



Gifts

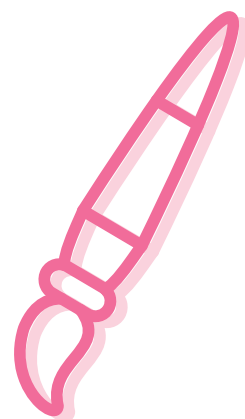
and

Garlands

Arts and Crafts Toolkit
by Community Integrated Care

Welcome to your Gifts and Garlands Arts and Crafts Toolkit!

Community Integrated Care has teamed up with World Gymnastics Championships 2022 to bring you 13 exciting arts and crafts activities for you to get stuck into and connect with the people you support. With step-by-step instructions, and picture examples, each simple activity has been specially designed to help you to create amazing works of art, that help show your support of a country or athlete competing at an international sporting event, such as...



World Gymnastics Championships 2022 (WGC2022)

Through our charity's ground-breaking Inclusive Volunteering Programme, people who access care and support will have the opportunity to create their own unique piece of art, to gift to a team or player visiting the United Kingdom to compete in this year's championships!

From crafting a spectacular garland to hang up proudly in your living room, to designing your own winner's medal, or even creating a friendship bracelet to gift someone you care about - these fun and easy to follow ideas are a great way to get excited about inclusive volunteering and shine a light on the creativity of the people you support!

Throughout this toolkit, there are moments of reflection, to link the creative activity to the WGC2022. For example, when you craft a paper plane, why not mention that lots of fans from around the world will be flying into the UK to watch the games?! Or, when you decorate a small stone, why not choose the colours of a nation you're excited to see compete at the tournament?

Ready to go? Well, here's a quick breakdown of what's to come!

Activity 1 Make a garland	Activity 2 Make a medal	Activity 3 Make a friendship bracelet	Activity 4 Decorate a small stone	Activity 5 Craft a greetings card
Activity 6 Make a postcard or poster	Activity 7 Design a positive word card	Activity 8 Draw a word art image	Activity 9 Design an athlete's shirt	Activity 10 Make a paper plane
Activity 11 Build and decorate a photo frame	Activity 12 Create your own artwork	Activity 13 Make a memory box		



Remember to share your story! Take a photo or record a video of you and the people you support getting involved in creating these fabulous Gifts and Garlands! Send via email to community@c-i-c.co.uk! Have fun!

Make a garland

Activity 1

A garland is a celebratory or decorative wreath! It can look perfect hung up in your home, or a smaller one can be worn as a necklace!

Suggested materials

- Card (White or Coloured) and / or Fabric
- Ribbon / String
*160cm (for 7 shapes
approximately 15cm wide)
30cm for each shape*
- Scissors
- Pencil
- Felt tips / Coloured Pencils / Wax Crayons
- Glue stick / PVA if cutting out small shapes / photographs to stick on
- Hole Puncher

Directions

1. Make some shapes of your choice.
Use at least 6 shapes around the size of A4.

Option 1:

Draw a shape (e.g. heart, star, triangle) onto a piece of card and cut out. If you wish to make several of the same shape, cut out the first one and use it as a template to trace onto other pieces of card and then cut out.

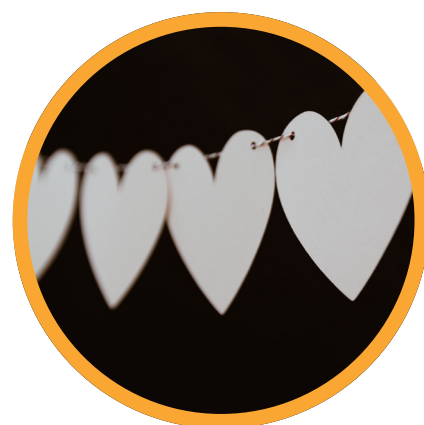
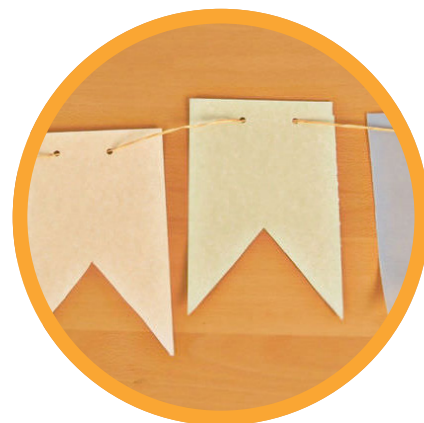
Option 2:

