

CU-253: Foam Button Bookmark (3.6 – 4.6)

Supplies:

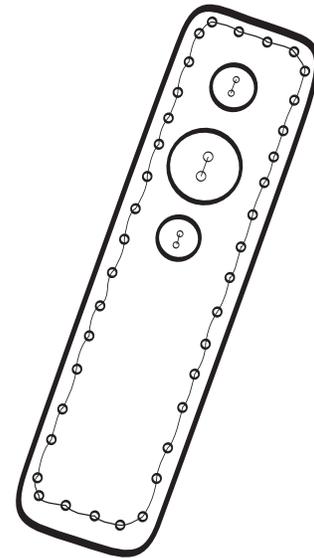
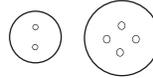
KIT INCLUDES:

Pre-punched foam bookmark (front and back)

Waxed thread

Assorted buttons with 2 and 4 holes

Large eye metal needle



YOU WILL ALSO NEED:

Completed sample

Scissors



Instructions For Making Sample

1. Cut one 12 inch (30 cm) and one 45 inch (110 cm) length of waxed thread.
2. Tie knot at end of 12 inch thread and attach needle to other end (needle may be tied on if desired.)
3. To sew on buttons, push threaded needle from back to front through top hole in the center of bookmark front. Select a button with two holes and push needle through one hole from back to front of button. Slide button down thread to bookmark. Push needle through second hole in button and then through second hole in bookmark front toward the back of the bookmark.
4. Pull needle through until button is tight against bookmark front.
5. Repeat steps 3-4 with two more buttons. Use two-holed buttons. Each button should cover two holes of the bookmark front (see diagram.)
6. Tie knot on back to secure thread
7. Place bookmark front on bookmark back, aligning holes.
8. Tie knot at end of 45 inch thread and attach needle.
9. Starting at lower edge of bookmark, push needle through both layers of bookmark from back to front; pull tight. Push needle through next hole to the left (counter-clockwise) from front to back. Continue to make this "running stitch" around the perimeter of bookmark.
10. Upon reaching starting point (once around), reverse direction of stitching. Continue to make running stitches to fill the empty spaces between stitches.
11. Upon completion of second round of stitching, tie a knot on the back of the bookmark. Cut off thread and needle.

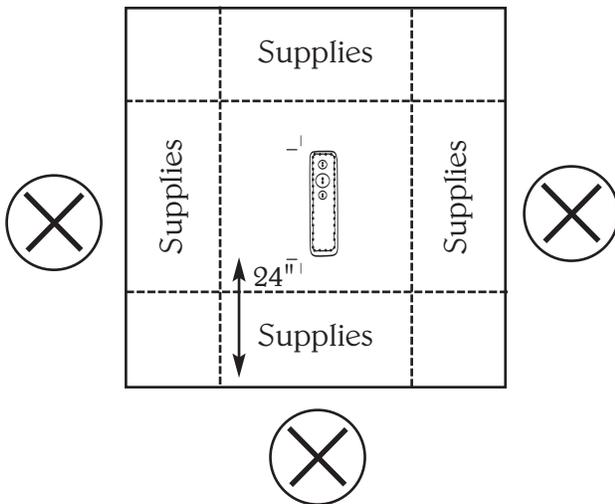
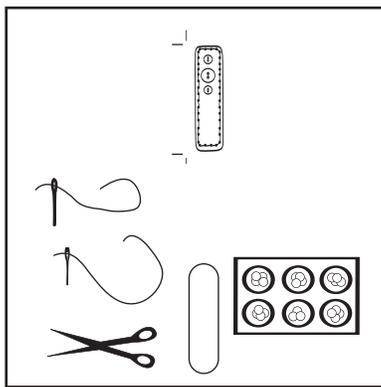
Time to completion: about 15 minutes.

Foam Button Bookmark (continued)

When To Use This Activity

This activity is most suitable for persons with severe to moderate disability (3.6-4.6). The ability to imitate and repeat a short sequence of actions to sew on a button assesses working memory or allows retrieval of procedural memories. The simple and repetitive actions of the running stitch can be done successfully at mode 3.6. This is a portable project suitable for bedside use. The bookmark appeals to a wide range of ages. Time to completion is relatively short and groups of up to 4 may be monitored by one therapist. Groups of more than 2 persons will require more samples.

Evaluation Set-Up



Individual

Seat person at table with supplies and sample within easy reach (24" or 60 cm) as shown. Provide two lengths of waxed thread (12" and 45") with needles attached and knots in ends and a bin with buttons.

Group (to 4)

Seat persons at table, each with individual set of supplies and sample within easy reach (24" or 60 cm). Follow set-up above. Larger groups will require additional samples.

Foam Button Bookmark (continued)

Therapist's Instructions

Introduce activity: "This is a bookmark. It is used to mark your place in a book or magazine. It is decorated with buttons. All the supplies needed to complete it are in front of you. In order for me to see how you are doing today, it is important that you try to make your bookmark look as much like this sample as possible."

Attaching Button

1. "Pick up the needle with the short thread. Pick up the bookmark front."
2. "To sew on a button, push the needle through the first or top hole in the center of the bookmark from back to front and pull it tight." (Demonstrate)
3. "Pick a button that you like and push the needle through a hole from the back to the front of the button. Slide the button down to the bookmark." (Demonstrate)
4. "Now push the needle back down through the other hole in the button and through the second hole in the bookmark." (Demonstrate) "Pull the thread tight."
5. "Sew on the rest of the buttons the same way and tie a knot when you are done." (Do not refer to number of buttons or number of holes in buttons.)

Observe performance, provide appropriate prompts or assistance, and rate behavior for each step on rating form.

Assembling Bookmark Parts

1. "Place the bookmark parts together to match the sample. Line up the holes." (Demonstrate)
2. "Pick up the needle with the long thread. Starting from the back, push it up through a hole at the bottom edge and pull it all the way through." (Demonstrate)
3. "Now push the needle back down through the next hole and pull it all the way through. Your stitch should look straight like this one." (Show a correct stitch.)
4. "Continue around the bookmark until your stitching looks like the sample." (Do not state that they will stitch around twice.) "Tie a knot when you are done."

*Note: Persons at modes 4.2 and below will usually think they are done when they have stitched around the bookmark once. In this case, ask the person to compare their stitches with the sample stitches; if the person sees the difference and indicates an interest in copying the stitch, demonstrate how to begin stitching in the opposite direction. Persons at modes 4.2 and below often choose not to do a second round of stitching.

Observe performance, provide appropriate prompts or assistance, and rate behavior for each step on rating form.

Foam Button Bookmark (continued)

Critical Observations:

- Sewing Buttons: comparing length of thread
awareness of 2 or 4 holes on buttons
awareness of top and bottom of bookmark, buttons
learning short sequence of actions
tightening thread
making knots
- Assembling parts: distinguishing front and back of parts
adjusting alignment of holes
- Sewing Bookmark: awareness of front and back of bookmark
awareness of stitch errors and ability to correct them
comparing single and double running stitches

Other Important Observations:

- starting to work without directions
- consulting sample (frequency/purpose)
- moving on to next step/asking for next step
- following suggested sequence of steps
- requesting to deviate from sample

Time to completion: about 15-45 minutes