

Seasonal Scrapbooking



Crafts

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WHAT MAKES IT MEANINGFUL

Seasonal Scrapbooking can help one express themselves through art, memories, and personal preferences. It may help individuals recall and reflect on seasonal experiences or events. It can support fine motor skills, cognitive planning, and sequencing, as well as fosters social engagement when done in groups, where participants can share stories and ideas. This creates a tangible product that participants can feel proud of and keep or display.

TIME

- 30-60 minutes

MATERIALS

- Blank scrapbook or folders/binders with paper
- Scissors (safety scissors if needed)
- Glue sticks or glue dots
- Stickers, coloured pencils, markers
- Seasonal magazines or printed clipart
- Real seasonal items (leaves, pressed flowers, etc.)
- Personal photos (optional)
- Rulers or stencils (optional for structured layout)



Activity Title

INSTRUCTIONS

1. Provide materials at a central table or individual stations.
2. Show an example page or give layout ideas (title, pictures, decorations).
3. Encourage participants to:
 - Choose or draw pictures
 - Glue down items
 - Add stickers or decorations
 - Write or dictate a short sentence or memory
4. Store or assemble completed pages in their scrapbook.

RESOURCES

- <https://scrapbookcampus.com/2022/12/theme-seasons/>
- https://www.scrapbook.com/?srsId=AfmBOqgbzeNGHrw_alLAzJZx-ebi7gPwafA1QSYoWSEFVMzRMj2TRihh

SUPPORTS NEEDED

- Cutting or gluing for those with limited motor skills
- Writing down dictated thoughts
- Prompting or guiding choices
- Visual aids for sequencing (e.g. step-by-step instructions)
- Possibly providing Non-slip mats for working surfaces
- Encouragement and positive reinforcement to boost confidence

OTHER THINGS TO NOTE

- Flexibility is key, some may prefer colouring, others may enjoy storytelling or sensory elements.
- Can be turned into a group project (e.g., one large seasonal mural or collage).
- Great opportunity to align with holidays or events (e.g. Valentine's Day, Thanksgiving, etc.).
- Completed scrapbooks make excellent keepsakes or gifts for family or support workers.
- Consider adding audio or video recording of participants talking about their pages if they are non-writers (with permission).