Trace your hand onto an A4 piece of card and cut it out.

Option 3:

Use A4 sheets of paper as a rectangular shape.

Smaller shapes can be cut out and used as templates to trace around on white or coloured paper or fabric that can then be cut out and glued onto the larger shapes.



2. Decorate the shapes

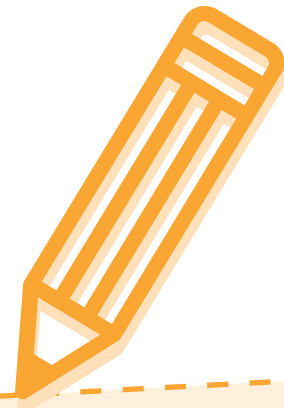
Let's get creative! Write, draw and colour-in each shape. Why not glue on photographs of the things you like? Perhaps add something from a country's culture, such as food, music, or sport, or even a nation's flag colours!

Decorate each side of the shape in different ways! Why not make a collage on one side with images you stick on, and add a message to the other? Whatever country you've been assigned, think of some of the things that country is known for.

For example, England is known for many things including a nice cup of tea and scones, a red telephone box, a beautiful countryside, and a delicious Sunday Roast Dinner!

3. Attach shapes to string. You can do this by folding over the top and gluing this or punching a hole in each shape, 1 cm from the top.

Leave at least 30cm of string at the end, then make a loop that you thread through the holes, pulling the long string or ribbon's short end through. Continue doing this with each shape and tie onto the long string.



Top Tip – Celebrate your creations!

Garlands look brilliant hung up in a living room! Why not put this up when you're favourite team or athlete are playing on the TV?

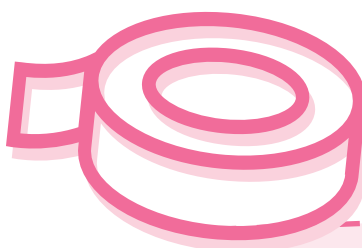
Make a medal

Activity 2

Show how proud you are of your achievements with this medal. Everyone is a winner!

Suggested materials

- White / Gold Shiny Card
- White and / or Coloured Paper
- Ribbon (at 120cm)
- Scissors
- Pencil
- Felt tips / Coloured Pencils / Wax Crayons
- Glue stick / PVA if collaging or using paper / tissue
- Hole puncher
- Circular object / shape



Directions

1. Trace around a circular object (a cup, drinking glass or small bowl) between 7-10cm onto card.
2. Cut out the disc shape.
3. Decorate the disc using felt tips and / or collage with inspirational words and photos.
4. Make a hole at the top of your medal.
5. Thread through ribbon (at 100 – 110cm) and tie a knot.

Top Tip - Have fun!

Let's have fun with this! Put the kettle on, get the biscuits out and set up with loads of space to get creative!

Friendship bracelet

Activity 3

A beautiful way to show a symbol of your friendship! Why not gift one to a person who you really care about?

Suggested materials

- Embroidery Floss
- Wool
- Masking Tape / Clear Tape
- Elastic
- Shoe Laces
- Beads
- Scissors
- a ruler or tape measure to the materials so that volunteers can measure out their thread.



Preparing your materials

There are many different ways of making friendship bracelets.

I have chosen the colours red, white and blue – which could represent France or Great Britain. Think about the creative ways you can show the colour of a nation!

