



Stringing Beaded Adornments

by Gay Mitchell, Art Therapist

Materials:

2 adult sized shoe laces (with hard plastic tips) per student. A very thin piece of smooth string can be substituted if at least 20 inches long and beads fit easily through each end. Yarn is not recommended due to the fraying.

A collection of 20-15 plastic and/or glass beads with large holes (to accommodate easy stringing for students with fine motor challenges). It is often easiest if a knot is made in the end of the lace for the student before stringing. Choose a variety of colors and designs.

One small paper bag per student.

Skill Requirements:

Ability to sit for 30 minutes, listen or visually follow simple instructions, basic fine motor skills. Note: Visually impaired students may complete this activity with listening and hand coordination.

Skills Covered:

Fine Motor Skills, Manual Coordination, Patterning, Following Directions

Accommodations:

Check all beads and laces to ensure easy stringing. Holes must be large enough so that the lace easily slides through it. Some students may need assistance with the stringing and/or knot tying. Note: A sense of accomplishment is often gained by sharing the completed adornment with the group. The student is encouraged to wear the necklace or bracelet from the activity. It makes a fine gift to share with others.

I often play soft music during this activity to encourage relaxation and interaction.

(continue on to page 2)



Directions:

1. Show a completed necklace and bracelet to students.
2. Demonstrate to group how to place shoe lace end through a bead and push in to the end until hitting the knot. Do the same with a second bead and so on.
3. Display shoelaces in one pile and beads in another on a flat table. Hand out a paper bag to each student. Allow students to walk past table and gather 15-20 beads of choice and one shoe lace to place in bag. Assist and tie knots as needed.
4. Return to table, grab lace and a group of beads. Begin stringing until lace is full with space for a second knot. Student wears necklace while a helper ties the last knot around neck or hand of student.
5. Continue with second beaded object. For challenge, some may create a pattern of designs with beads (ex: green, blue, red, green blue, red).
6. Students may wear their completed projects when finished.

