





# Living In a Material World:

## Crafting Programs for Adults Toolkit

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# THE WORLD OF CRAFTS

## ARTS & CRAFTS MOVEMENT

- England late 18th Century. Founder English poet & artist William H. Morris.
- Values embraced simplicity and human touch.
- In response to the dehumanizing effects of the Industrial Revolution.

**72% of crafters are women**

**The median age for crafters is  
between 35-44**

**At least 62.5 million people participated in a  
craft activity between 2018-2019**





## Where to Find Inspiration:

### Youtube Crafting Vlogs

[All Crafts Channel](#)

[HGTV Crafternoon](#)

[Made Everyday](#)

[Papercraft Inspirations](#)

[SoCraftastic](#)

### Blogs

[Abeautifulmess.com](#)

[Craftsbyamanda.com](#)

[Designsponge.com](#)

[Honestlywtf.com](#)

[Psimadethis.com](#)

[Thesprucecrafts.com](#)





## Where to Find Inspiration

### Pinterest Boards

[Amanda's Creative Life](#)

[Burlap + Blue](#)

[DIY Joy Crafts](#)

[Modge Podge Rocks](#)

### Podcasts

[Craft Hangout](#)

[Create & Thrive](#)

[Dear Handmade Life](#)

[Elise Gets Crafty](#)







# BENEFITS OF CRAFTS

## CRAFTS ARE GOOD FOR YOU!

Making crafts relieves stress, encourages creative thinking, increases brain plasticity, and many other health benefits.

Remember that 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



# BENEFITS OF CRAFTS

## SOCIAL CONNECTIONS

Increased social connections can promote:

- Shared ideas
- Inspiration
- Motivation
- Build relationships
- Lasting connections

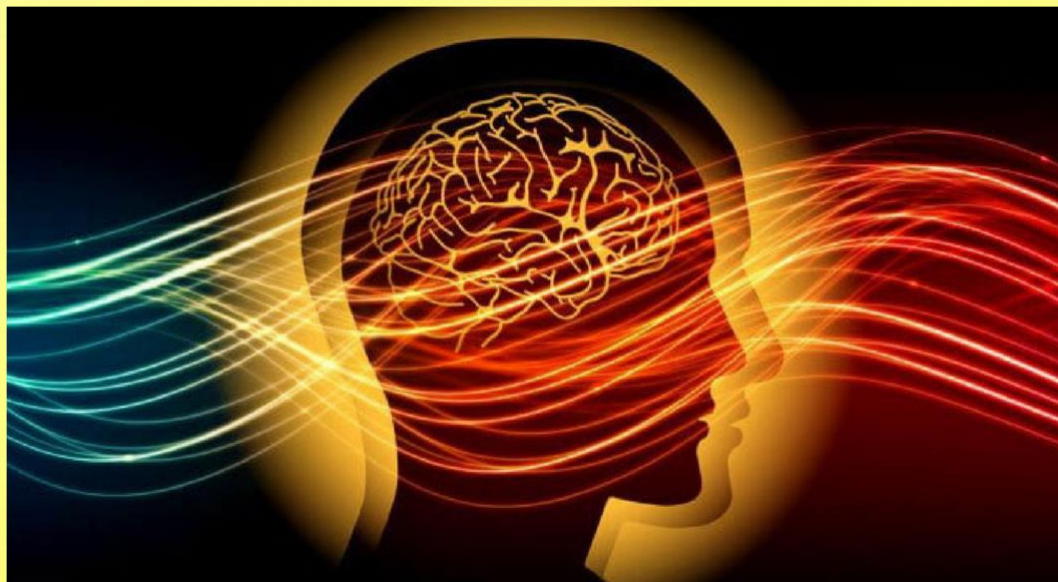




# BENEFITS OF CRAFTS

## FACILITATE THE "FLOW" STATE

According to Mihaly Csikszentmihalyi (pronounced Me-High Chick-Sent-MeHigh) author of "Flow Psychology" engaging in crafts allows us to enter a "Flow" state, which is a perfect immersive state of balance between skill and challenge. The "Flow" state can also be a mental state of mind in which a person has a feeling of being pulled forward by big goals, yet feels perfectly happy where they are right in the moment. This creates a feeling of growth and a feeling of contentment.