You will need to cut your thread into equal lengths – 50cm for a shorter bracelet and 80cm for a longer one that will wrap around a wrist approximately twice.

I have used 9 lengths of thread – 3 for each colour. If you want a thicker bracelet then use more lengths – e.g. 12 or 15. You could also use wool. You will also need 1 extra length of thread to make a loop at one end of your bracelet.

Directions

1. With your lengths of thread, make a loop around your little finger and then using an extra piece of thread, tie a secure knot. You may need someone to help you with this.
2. Take one end of your extra piece of thread and pass it through the centre of your loop.
3. Repeat step 2 until you have wound thread tightly, all the way around your loop. Tie a secure knot at the base of your loop.
4. Using some masking tape (or clear tape) secure your loop to a flat surface (a table top) and pull out and separate your thread colours.
5. Start plaiting. Left over middle, then right over middle and keep repeating until you reach near to the end of your thread. Keep pausing to pull your thread tight so that you get an even and secure plait.
6. When you get towards the end, tie 3 knots – one with the red and white threads, one with the blue and white and one with the red and blue. Do the same with the loose threads at the loop end of your bracelet
7. Once all your knots are tied – trim away all the extra pieces of thread. Pass one end of your bracelet through the loop.
8. I made my bracelet long enough to wrap twice around my wrist.

Top Tip - Practice makes perfect!

You may find that you need to practice making a bracelet a few times before you get it right. I did. But if you persevere, you will get there!

If you are struggling, there are lots of videos on YouTube you could follow that show different ways to plait, to make different patterns.

Once you've mastered this, try making different types of bracelets, by threading beads onto a piece of elastic or a shoelace and then sewing the two ends together!

Decorate a small stone

Activity 4

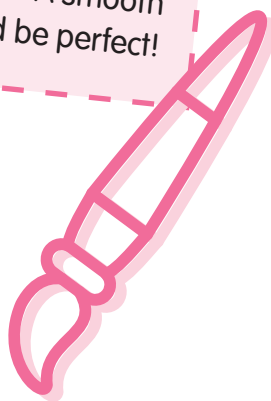
A stone deserves some love too! Bring to life an old stone by painting on beautiful patterns!

Suggested materials

- Small stone (7cm or smaller)
- Felt tips
- Paint / Brush / Paint Pot
- Glue Stick / PVA if collaging
- Scissors if collaging
- Collage materials (small photos or printouts)
- Varnish / Brush (optional)

Top Tip

Find a small stone that doesn't have a glossy surface, as this can make it difficult to draw or paint upon! A smooth stone should be perfect!



Directions

1. Find a small stone.
2. Decide what you want to paint. Think about your hometown, or village, or a city you like or grew up in, and something that represents this best.

Paint one side with this! On the other side, you can paint the flag of the country you've chosen!

If it's Italy, this would be 3 simple colours – Green, White and Red!

3. Varnish the stone (optional).

Top Tip - Bring it to life!

What nation are you creating a gift for?
Well, why not play some traditional music from this country on your speaker?
Or put on a YouTube clip showing this country's culture, weather or traditions!

Greetings card

Activity 5

A lovely way to welcome guests! Think about a nice message you want to write!

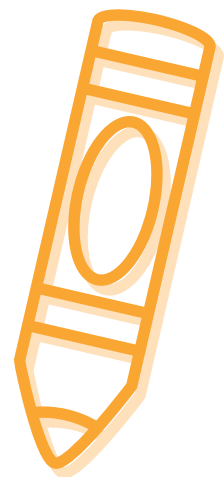
Suggested materials

- Card – white or coloured – suggested size A4 (H29 x W21cm)
- Paper
- Glue-stick or PVA
- Scissors
- Felt tips, coloured pencils, wax crayons and / or paint
- Collage materials – coloured / patterned paper, magazine / newspaper photos etc.

