

6



Paper Crafts

OBJECTIVES

- The student should be able to:
 - Discuss historical/cultural examples of paper crafts
 - List basic supplies and materials needed to do paper crafts and know how to complete and grade a project
 - Understand advantages and limitations of paper craft activities in therapy
 - List precautions of paper crafts
 - Describe ways that paper craft activities can be used therapeutically with various client populations

Paper was invented in China sometime between 200 and 100 B.C. Other materials had been used to write on for many centuries before that—wet clay, tree bark, cloth, and papyrus, from which the word *paper* comes—and early paper was used almost solely for this purpose. The Arabs learned about paper from their conquests in Asia and introduced it to Europe. At the time of the invention of the printing press in the 15th century, paper was still being made by hand. In the 18th century, a machine was invented that could make paper from wood pulp, although it did not become widely used for another 100 years (Lively, 2004). During this time, the Chinese developed glues they used in fashioning many paper crafts, while the Japanese developed the ancient paper-folding craft of *origami* into a sophisticated art form and cultural mainstay (Brodek, 2011). For example, one Japanese legend states that someone with the patience to fold 1000 paper cranes will be granted his or her most desired wish. A more recent story tells of a young girl, sickened by exposure to radiation during the World War II

bombing of Hiroshima, who attempted to fold 1000 paper cranes before her death, praying for world peace as she worked (1000 Cranes, 2015). This beautifully illustrates the symbolic and cultural importance that a simple craft can hold, and origami remains a culturally important form of art and expression in Japan today. Paper cutting, another early form of paper craft, is a traditional art form in several countries, from Mexico to Poland. It was originally utilized to depict religious images but developed into a more diverse and widespread art form as paper became more plentiful. Today, the humble medium of paper continues to hold a place of significance in the world of art and creative expression. Major exhibitions feature various forms of paper art, and paper creations can be seen side by side with more traditional art media in galleries and museums (Brodek, 2011). A recent exhibition at the New York Museum of Modern Art showcased a series of paper cut-outs by Henri Matisse. Matisse, best known for his painting, began working in this alternative art form after abdominal surgery left him largely bed or wheelchair bound. Rather than give up his occupation, he merely adapted to his circumstance and in the process created an entirely new and intriguing body of work (Schjeldahl, 2014).

Paper offers a diverse range of crafting possibilities for all ages (Department of the Army, 1971; Moseley, Johnson, & Koenig, 1962; *Reader's Digest*, 1979). Paper crafts may conjure childhood memories of making holiday paper chains or decorating for a party with crepe paper, or aggravating teachers by folding and flying paper airplanes. Paper as an art medium, however, reaches well beyond childhood as illustrated by its presence online (The Smashing Editorial, 2010) and in art fairs and galleries. The commonplace nature of paper may minimize its perceived

COMMON PAPER CRAFTING SUPPLIES

SUPPLIES

- Brown paper
- Construction paper
- Copier paper (colors)
- Glue
- Magazines/newspaper
- Scrap paper
- Tape
- Tissue paper

TOOLS

- Decorative edge scissors
- Decorative punches
- Ruler
- Scissors
- Stapler

value as a craft medium for some occupational therapists, but its versatility enables adaptation for almost any client population. One advantage of paper is its low cost and ready availability. Almost every office has a supply of paper, as well as pencils, glue, scissors, tape, staples, and paper clips—everything necessary for many projects. Several craft categories whose principal material is paper will be discussed in this chapter. These include papier mâché, papermaking, paper folding and construction, paper cutting, collage and decoupage, scrapbooking, and assorted ideas for decorating the paper itself. Ideas for projects and grading suggestions are grouped together following brief descriptions of each form of paper craft.

SPECIAL CONSIDERATIONS AND PRECAUTIONS

Most types of paper are inexpensive in comparison to other craft supplies, so an assortment can be stocked in most clinics. Even normally discarded items, such as newspapers or old magazines, are useful in many paper projects. Because of the low cost, the therapist can allow the client to make multiple attempts without worrying about waste. Specialty papers are more expensive and may have to be ordered or obtained from art supply stores, but basic office/school paper is available in most any general merchandise store. A glance at "paper" in the index of an online craft catalog will quickly reveal the broad scope of paper craft possibilities. Although variety is helpful, the therapist should be familiar with the products and their uses before making a selection. For example, some types are thin and delicate whereas others are thick enough to hold up to stamping, gluing, or other treatments; some are thicker still and best used for construction. Paper is gauged by weight (pounds per ream), which may provide some guidance relative to thickness. Some papers have a translucent or metallic quality for use in more decorative applications, such as

greeting cards. Buying in bulk is usually more economical, but frequency of use and storage capacity should be considered as well as cost.