# MATERIALS & STYLES USED FOR CRAFTING

## **Textiles**

Includes any type of craft where you work with fabric, yarn, or any flexible materials.

## **Paper**


Includes papier mache, calligraphy, paper making, anything with paper.

## **Decorative**

Furniture making, metalwork, stenciling, stained glass, gilding, pottery, and basketry.

## **Wearable**

Encompasses all the elements of dressing: jewelry, hats, leather work (shoes, belts, handbags), and garments.





# CRAFTING ON A BUDGET

## DUCT TAPE IS EVERYTHING!

Check out this blog for creative craft ideas!

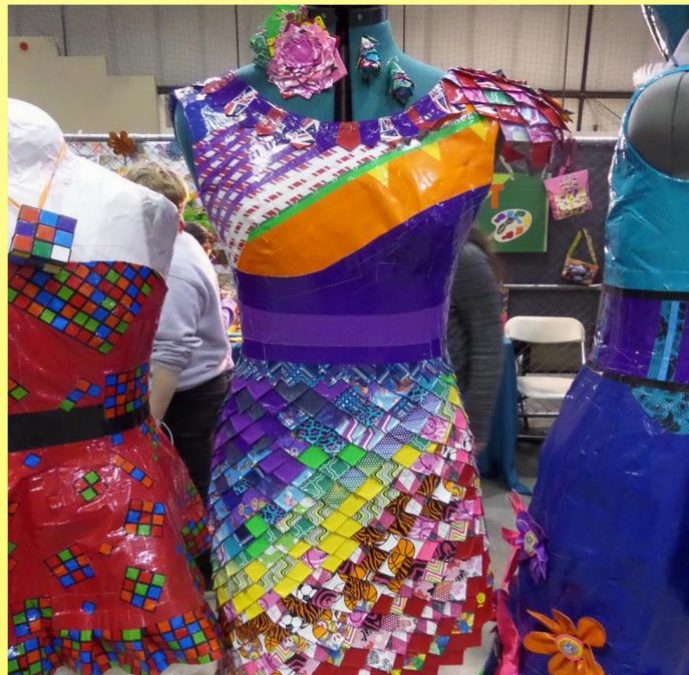
[Bystephanielynn.com](http://Bystephanielynn.com)


Use fun patterns found here!

[Onelittleproject.com](http://Onelittleproject.com)

Dive into Duct Tape attire

[Craftfoxes.com](http://Craftfoxes.com)





# ON A BUDGET? USE OFFICE SUPPLIES!

Check out these blogs for fun craft ideas!

**You can goldify anything!**

[Onegoodthingbyjillee.com](http://Onegoodthingbyjillee.com)

[Craftaholique.com](http://Craftaholique.com)

**Re-imagine with Post Its**

[Creatingreallyawesomefunthings.com](http://Creatingreallyawesomefunthings.com)

[Stylemotivation.com](http://Stylemotivation.com)

**Colored Dots**

[Craftsbyamanda.com](http://Craftsbyamanda.com)

[Craftionary.net](http://Craftionary.net)





# MORE BUDGETING IDEAS

## Crafting with Recycled Materials

### Keys

[Diytomake.com](http://Diytomake.com)  
[Wonderfuldiy.com](http://Wonderfuldiy.com)

### Buttons

[Craftsbyamanda.com](http://Craftsbyamanda.com)  
[Recycled-crafts.com](http://Recycled-crafts.com)

### Fabric

[Crazylittleprojects.com](http://Crazylittleprojects.com)  
[Favecrafts.com](http://Favecrafts.com)

### Tin Cans

[Simpleasthatblog.com](http://Simpleasthatblog.com)  
[Awsomejelly.com](http://Awesomejelly.com)







# CRAFTS AREN'T JUST FOR KIDS

## GROWN UPS NEED CRAFTS TOO!

Crafts for adults have really been growing in popularity. Like meditation or yoga, making crafts has the ability to help clear the clutter in your mind. That's because when you work on a project you direct most of your attention towards it, and less towards stress for a much needed break.

