial Key Rings (Continued)

8. When changing color or when running out of yarn, secure yarn ends by pushing the needle under two or three adjacent stitches on the back of the canvas. Pull yarn through and cut off excess.
9. To make the border, make a whip stitch with a single strand of contrasting yarn around all edges. Make two stitches at corners for better coverage.
10. Attach key ring with pliers.

Initial Needlepoint Key Ring

