



## Occupational Therapy Basketweaving (Grades 5-8)

While watching the slideshow, *Fort Stanton Helps Save the World*, you saw pictures of soldiers and Tubercular patients using therapeutic crafting as part of their recovery. In the 1920s, the most common OT modality was basketweaving. Repetitive crafts such as the over-under, over-under patterns involved in basketweaving, were proven to be helpful with biomechanical impairments such as range of motion and fine motor skills, and also beneficial for cognitive issues such as depression, anxiety and what we now know as PTSD (which was originally known as “shell shock”).

1. Before beginning the craft, write a paragraph or two about how you’re feeling at this time. Are you feeling peaceful and optimistic? Or has it been a stressful time at home and school? Are you worried about a friend or family member? Or are you excited about plans for the weekend?
2. Follow the instructions to complete an OT basketweaving craft. While you work, pay attention to your feelings and emotions as you create your basket.
3. After completing your craft, write another paragraph describing how you felt while working on your basketweaving. Were you relaxed or frustrated? Did you feel tense or calm? Were you making your craft for yourself or someone else? Why did you choose certain colors?

### Teacher Preparation:

**Completion of this craft requires 2 sessions.**

Make a sample ahead of time so that you will know the number of craft sticks and yarn that you will need per student. For the basketweaving craft you will need:

- 1 sturdy paper cup per student
- scissors (one pair per student or group)
- approx. 17 craft sticks (narrow, not jumbo) **You must use an odd number of craft sticks.**
- craft glue (one bottle per student or group)
- yarn in assorted colors (You may choose to pre-measure lengths of yarn for easier distribution.)

### Session 1:

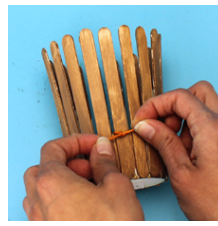
### Session 2:



Instruct students to cut the top off of their cup. The remaining portion should be about 2 inches.



Glue sticks around the base of the cup as shown. Instruct students to start with 1 stick on each side, then space remaining sticks in between.



Allow students to select yarn colors. Instruct students to carefully tie the end of the yarn in a knot around one of the sticks. The yarn should touch the top of the cup.



Explain the over, under, over, under weaving pattern. Instruct students to weave around the basket, continuing the over-under pattern.



To change colors, tie the ends of 2 yarn pieces together using a knot and continue weaving. Near the top, tie off the yarn around one of the sticks, or cut and glue the end inside.



The finished woven “basket” can be used as a pencil holder or for paper flower crafts.