Paper, like fabric and wood, has a grain created by the orientation of the paper fibers. This knowledge is useful when the craft involves tearing or folding paper. Paper will fold or tear more crisply when worked with the grain. One way to determine the direction of grain is to bend the sheet of paper in half (without creasing it) in each direction. The paper will bend more easily and have more "spring" when bent with the grain (Brodek, 2011). Paper crafts are generally very safe, but there is a potential for paper cuts, so the therapist should caution or monitor clients with decreased sensation. Scissors may be used with some paper crafts, so standard sharps precautions should be observed. Glues or solvents used in special processes may require extra ventilation or use of gloves, but this would be the exception rather than the rule. Depending on the form, paper crafts may or may not be messy; area preparation, drying, and clean-up time should be considered for projects requiring glue, paste, or paints.

PAPIER MÂCHÉ

The art of papier mâché (French for "chewed paper") was born centuries ago in China. At the time, paper was a valuable commodity and this was a means of conserving/recycling this material (*Reader's Digest*, 1979). It was elevated into a fine art in the Far East (Lively, 2004) and later became popular in Europe, particularly in France and England. Papier mâché was used to create everything from helmets to vessels and could be made to look nearly identical to similar articles made of wood. Papier mâché can be made by several different processes: by soaking pieces of torn up newspaper and mixing it with cooked starch, by using commercially prepared papier mâché mix, or by using the strip method. The traditional method uses newspaper,

PROJECT DECISION CHECKLIST

- Will scissors be needed?
- Will the project require glue?
- Will the project require time to dry?
- Can scrap paper be used?
- Will the paper be decorated—paint, crayons, stickers, etc.?
- Does the project require paper with a special finish, thickness, or color?
- What are the options for skill-building?

but other types of paper such as tissue paper or handmade paper can be incorporated as well. When thicker paper is used, fewer layers are required, but thinner paper is better for molding and smoothing over curves or edges. Be aware that very thin paper, such as tissue paper, can be hard to manage and frustrating for an individual with motor or sensory impairments. Assorted items can be used as molds or bases for projects; they can be removed after the paper application or can provide a permanent framework for the structure. For example, an inflated balloon can serve as a form for a bowl or sphere and then be popped once the paper is dry, or wads of crumpled newspaper can be shaped as the central structure or as added handles, bases, or decorative additions and then covered with the paper *mâché* medium. Disposable plastic containers make excellent molds, such as described later in the Projects section.

PAPER PULPING AND PAPER CASTING

Another less common craft activity that utilizes discarded paper is pulping and casting. The paper pulping method allows the maker to build thickness faster than paper *mâché*, and the end product is less likely to warp in drying (Brodek, 2011). It is accomplished by making a pulp from discarded (noncoated, nonglossy) paper, soft tissue, or ready-prepared fibers, then pressing it into a mold of some type and allowing it to dry. These castings can then be painted and sealed to make hanging or other decorations (Barron, 1992). The pulp can also be formed around a mold, such as a bowl (Wasinger, 2009), or be allowed to dry flat in sheets and used for other projects, such as pictures, note cards, and gift tags. This process may be especially useful for sensory re-education or hand strengthening. For a fairly quick project, soak shredded office paper (or small pieces of other uncoated paper) in water for several hours ahead of time. Have the client squeeze out excess moisture, process the paper in a blender, then knead and form the pulp like clay over a mold or into simple shapes. This activity can be done in one session but requires advance

preparation (Wasinger, 2009) and will take hours or days to dry, depending on thickness. Adding wallpaper paste to the pulp mixture will make it hold together well and set to a hard finished product (Brodek, 2011).

PAPER FOLDING

The traditional Japanese craft of origami, in its simpler forms, is a creative way to work on motor performance skills, such as bilateral fine motor coordination, hand dexterity, and strengthening (Breines, 2006), and cognitive (process) performance skills, such as sequencing and following verbal or written directions. Combinations of hundreds of traditional folds transform paper into animals, flowers, puppets, boxes, or abstract forms (Lively, 2004). Origami can be viewed as art but also as a puzzle, an educational tool, or even a party trick (Brodek, 2011). It is recommended that the therapist master a few constructions so he or she can easily and skillfully demonstrate them if necessary (Breines, 2006). The therapist should also try to match the complexity of the design with client ability, offering the "just right challenge." Special origami paper can be used, but scrapbooking paper or decorative paper placemats work beautifully as well. Any common paper (cut to the proper dimensions), such as typing paper, will usually serve just as well in a therapy application.

