

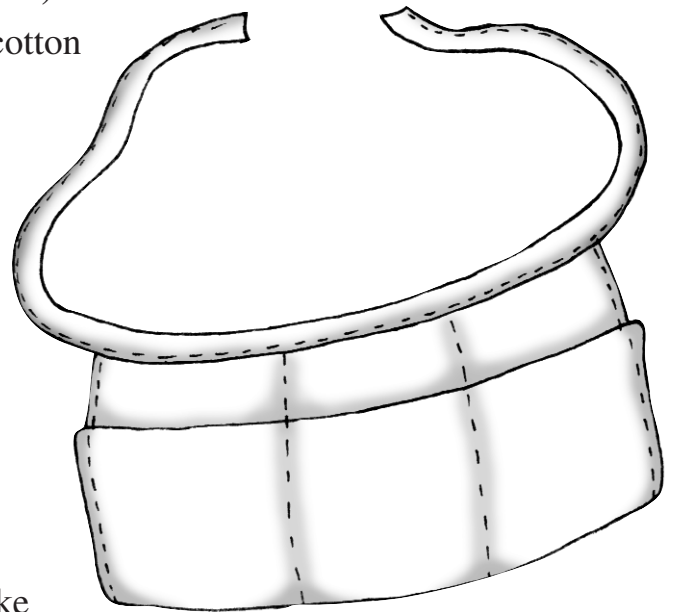
# ANNUAL LEARNING GUIDE

## Walker Apron

### *Instructions*

#### **Materials Needed:**

- Heavy cotton fabric/canvas material (27" x 22")
- Canvas material or material to make heavy cotton or propylene belts
- Matching thread
- Decorating supplies such as : puff pens, glitter pens, fabric paints, sponge painting, or iron-on appliqués



#### **Overview**

This project offers many options and various levels of participation. The Walker Apron is a perfect example of ways that children can make meaningful crafts to meet the needs of other people. This craft can be distributed to nursing home residents who use walkers, people throughout your community who use a walker as part of their rehabilitation, or people who use a walker as a daily requirement. Hospitals would also appreciate these handmade gifts for patients on orthopedic wings.

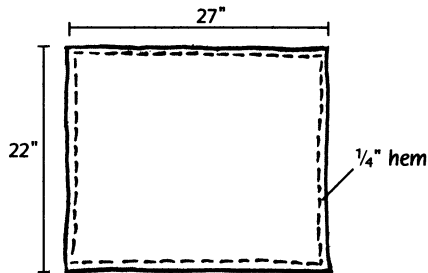
As the children work, remind them why they are making the aprons and who will receive them. Tell them they are doing missions by meeting the needs of people in their community.

#### **Preparation**

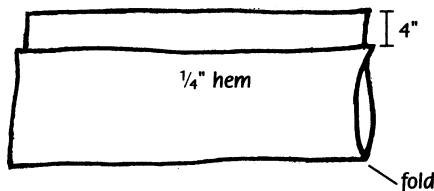
For each child, cut one 27" x 22" rectangle from the heavy cotton fabric/canvas material and one 1" x 62" piece from the canvas (or other material) band.

## Directions

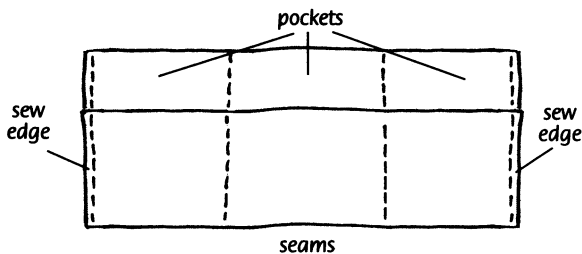
Make a 1/4" hem around the 27" x 22" rectangle for a finished edge.



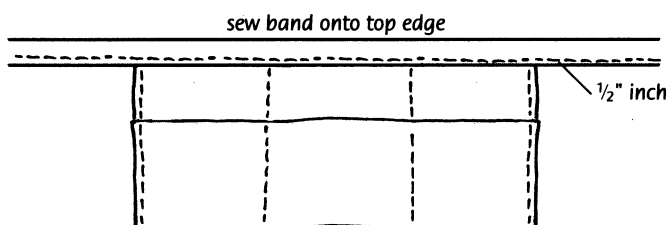
Lay the material face down (finished side to the table). Fold the bottom edge (27") of the material to 4" from the top edge.



Sew the overlapped edges to secure the fold. This will make one large pocket. Sew two more vertical seams to create a total of three pockets.



Next, center the band along the top edge. For extra reinforcement, fold the band in half lengthwise so 1/2" is on the front and 1/2" is on the back. Sew the band along the top edge of the apron. This creates the "apron strings" that will be used to tie the apron onto the walker.



Now the children continue the project by personalizing the aprons, adding a decorative touch that makes the apron special. Encourage children to be creative as they use the supplies you provide to decorate the aprons. Consider the following suggestions:

- Let the children design their work on a sheet of paper and then paint the aprons with paint pens or glitter pens.
- Stencil designs on the aprons using fabric paints.
- Use sponges dipped in paint to blot the apron with different colors and shapes.
- Paint different saying on the apron, such as, "From my friends at \_\_\_\_\_," "I'm taking each day one step at a time," etc.
- Iron appliqués or patches on the aprons.

If decorated with paints, allow the aprons to dry overnight. The next day you may want to continue this Mission Craft by stuffing the aprons with cards that the children make. There is a card suggestion on day five that can be used, or you can provide materials such as construction paper, markers, glue, glitter, and paints to let the children create their own cards.

## Variations

You may purchase carpenter aprons as a short-cut method to this project. They are usually not as large as the one in this project but will still be useful.

Make a Bed Caddy. This caddy attaches to the bed rather than the walker. Instead of a strap that wraps around the top of a walker, the bed caddy has extra material at top. The extra length is placed between the mattress and box springs, securing the caddy and allowing the packets to rest vertically alongside the bed. People throughout your community could use and would appreciate this Mission Craft. You can find a pattern for this project at your local fabric store.

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