**Crafts can also inspire adults and give them  
a sense of pride and achievement.**



# MASON JAR BIRD FEEDERS

**THIS ONE'S FOR THE BIRDS!**

## **Supplies needed:**

Mason jars with handles  
Wooden spoons  
1" Colorful ribbon  
1 cup bird seed (per feeder)

## **How-To:**

First remove the mason jar lid and remove the rim. Cut off 3 feet of ribbon and with the handle side up, place the wooden spoon with scoop side up on the underside of the jar wrap several layers around the mason jar.

Next tie the ribbon through the jar handle and tie it with several knots and leave enough to tie at the end of the bow so there is a big circle to hang the jar.

Last thing to do is fill the mason jar with about 1 cup of bird seed.

Now it's time to hang the bird feeder on a branch outside and watch as you see how the birds love this adorable feeder!









# YARN BALLS

## THESE ARE FUN & MESSY TO MAKE

### Supplies needed:

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

### How-To:

Warning this craft can be very messy, but lots of fun to make!

Make a mixture of glue and water - make sure it is not too watery.

Blow up a balloon, not too full.

Take one ball of yarn and wrap around your hand to keep from tangling.  
Dip the end of the yarn into the glue mixture and squeeze off excess glue.

Wrap the glue dipped yarn around the balloon. Basically wrap it any way you want. Cover the entire balloon and then cut the yarn and wrap that piece under other yarn.

Roll the entire yarn wrapped balloon in the glue mixture

The yarn ball will need to dry overnight. Once dry, pop the balloon and pull the balloon out. You will have a very pretty decorative yarn ball!  
Make several yarn balls and place in a bowl for a decorative look.



# COLORED GLASSWARE



## TAKE COLORING TO THE NEXT LEVEL!

### Supplies needed:

- Glass tumblers
- Metallic Sharpie markers
- Rubbing alcohol
- Paper towels

### How-To:

Choose the pattern or design that you want for your glass. Dots, swirls, blocks of color, stars, circles, hearts, anything that appeals to your eye.

Color one layer of ink by using the Sharpie pen, try not to do two layers because the second layer will come off and try not to overlap any colors either.

If you make a mistake or overlap too much, just use rubbing alcohol and a paper towel to take off any color that you do not want.

That's it! All you do after designing and coloring is let the glasses dry. This is a really fun craft to do. The designs will stay on even if the glass gets wet.

I recommend washing by hand and not in the dishwasher. For extra safety the glass can be sprayed with a glossy sealer spray to keep the design looking great forever!



# FABRIC COVERED NOTEBOOKS

**SO MUCH FUN TO MAKE!**

## **Supplies Needed:**

Notebooks - Composition

Fabric pieces

Glue sticks

White glue

Scissors

Add: Duct tape & ribbon

## **How-To:**

Put the notebook on top of the fabric and cut the fabric about 1 inch wider and longer all the way around the notebook. Then add a layer of glue on the front of the notebook. Fold the fabric over the front of the notebook and smooth it down all over. Make sure to press out any wrinkles or bubbles so that is very smooth.

Fold the fabric over to the back over the notebook and do the same thing, add a layer of glue and press down and smooth out. Starting at the front of the notebook glue the edges down on the inside of the cover and the back of the notebook. Make sure to smooth down all of the edges. Add duct tape pieces and glue on ribbon to add to a fun and sporty design. Enjoy the new notebook!





# GLITTERED BOTTLES

## THESE GEMS SPARKLE!

### Supplies needed:

- Clean & empty glass bottles
- Sand paper
- Adhesive spray (good one to use is Modge Podge Glass Lustre)
- Lots of Glitter! Gold & Silver or any color you like
- Optional: Glossy acrylic sealer

### How To:

Start by rubbing the bottle all over with sand paper. Make sure to scratch it up good. This helps the adhesive to attach easily.

Make sure to have table cloth or newspaper covering the surface.  
Keep windows open for this part.

Spray a section with adhesive and then add ample amounts of glitter. Do this section by section until the entire bottle is covered with glitter. Look for anywhere you may need to add more glitter or spots that are thin. Add more glitter!