Directions

Make a bright and cheerful greetings card to give to players. Add your message to welcome players to the UK.

1. Carefully fold your piece of card in half; an A4 piece of card folded will give you a standard sized A5 (H21 x 15cm) greetings card. You can choose to use it in portrait (vertical) or landscape (horizontal) format.
2. Decorate your card. You can work directly onto the card or you can use a separate sheet of paper then cut and glue to the front of the card. You can decorate just one side (the front) of your card or both sides (front and back).
3. You can also use collage to create your design by drawing and colouring different shapes and patterns on paper - then cut out and stick to the card. In the example, I have used different patterned paper from my art box to create a cupcake.
4. As another alternative, you could make a card with a photo collage / pictures of your local area.



Make a postcard / poster

Activity 6

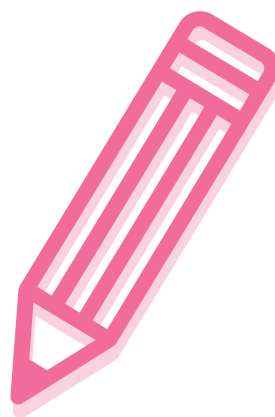
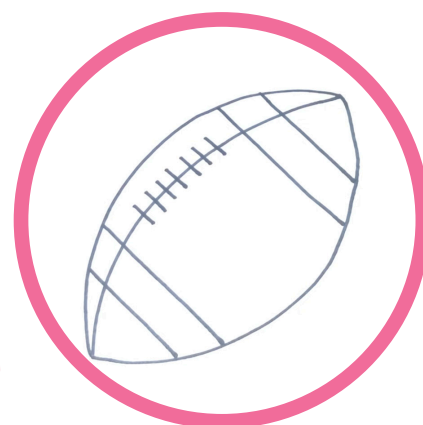
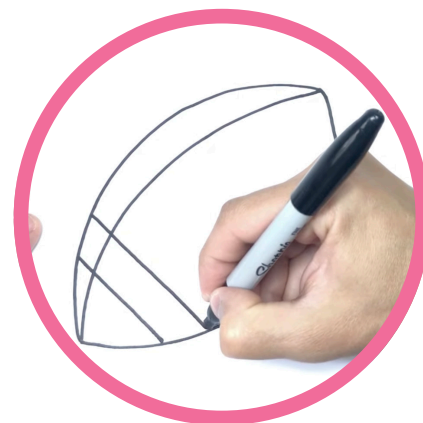
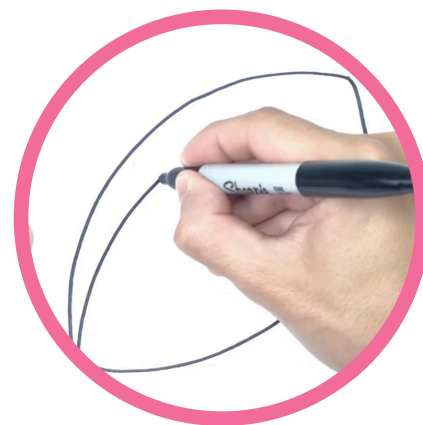
Make a statement with a powerful poster, or create a smaller postcard you can send to family and friends!

Suggested materials

- White Card
Postcard size:
A5 14.8 x 21 cm or A6 105 x 148mm
Poster size:
A4 29 x 21cm
- Pencil
- Felt Tips / Coloured Pencils
/ Wax Crayons
- Photos / Pictures /
Newspaper Clippings
- PVA Glue or Glue Stick

Directions

1. Before you start, decide on what you want your postcard or poster to be themed about. Once you have some ideas, ready, you can get started! For example, if you want to show the player you are gifting this to where you are from, think about the landmarks in your area you could draw!
2. Or, draw images of things you like!
3. Tracing is also so much fun! Why not trace your hand onto the paper as a fun idea? Overlap the outlines to make them bolder and have a go at colouring them in!



