

# Craft Kit Making

## Crafts



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### WHAT MAKES IT MEANINGFUL

Craft kits encourage creativity, independence, and decision-making. They allow individuals to personalize projects while following simple, structured steps. Completing a craft provides a sense of accomplishment and pride, and participants can share their creations with others. Craft kits also support fine motor skills, problem-solving, and sequencing, while fostering social interaction if done in groups. Finished products can be displayed, gifted, or used, making the activity both functional and meaningful.

### TIME

- 30–60 minutes (flexible depending on the craft and individual pace)

### MATERIALS

- Pre-made craft kits (or assemble your own kits with all needed items inside small bags/boxes)
- Glue sticks, glue dots, or tape
- Safety scissors (if cutting is required)
- Markers, crayons, or coloured pencils
- Stickers, foam shapes, or embellishments



# Activity Title

## INSTRUCTIONS

1. Distribute craft kits to each participant, or allow them to choose their own.
2. Provide a visual or finished sample of the craft to guide understanding.
3. Encourage participants to:
  - Open their kit and explore the items inside
  - Follow simple step-by-step instructions (with prompting if needed)
  - Decorate or personalize their project using markers, stickers, or embellishments
  - Share their finished craft with the group if they wish
4. Completed crafts can be displayed in the room, taken home, or gifted.

## RESOURCES

- <https://www.adultsandcrafts.com/collections/kits>

# Activity Title

## SUPPORTS NEEDED

- Assistance with cutting, gluing, or threading small pieces
- Breaking steps into smaller tasks with prompts or modelling
- Visual aids (picture-based instructions, sequencing cards)
- Providing adaptive tools (e.g., larger-handled scissors, glue rollers)
- Offering choices to empower decision-making
- Encouragement and reassurance to build confidence

## OTHER THINGS TO NOTE

- Select crafts with varying levels of complexity to suit different ability levels.
- Kits can be themed around holidays, seasons, or personal interests.
- Group craft sessions promote conversation and teamwork (e.g., making decorations for a shared event).
- Finished crafts can be used as keepsakes, decorations, or gifts.
- Consider including a sensory-friendly element (textures, bright colours, or scented markers).
- Flexibility is important—some may enjoy assembling, others may prefer decorating or storytelling about their creations.