

WYRKSHOP MOBILE MAKERSPACE

SELF-MANAGEMENT: CALMING FABRIC MAZE

ESTIMATED TIME: 1 HOUR



LEARNING OBJECTIVES

- Promote the management of one's emotions
- Develop a coping skill for stress management

LIFE SKILLS LEARNED:



LEVEL: 2

LESSON PLAN VIDEO:

<http://youtu.be/UVLVnJYyTyE>
or scan this



MATERIALS NEEDED:



Fabric Scraps



Printed Maze
(or diy maze)



Ribbon, cut 5"
length



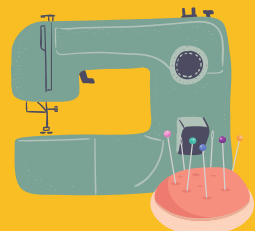
Contrasting
thread



Decorative glass
stone or marble



Sewing
Scissors

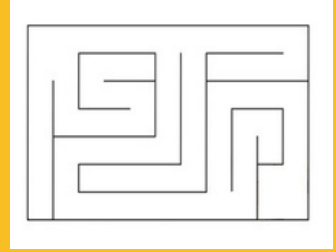


Sewing Machine
and Pins

OUTLINE OF ACTIVITY

STEP 1:

Print and cut out the maze. This maze should be about 6 ½" x 9 ½" after printing.



STEP 2:

Cut two rectangular pieces of fabric ¾" longer than the long and short side of the maze.

STEP 3:

Cut two 2" fabric squares for the corner piece. On the right side of the front fabric, sew fabric triangles to opposite corners (this will denote the start and finish of the maze). Look at the maze and make sure you put them in the right corners. Fold the ribbon in half and tack it to the edge of the fabric facing inside. Your pieces should now look like the picture above.



STEP 4:

Now, fold the maze so the right sides are touching. With a $\frac{1}{4}$ " seam allowance, and right sides together, sew around the perimeter of the front and back pieces, leaving a small opening.

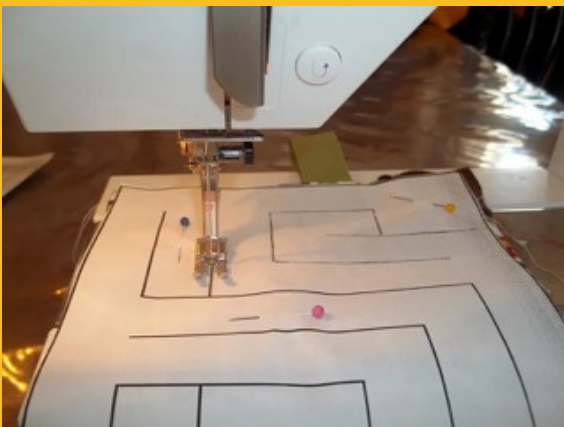


STEP 5:

Turn right side out and press.

STEP 6:

Pin the maze directly onto the front of the fabric.



STEP 7:

Sew on the paper, directly on the lines of the maze. Make sure you back stitch, at every corner, and at the end of every line. It is best if you use a contrasting thread, so that you can see the lines clearly.

STEP 8:

Remove the paper careful to not pull out your thread.



STEP 9:

Place a marble at the start of the maze, and make sure you can complete the maze.

STEP 10:

Close the opening up, and zig zag stitch around the outside.



REFLECTION QUESTIONS!

- How could you use this maze in your everyday life?
- What challenges did you have with this lesson, and how did you overcome them?