Positive word cards

Activity 7

YOU CAN DO IT! Positive word messages can help brighten up your day! Give this to someone to show you care!

Suggested materials

- Card – White or Coloured or Scrap / recycled
- Pencil
- Scissors
- Felt Tips and / or Coloured Pencils

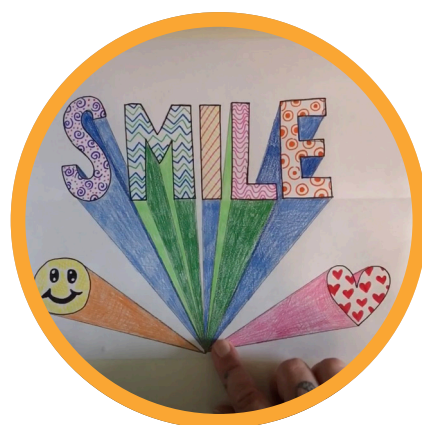
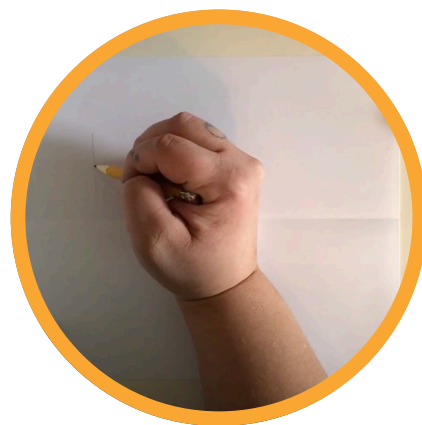
Examples of positive words

- Good Luck!
- Smile
- Keep Going
- Well Done

Directions

Visiting WGC2022 athletes will need all the luck and encouragement they can get. You can help inspire them to play well and enjoy their visit.

1. Draw and cut out one or more shapes. Stars, hearts, hands will work very well but simpler shapes like circles, triangles and rectangles are also good.
2. Think of a positive and motivating word or short phrase that you like and incorporate it into a simple, colourful design on your shape. You can just work on one side of the shape or on both sides – with a different word / phrase and design on each side.



Take a moment to think about gymnastics. What images or words come to mind? Why not write them down and draw a collage inspired by your thoughts!

Suggested materials

- White or Coloured Card that is folded to a maximum size of A4
- Pencil
- Felt tips
- Glue stick / PVA, if collaging: paper, tissue, magazines, newspapers, tatty books or any other printed materials to cut out text and / or letter shapes.

Directions

1. Place a piece of white card on the table.
2. Decide if it is going to be art to hang on the wall, a greetings card or a book.
Option 1 Wall Art: Leave card as it is.
Option 2 Greeting Card: Fold the card in half.
Option 3 Accordion Style Book: Fold back and forth several times.
3. Think of an inspiring message or an uplifting story you would like to tell someone visiting this country, an athlete who is competing at the WGC2022.
4. Make the words.
Write the words onto the piece of card.
Cut out letters to make the words.
Cut out the words from recycled printed materials.
5. Make a decorative border (optional).



Design an athlete's shirt

Activity 9

Each athlete at the Championships will be wearing a kit that represents their nation! From England to France, Australia to Greece – all countries have colours they're known for...

Suggested materials

- Sheet of Paper – white or coloured; A4 (H29 x W21cm); plain white printer paper is good but slightly thicker drawing paper would be even better.
- Felt Tips, Coloured Pencils, Wax Crayons, Paint
- Other Crafting Materials – e.g. Glitter, Sparkles, etc.
- Glue-stick or PVA
- Ruler



Top Tip - Recycle old materials!

I designed a team shirt for Papua New Guinea. The shirt has white stars on the front, so I had an idea to use some old Christmas decorations!

