Today's Discussion

OUTLINE OF TOPICS

The world of crafts
Inspiration for craft ideas
Health benefits of crafts
Fitting crafts into your budget
Crafts aren't just for kids
Craft ideas for adults
“Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.”

MARY LOU COOK
THE WORLD OF CRAFTS
ARTS & CRAFTS MOVEMENT

Started in England late 18th Century.

Founder English poet & artist William H. Morris.

Values embraced were simplicity and human touch.

In response to the dehumanizing effects of the Industrial Revolution.
Did you know?

72% CRAFTERS ARE WOMEN
35-44 MEDIAN AGE OF CRAFTERS
At least 62.5 million people participated in one or more crafting activities between 2018-2019.
Where to find Inspiration?

YOUTUBE & BLOGS

PINTEREST & PODCASTS
CRAFTS ARE GOOD FOR YOU

Making crafts relieves stress, encourages creative thinking, increases brain plasticity, & many other health benefits.
Benefits of Crafting

FOCUSING ON REPETITIVE ACTIONS CAN IMPROVE THESE FUNCTIONS:

- Memory formation
- Problem solving skills
- Mindfulness
- Focused attention
- Keeps thoughts on task
- Creativity
- Sense of pride & achievement
- Patience & perseverance
Extra Benefits

SOCIAL CONNECTIONS:

Shared ideas
Inspiration
Motivation
Build relationships
Lasting connections
Facilitate the "Flow" state
Materials & Styles

WHAT IS MOST POPULAR?

TEXTILES  PAPER  DECORATIVE  WEARABLE
Crafting On a Budget
Duct Tape is Everything

GET CREATIVE

FUN PATTERNS

DUCT TAPE ATTIRE
Fun Fact:
Duct tape is actually three layers of materials!
On a Budget?
Try Office Supplies

GOLDIFY IT!
POST ITS
COLORED DOTS
More Budgeting Ideas: Recycled Materials

KEYS
BUTTONS
FABRIC
TIN CANS
Crafts Aren't Just for Kids
Crafts can inspire adults and give them a sense of pride and achievement
CRAFTING PROGRAMS FOR ADULTS!

IF YOU OFFER THEM THEY WILL COME!
Mason Jar Bird Feeder

THIS ONE'S FOR THE BIRDS!

Supplies You Will Need:

Mason jars with handles
Wooden spoons
1" Colorful ribbon
1 cup bird seed
Cookie Sheet Magnetic Board

SO CUTE!

Supplies You Will Need:

Aluminum baking sheets (any size)  Duct Tape, fabric or scrapbooks paper  Adhesive spray for fabric  Foam stickers  Ribbons to hang board  Magnets to put on new board!
Yarn Balls

FUN & MESSY TO MAKE

Supplies You Will Need:

- Yarn (use a variety of colors)
- Balloons (5" round for smaller)
- White glue
- Water
Colored Glassware

THIS CRAFT TAKES COLORING TO THE NEXT LEVEL!

Supplies You Will Need:

Glass tumblers
Metallic Sharpie Markers
Rubbing alcohol
Paper towels
Fabric Covered Notebooks

SO MUCH FUN TO MAKE!

Supplies You Will Need:

- Notebooks (composition work well)
- Fabric pieces (large squares)
- Glue Sticks
- White glue
- Scissors

Add: Duct Tape & Ribbon for a fun look!
Glittered Bottles

THESE GEMS REALLY SPARKLE!

Supplies You Will Need:

Clean & empty glass bottles
Sand paper
Adhesive spray
Lots of Glitter!
Optional: Glossy acrylic sealer
Creative Coasters

ATTRACTIVE & USEFUL

Supplies You Will Need:

Paper coasters (round or square)
Sharpie pens (colors & metallics)
Stencils
Designs for inspiration
Spray on sealer
Painted Pots

THESE POTS REALLY POP!

Supplies You Will Need:

Terracotta clay pots
Acrylic paints in assorted colors
Paint sponges & brushes
Paper plates
Cotton swabs
Inspiration for designs
Clear acrylic spray
Peachy Paper Roses

GORGEOUS COLORS!

Supplies You Will Need:

- Basket shaped coffee filters
- Green pipe cleaners
- Watercolor paints
- Paint brushes
- Little bit of glue
- Optional: Green floral tape
Flippin for Flip Flops

CHECK OUT THESE STYLISH KICKS!

Supplies You Will Need:

- Foam flip flop sandals
- Ribbons (multi-colors & designs)
- Scissors
- About an hour to wrap the ribbons
Sharpiest Tote Bags

FASHION DESIGNERS LOOK OUT!

Supplies You Will Need:

- Tote bags (white or light beige)
- Painter's tape (for color blocking)
- Sharpies in a variety of colors
- Square pieces of cardboard (to prevent color bleeding)
- Design ideas for inspiration
Your presenter today

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Be sure to check out my Living in a Material World Toolkit with all of the how-to's for the crafts shown in today's webinar

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Questions?

FEEL FREE TO CONTACT ME!

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