After the bottle is completely covered in glitter add the adhesive spray over the bottle again. It helps to keep the glitter to stay in place.



# CREATIVE COASTERS

THESE COASTERS ARE PRETTY & USEFUL

## Supplies needed:

Paper coasters 4x4 round or square

Sharpie paints or permanent marker

Stencils

Stick on gems or rhinestones

Designs for inspiration

Spray on sealer

Photo image: [Hello Wonderful Creative Coasters Craft](#)

## How-To:

Have some examples of designs or inspiration for everyone to look at before starting on their coasters so the participants can draw images that speak to them.

Give plenty of time for them to draw and design their coasters. They can use markers in any color they choose and can add stick on gems and/or rhinestones.

As an extra added measure to keep the designs on the coasters spray each one with a glossy clear coat sealer. This will ensure that the designs stay on forever!

# PAINTED POTS

**THESE PAINTED POTS POP!**

## **Supplies needed:**

Terracotta clay pots clean & dry

Acrylic paints in assorted colors

Paint sponges & brushes

Inspiration for designs

Clear acrylic spray

## **How-To:**

First use a clear acrylic spray to seal the pot before painting. The paint can soak into the terracotta so this is a necessary step. Using a paint primer or opaque white first can be helpful to prime the pot and help to achieve a nice color.

Flip the pot upside down to cover the entire pot with paint. Using the sponges or brushes paint the solid background color that will be the main color on the pot. Let that dry for several minutes.

Then apply the designs that you choose like dots, swirls, hearts, flowers, animals, or anything at all.

When finished with the design make sure to spray again with an ample amount of clear acrylic sealer. Let dry for several hours before planting a plant in the newly designed pot!





# PEACHY PAINTED ROSES

**SUCH GORGEOUS COLORS!**

## **Supplies needed:**

Coffee filters  
White glue  
Watercolor paints  
Paint brushes  
Green fuzzy sticks or pipe cleaners

## **How-To:**

Place a coffee filter on a covered space and start to paint with watercolors. Paint a second coffee filter and let dry a few minutes.

Next fold each coffee filter in half and place them side by side. Then fold the coffee filters in half together. Form a rounded flower shape by gently twisting the coffee filters. Pinch and twist the bottom of the filters to create a base for the flower.

Use a green fuzzy stick or pipe cleaner to create a stem. Twist and attach around the base of the flower. Add a tiny bit of glue to secure the stem. Continue to fluff and form the filters to create a shape that resembles the petals of a flower.

These colors of these paper flowers turn out so pretty!





# FLIPPIN FOR FLIP FLOPS!

## CHECK OUT THESE STYLISH KICKS

### Supplies needed:

Foam flip flop sandals

Ribbons (multi-colors & designs)

Scissors

Tip\*\*\* You can find flip flops at the Dollar Store

### How-To:

First cut pieces of ribbon about 6 inches long. Need about 14-20 pieces of cut ribbon for each sandal.

Next take a piece of ribbon and tie it around the band of the flip flop and make sure to knot it twice and make it secure. Repeat this until the entire straps of the sandals are filled with ribbon strips.

These are festive and fun and can be worn all summer long!

Photo Image:

[Plumcrazyaboutcoupons.com](http://Plumcrazyaboutcoupons.com)

Ribbon Flip Flops



# SHARPIEST TOTE BAGS

**FASHION DESIGNERS LOOK OUT!**

## **Supplies needed:**

**Tote bags (white or light cream)**

Painter's tape

Sharpies in a variety of colors

Pieces of cardboard

Design Ideas for inspiration

## **How-To:**

The best way to start with this craft is to draw or sketch a design on the tote bag with a pencil on one side of the bag. Then insert a piece of cardboard inside the tote bag so that the ink will not go through to the other side.

Color in the design with Sharpies in a variety of colors. Draw out big bold letters or anything that is colorful and stands out. You can also have photos or magazines for design ideas and inspiration. Continue on to do another design on the opposite side of the bag. Even the bags straps can be colored in!

These creative Sharpiest tote bags can be used for any occasion. I like to use mine to carry lots and lots of books!







# QUESTIONS?

**FEEL FREE TO CONTACT ME!**

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