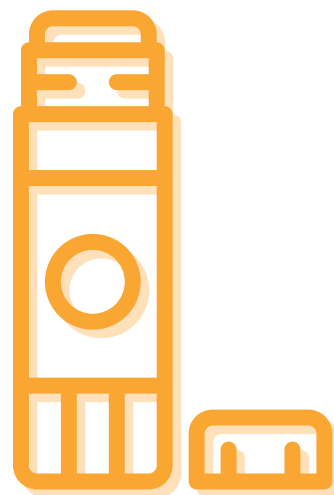
Directions

Make an athlete's shirt, following the folding instructions on the next page.

To decorate your shirt, you could try any of the following:

1. Add the number of your favourite player, or a number you like the most!
2. Use the colours or the design of the visiting team's national uniform!
3. Use colours and images you associate with your own home town, or country!
4. Try creating some different patterns! Stripes, squares, diagonal lines, bold colours – the possibilities are endless!
5. Write a secret good luck message inside the shirt! The athlete who receives the gift can open it up for a special surprise!

You could also write a secret good luck message inside the shirt and maybe the athlete who receives it will find it if they open up the folds of the shirt...



Folding Instructions



1. Measure your A4 sheet of paper to find the middle



2. Fold both sides into the middle, just like wardrobe doors



3. Fold outwards from the top edge to make sleeves



4. Spin your paper around so that the sleeves are on the bottom and turn your paper over so that the wardrobe doors are facing down. Now make a fold of about 2cm. This is your collar.



5. Turn your paper back over again so that the wardrobe doors and sleeves are facing up. On both sides, fold in from the top corners to the centre of the wardrobe doors.



6. Take the bottom edge of your paper and fold upwards to the collar. Tuck the bottom edge under the collar and neatly crease the bottom of the shirt.

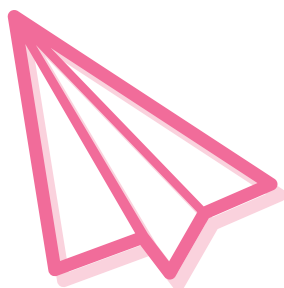
Make a paper plane

Activity 10

See how far your plane can fly! Think about all the fans and teams from around the world visiting the UK, travelling by plane!

Suggested materials

- Sheet of paper – white or coloured; A4 (H29 x W21cm); copy / printer paper is good
- Felt tips, coloured pencils, wax crayons, paint



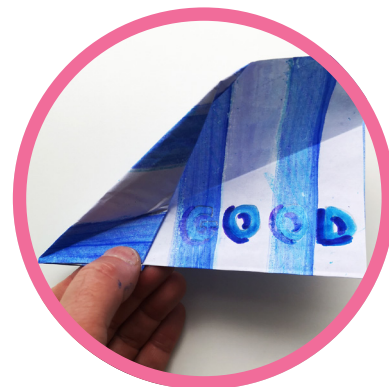
Directions

Make a paper plane, following the folding instructions below.

To decorate your plane you could do any of the following:

1. Use the colours and / or design of the visiting team's strip
2. Use colours and / or images you associate with your own home, village, town, city or country.
3. Be brave! Try out different patterns and take your time.
4. You could also write a message on your plane.

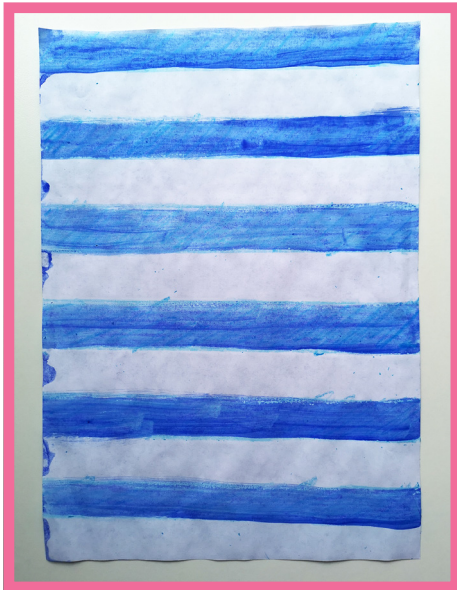
For my example, I used the team colours and stripes for Greece. I used wax crayons with a little blue paint over the top and I wrote 'Good Luck' as a message.



