

Weaving Tales

Weaving tales is more than just a simple weaving activity, it encourages two people to share memories and stories whilst working together to create a woven shape. We have found that conversation can develop more naturally if you are also engaged in a gentle rhythmical activity such as weaving. Finding the twigs for the weaving is also a great excuse to spend some time outside.

Materials

- 8 x small twigs or sticks
- 1 x ball of plasticine, clay or blu-tac
- Length of wool



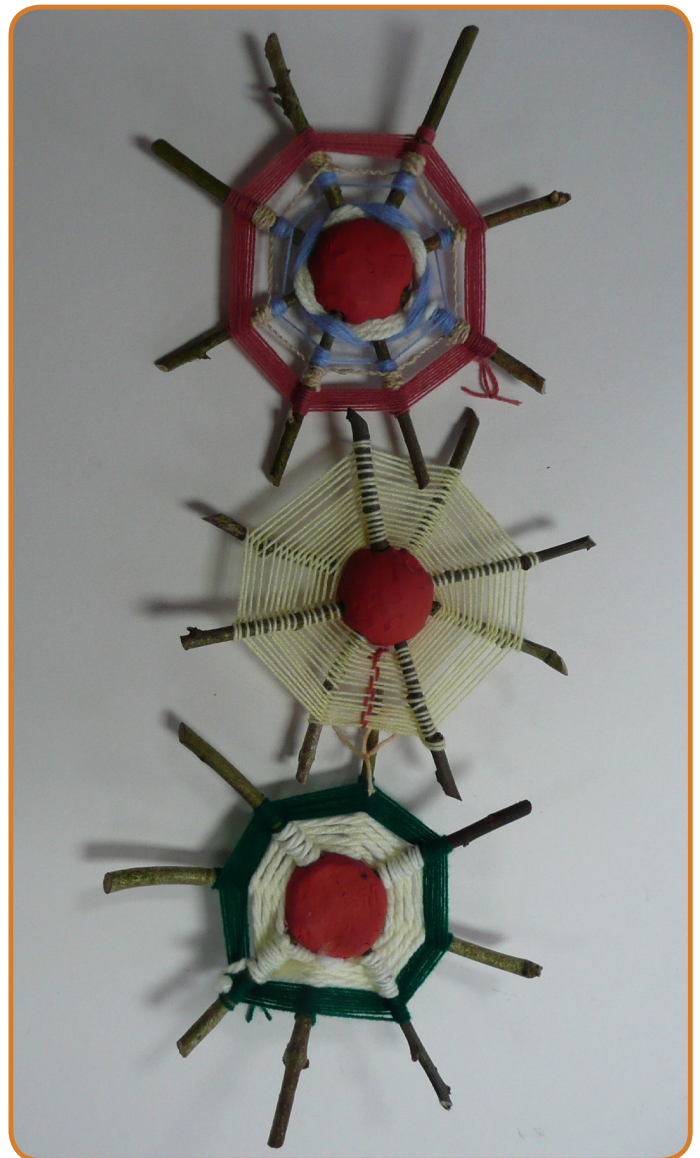
Instructions

Place the 8 twigs into the ball of plasticine so that they form a star like shape

Tie one end of wool onto the base of one of the sticks. One person holds the ball of plasticine and rotates slowly as the other person begins weaving under and over each twig working outwards. As you weave try discussing your favourite season or time to be outdoors.

You can change wool at any time by cutting and tying off the current piece of wool and then tying a new piece on.

Once you have woven to the edge of the twigs why not go outside and collect some leaves or petals to thread into the wool.





Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age or ability.

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