



## **Therapeutic Horticulture Activity Sliced Wood Ornaments**

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Overview: Slicing branches of downed trees and creating ornaments.

Precautions:

1. Some level of fine motor dexterity is needed based on images used and level of assistance provided.

Completion Time: 45 minutes (prep time can be lengthy if preparing for more than 10 participants)

Materials: (10 participants)

1. Slices of wood approximately 2" - 2 ½ " diameter and ¼ " thick with holes drilled in top (40)
2. Stamps appropriate to theme, images, letters, shapes (5-10)
3. Ink pads, test color to determine effective transfer/contrast onto wood; black is a safe choice (1-10)
4. Scrap paper or paper table cover (1-10)
5. Ribbon, 12 " pieces; several options if possible to provide opportunity for selection (40)
6. Permanent markers (optional) (10+)
7. Example sheet with each stamp that will be available on it (10)
8. Scissors (1-2)

### Pre-Session Prep:

1. Use a miter saw to cut branches into approximately ¼” thick slices.
2. Drill holes in wood slices for ribbon; diameter will be dependent on ribbon being used; a drill press is ideal if you have access but a hand held drill works fine.
3. Collect supplies.
4. Create example(s) of the finished product.
5. Create a sheet of paper that shows each stamp available; make copies.
6. Lay/secure paper to work surface; this serves a dual purpose in protecting the work surface and allows a practice area for participants to test their chosen stamp.

### Step-By-Step Process/Instructions:

1. Introduce activity and show example(s)
2. Pass out paper with examples of stamps available to each participant.
3. Pass out 4 wood slices per participant; if it is not too disruptive or time consuming, allow delivery which enables participants to select theirs individually.
4. Distribute ink pads to each participant or strategically placed to be shared.
5. Encourage selection of image(s).
6. Distribute stamps based on participant choice.
7. Encourage the participants doing trial stamping of chosen image(s) onto paper on the table surface.
8. Encourage stamping onto wood slices, providing assistance as needed.
9. If needed fill in void stamp areas with a permanent marker or use marker to write a message or sign the creation.
10. Present choices of ribbon.
11. Encourage participants to thread a ribbon through hole and assist as needed.
12. Trim ribbon as needed.

### Tips:

1. Can make plant markers instead of ornaments.
2. Images can be stamped on both sides or participants can sign with

permanent markers.

3. Can use hole pouches as templates to use with permanent markers instead of or in addition to stamps.
4. Use other materials to decorate wood slices, pinecones, etc. especially if fine motor dexterity is a challenge for participants; adjust supplies accordingly and to include glue.

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