Top Tip!

You may find it easier to decorate your plane BEFORE you actually make it / fold it. If you are using paint, do not make the paper too wet otherwise it will crumple too much. It is a good idea to practice the folding a few times with plain pieces of paper... I had to have quite a few attempts before I got it right!

Folding Instructions 1



1. Paint / colour your A4 sheet of paper



2. You can paint / colour both sides if you like



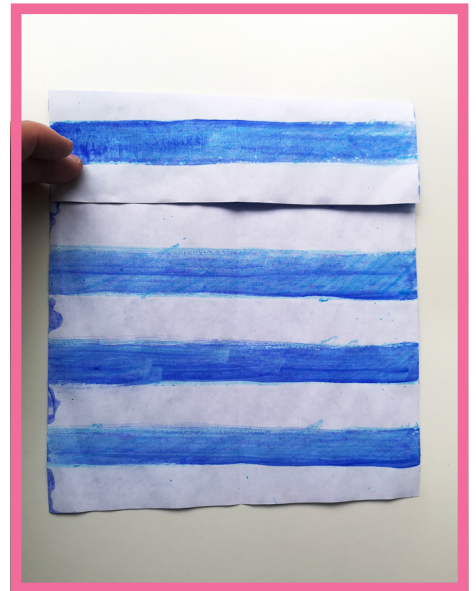
3. Fold your paper in half vertically



4. Unfold your paper and make another horizontal fold from top to bottom – leaving a gap of about 3cm



5. Unfold your paper again

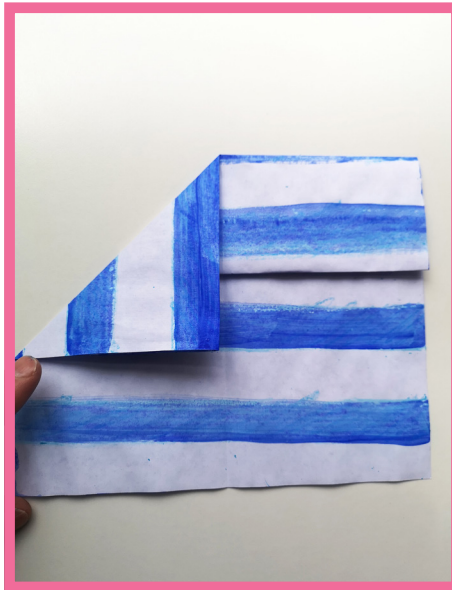


6. Make a fold from the top of your paper about $\frac{1}{4}$ of the way down

Folding Instructions 2



7. Then fold it again to $\frac{1}{2}$ of the way down



8. Fold the left corner down and in to the centre of the paper



9. Then fold the right corner in the same way



10. Unfold the last 2 folds you have made



11. Now make a smaller fold from the right corner down

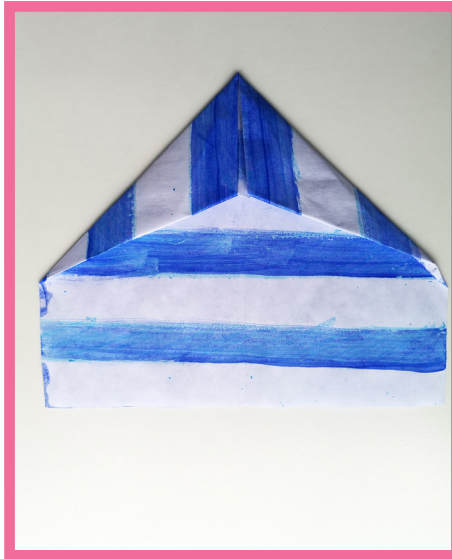


12. And then the same with the left corner

Folding Instructions 3



13. Taking the smaller folds you have just made in steps 11 & 12, fold them under the larger folds you made in steps 8 & 9



