

ROUND ACTIVITY TABLECLOTH©
(can be used on round, square, or rectangular tables)



Encourage the resident to open and look in various pockets of these tablecloths while sitting at a table. This is a good activity to do while residents are sitting and waiting for meals. Use in a one to one situation or in small groups. This item is especially useful for women of all functioning levels who are agitated or bored.

Cues for this action: “This is a tablecloth that has lots of pockets with treasures inside.” *Demonstrate* - Sit down at the table and take one or two items out of the pockets to show the resident. Also can demonstrate for the resident how to open the various pockets. *Now cue* - “Now you open one of the pockets and see what is inside.”

Promotes:

1. Use of hand and eyes.
2. Focus and concentration.
3. Maintenance of reach, grasp, and release skills.
4. Diversional activity when the resident needs a distraction.

Discussion ideas:

Did you have a tablecloth on your kitchen table?

What color is it?

What pockets did you have the hardest time opening?

Also can ask questions pertaining to the various items in the pockets.

Need:

All fabrics and trimmings must be washable

- Four pieces of 22-1/2” x 45” rubber-backed upholstery fabric **or** two pieces of 45” x 45” rubber-backed upholstery fabric. The fabric may not be considered washable, but if it is made of synthetic fiber, and not too coarsely woven, upholstery fabric can often be laundered.
- Scraps of polar fleece big enough for two mittens (each mitten can be a different color)
- Fabric pieces such as fleece, velvet/panne, satin for assorted pockets
- Washable, bright colored ribbons and trims, each piece 30”-36” long
- Pair of 36” sturdy white shoelaces

- Approximately 12 plastic spring-type clothespins
- Assorted small items to hang, such as children's/infants' socks, handkerchiefs, kerchiefs, cotton gloves

Instructions:

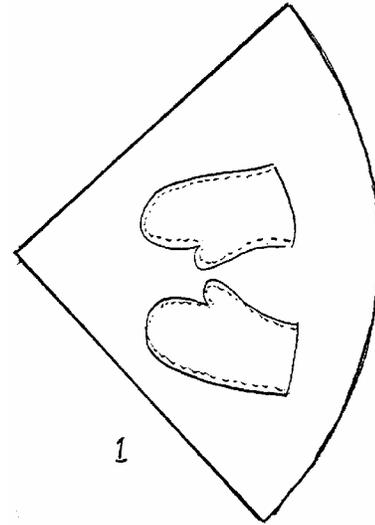
Note: This can be a group project, with each person making one of the sections.

Cut pieces of the upholstery fabric into 1/4-circles, each with a 22-1/2" diameter.

Quarter 1:

Cut out the polar fleece mittens.

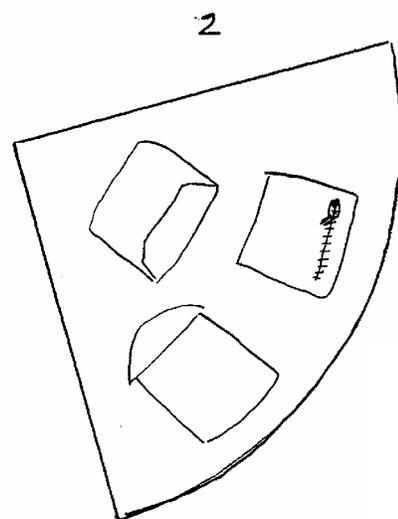
Pin onto the upholstery fabric and stitch, leaving the bottoms open, and reinforcing the stitching where necessary.



Quarter 2:

Make an assortment of pockets, some with flap closures or zippers. Trim can be added if desired. Do not use snaps or buttons, or removable trim.

Stitch the pockets on the upholstery fabric so that items can be placed in the pockets.



Quarter 3:

Fold lengths of ribbons and trims in half, and fasten at the top so that people can tie them into bows and knots.

Quarter 4:

Thread the clothespins on the shoelaces. (Lace the shoelace through the centers of the clothespin springs.)

Stitch the ends of the shoelaces securely on the upholstery fabric as shown. Hang clothing items on the clothesline.

Stitch the four sections together, forming a circle.

