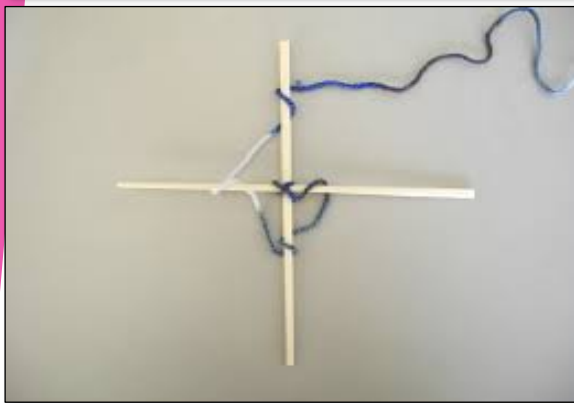
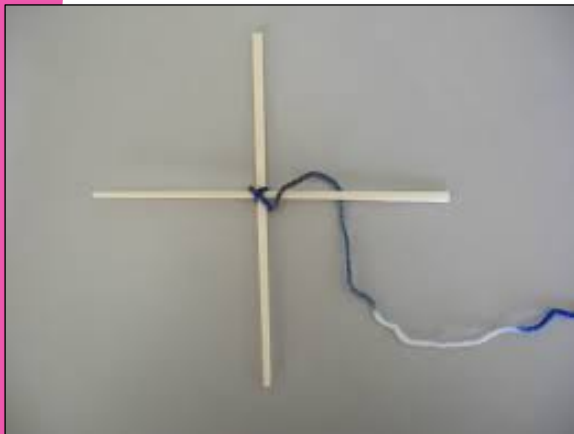


20 - 30  
Minute  
Activity  
For  
Everyone

## Woven Flowers

Weaving, using yarn and other materials to craft unique and colourful designs, is a skill practiced all around the world. The methods used to weave various threads and yarns together result in diverse products such as clothing, tapestries, rugs, baskets, etc. Though some designs are quite complex, learning basic weaving skills can help to calm the mind and refine your ability to focus and pay attention to detail. Try your hand at learning these basic weaving skills, strengthening your mental focus.



### Activity:

Before starting this activity, plan out which colours of yarn or thread you want to use to create your own woven flower. Note, the number of sticks you use will indicate how many petals your woven flower will have.

- Using 2-4 sticks, cross them all in the center. To ensure the sticks stay in place, take a piece of yarn and wrap it cross ways, around the center of the sticks. *See top image.*
- Knot the yarn to help hold these sticks in place.
- Continue to wrap the piece of yarn around the first stick, starting at the center.
- Then move in a clockwise formation, wrapping the yarn around each stick, one at a time. *See bottom image.*
- As you complete each wrap of yarn, make sure to pull tight on each loop to keep them as close to the center as possible.
- When you are satisfied with the size of that section of yarn, tie it off to one of the sticks and cut off the excess. Choose a new colour of yarn and continue the same process.
- To start a new colour, tie an end of the new coloured piece of yarn just above the last knot of the yarn you finished using. Continue to add sections as you like.
- Once you're satisfied with the size of your woven flower, finish it off by double-knotting the end of the yarn to one of the sticks.
- Use a piece of excess yarn to hang your woven flower up where others can see.

### Materials Needed:

- 2-4 Sticks, Different Coloured Yarn or Thread

### Reflection Questions:

- Was this activity challenging to you? Why?
- Were you able to focus on this activity without being distracted?
- Did anything influence your design? Why?
- What other things can you find in your house that are woven?
- How can we apply what we have learned into our daily routines?