

Gather around, aged care coordinators and beloved seniors! Today, we embark on a delightful journey into the art of **paper quilling**. A craft as beautiful as it is therapeutic, paper quilling offers a wonderful opportunity for seniors in aged care to express themselves, engage their minds, and create something truly special.



The Magic of Paper Quilling

Paper quilling, also known as paper filigree, is an ancient art form that involves rolling, shaping, and gluing thin strips of paper to create intricate designs. From delicate flowers to intricate patterns, the possibilities are endless.



With just a few simple tools and a dash of imagination, anyone can master the art of paper quilling and unlock a world of creativity.

Materials Needed

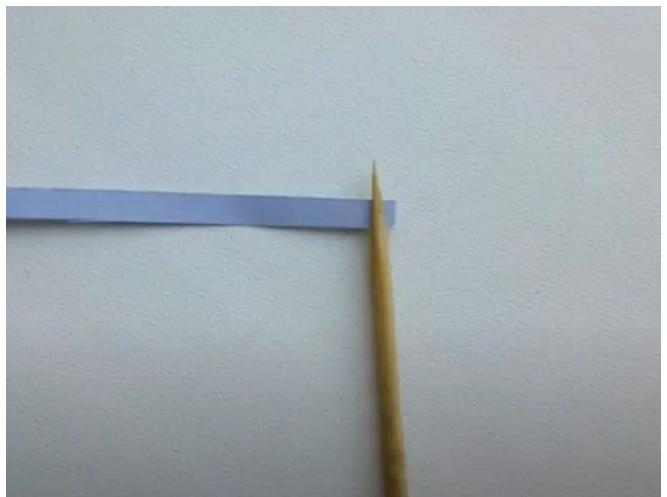
The following tools are needed to perform the Paper Quilling craft. You can find these materials at your local store, in the corners of your house, or inside the facility!



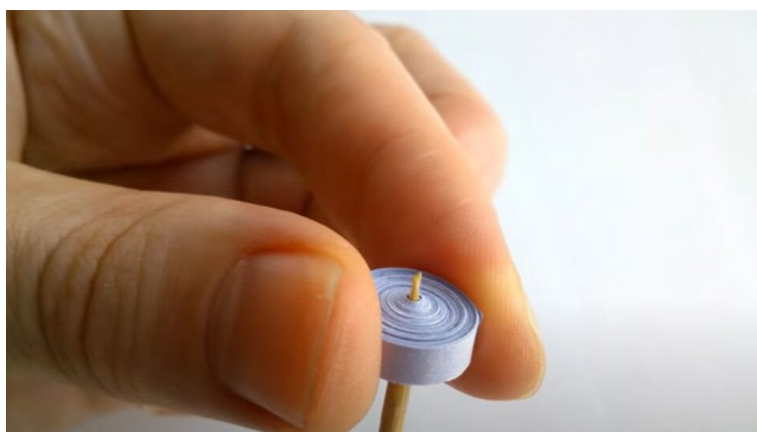
- Paper Strips
- Glue
- Cardboard for base
- Quilling Tool or Toothpick
- Scissors

Step-by-Step Instructions

1. Take a paper strip and insert one end into the quilling tool. If a quilling tool is not available, use a stick or a toothpick.



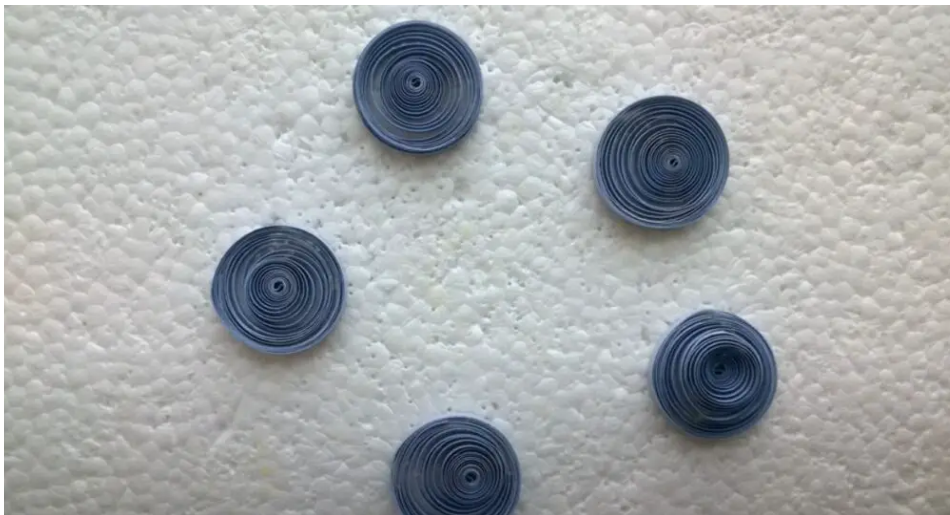
2. Roll the paper strip tightly around the quilling tool or the toothpick, forming a circle-like shape.



3. Once the entire strip is rolled, carefully slide it off the quilling tool or toothpick. Then, allow the coil to relax and then glue the end to secure it.



4. Repeat these steps with additional paper strips to create more coils. Use different colors to add variety to your coils.



5. Squeeze a part of the coil to form other shapes that you desire. You can form a leaf-like shape, a cube-like shape, or just a circle. Let your imagination run wild!





6. Arrange the coils into your desired shape, gluing them together as you go.



7. Let your creativity shine as you add embellishments and details to your quilled masterpiece.



Inspiration and Ideas

Looking for inspiration? Consider quilling a bouquet of flowers, a whimsical butterfly, or a personalized greeting card for a loved one. You can also experiment with different colors, shapes, and techniques to create unique designs that reflect your personality and style.



If you are still having troubles, here's a video that we found that might be helpful for you!



https://youtu.be/_LjGBDUVAY

Benefits for Seniors

Engaging in paper quilling provides a myriad of **benefits for seniors in aged care**. Firstly, it offers mental stimulation, keeping the mind sharp and active. As seniors focus on shaping each delicate coil of paper, they exercise their cognitive abilities and enhance their fine motor skills.



Moreover, paper quilling promotes relaxation and stress relief, allowing seniors to unwind and immerse themselves in the soothing rhythm of the craft. Additionally, the sense of accomplishment that comes from completing a beautiful quilled creation boosts self-esteem and instills a sense of pride.



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