14. Your paper should now look like this



15. Now fold your paper in half, so that the tucked-in folds you have just made are on the outside



16. Fold the paper in half as shown, to make the wings of your plane in half. Do this on both sides



17. Open out your wings and straighten the centre spine of your paper plane



18. Ta Dah! Your plane is now ready to fly.

Photo frame

Activity 11

Take a moment to capture this memory for life! A stunning way to show your favourite photos, in your uniquely decorative photo frame!

Suggested materials

- Photographs
- Card
- Pencil
- Ruler
- Scissors / Craft knife
- Collage materials – coloured / patterned paper, magazine / newspaper photos etc.
- Felt tips, paint, coloured pencils, wax crayons
- Glue-stick or PVA
- Other crafting materials – e.g. ribbon, glitter, sparkles, etc.

Directions

Let's make a decorative frame for a photograph. The athlete who receives this frame can add their own photograph. Or, if this is for you, why not think about which photo you want it for!

The frame should be no larger than A4 (29 x 21cm). Use any card you have, including recycled packaging or boxes. Follow the steps below to build, and start thinking of the creative ways you can decorate it!

1. Cut your card into a rectangle – max. 29 x 21cm
2. On your card, measure out a smaller, inner rectangle. This difference in size between the two will give you your frame to decorate. For example, if your card measures 29 x 21cm then your smaller rectangle could be 21 x 13cm. This gives you a 4cm frame all the way around.



3. Cut out the smaller rectangle. The best way to do this is with a craft knife and a ruler and you may need to ask someone to help you do this. You can also just use scissors though. You don't need this smaller rectangle – so you can put it in your recycling!
4. Decorate your frame, and let's get creative!
5. Print your photograph onto a piece of paper the same size as your frame. In my example, both frame and paper are 29 x 21cm. Make sure to give it a border which is at least the same size as the width of your frame edges.
6. When you have finished decorating your frame and it is completely dry, put some glue on the back and then stick it to the front of your photograph.



Your own artwork

Activity 12

Let your creative talents run wild! Think about what you love to draw, write, colour, craft or create! Bring it all together into an artwork that represents you best!

Suggested materials

- Card / paper – A4 (29 x 21cm)
- Anything you want to use

Directions

Do you like making art? Why not make a piece of artwork to give to an athlete?

Or do you already have an artwork that you would like to give as a gift?

The only thing to remember – is that it can't be too large. And because athletes will be flying home and have a limited amount of space in their luggage, we think it is best that your artwork is flat.

For example, you could make:

- a painting
- a drawing
- a cartoon
- an illustration
- or even write a poem



Top Tip – Relax!

Arts and crafts are a brilliant way to practise mindfulness! It can reduce stress and anxiety, helping you focus on one thing at a time and help create a sense of calm. Close your eyes and take a moment if it gets too much!

Memory / souvenir box

Activity 13

Suggested materials

- Small Cardboard Box
- Glue-stick or PVA
- Scissors
- Felt Tips, Coloured Pencils, Wax Crayons, Paint
- Collage Materials – Coloured / Patterned Paper, Magazine / Newspaper Photos etc.
- Other Crafting Materials – e.g. Ribbon, Glitter, Sparkles, etc.

Directions

1. This is a special box that athletes can use for gifts that they have collected on their visit, such as tickets and badges, or other things you make such as the bracelets!
2. The box will have to be quite small, as players have limited space in their luggage for returning home and we don't want it to get damaged.
3. You could recycle a packaging box, as I have in the example. Look for cheap crafting boxes online or in your local art shop.
4. When decorating the box, why not use your favourite colours and patterns! I decorated mine to describe my local area in London, with multi-colour to represent different cultures!