PAPER CONSTRUCTION/SCULPTURE

Paper construction offers an array of possibilities for stimulating creativity. Sculpture implies a three-dimensional object, and the subject can be realistic or abstract, functional or decorative, and actual construction can take various forms. Other materials, such as glue, or tools, such as scissors, may be needed for some projects (Bottomley, 1983; Fabri, 1966). Paper sculpture artists typically utilize relief and shading to get certain visual effects (Brodek, 2011, p. 64), but this need not concern the amateur. Sculpture can be constructed entirely of paper or can be built by adding

paper to an understructure. It can be made from different types, colors, and weights of paper, depending on the desired end product.

OTHER PAPER CRAFTS

Paper Cutting

Paper cutting, another craft with origins in the Far East, eventually spread to Europe and became popular in German, Swiss, and Polish cultures, among others. It was customarily used to make silhouettes and religious depictions, as well as scenes from everyday life (Lively, 2004). Paper cutting requires only paper and small, sharp scissors or a craft knife. Some designs are intended to be cut from folded paper and others from flat paper. Because this craft requires the use of both hands and some degree of precision, it is useful for fine motor work, and the intricacy can be graded according to client ability. Most any type of paper can be used, consider creative ideas, such as the use of outdated maps or pages from an old book (Brodek, 2011). Papers can be layered or folded to achieve other effects as well. A simple and familiar idea for children in particular is to fold and cut paper snowflakes.

Collage

Collage is derived from the French verb *coller*, which means to glue. This art form had an important influence on 20th century art (Reader's Digest, 1979), and artists such as Picasso and Matisse were pioneers in its use (Brodek, 2011). Collages can be made of most any material, but paper may be the most common. Essential supplies are paper, glue, and a mounting surface, and the basic processes are simply cutting (or tearing) and gluing. Various colors and textures of paper can be mixed to create interesting effects, using designs that are abstract or pictorial. Collage can be used to decorate other objects such as boxes, lamp shades, or greeting cards or can be used to simply create a picture (Lively, 2004). In a therapeutic application, collage can be a nearly failure-free activity. Abstract designs are perfectly acceptable, and clients can choose pictures and colors that suit their taste and mood, which also makes this craft well suited for children.

Découpage

Although this paper craft, like so many others, probably originated in China, the term *découpage* was first used in France and Italy and derived from the French word *couper*, meaning to cut. It became highly popular there in the 18th century and was used as an inexpensive way of reproducing the look of lacquer ware. Pictures were cut out and glued to objects, then covered with clear lacquer to



Figure 6-1. Decorative edge scissors and small paper punch.

simulate the handpainted designs on oriental furniture. Its use as a decorative technique quickly spread to other countries (Bower, 2011). Although the original method took a great deal of time to complete, modern products have made it a simple and satisfying craft for clients. New one-coat finishes have been developed that simulate those that formerly required multiple coats of varnish or lacquer (Bodger & Brock, 1976; Reader's Digest, 1979; VanZandt, 1973); however, some authors still recommend several coats of varnish for the best surface protection (Lively, 2004). *Découpage* can be applied to glass, porcelain, or wood.

Advantages of *découpage* are that a nice product can be achieved with only a few steps and a low-functioning client can be successful. Most *découpage* finish is neither flammable nor toxic, so it is nonhazardous. It can be used to preserve personally valuable mementos, such as graduation or birth announcements. The primary drawback is the series of waiting periods while the glue or finish dries; the client may be discharged before the finish is completely dried. The therapist should be sure that the project can be completely finished (and dry) before the client is discharged.

Scrapbooking

Scrapbooking remains a popular craft, and some craft stores devote entire aisles exclusively to scrapbooking supplies. Scrapbooking is essentially a paper craft in which an individual's photographs or other memorabilia are combined with decorative elements and compiled in book form. To create a scrapbook, a basic requirement is some type of binder, large journal, or blank scrapbook. The scrapbook maker may also want to use clear plastic sleeves to protect the finished pages. Other supplies commonly used include paper of various weights and colors, adhesive tabs, double-sided and regular tape, special scissors (for corner cutting, scalloping, and pinking edges), decorative hole punches (Figure 6-1), assorted stickers and stamps, marking pens, and photo corners (Dahlstrom, 2004). Avid scrapbook fans use numerous other tools and materials to embe

pages as well. Tools and supplies generally available in a therapy clinic/office, such as rulers, paper cutters, and stencils, will also come in handy.

As stated previously, the general idea of scrapbooking is to create attractive pages to display personal photos. Techniques often utilized include framing or borders around pictures or sections of text and thematic enhancement of the rest of the page (Dahlstrom, 2004). Scrapbook enthusiasts usually try to achieve visual balance and complementary color schemes, but this may or may not be a concern for clients. It will be helpful to have sample layouts that the client can duplicate, possibly choosing different colors or embellishments. Purchased scrapbooking supplies can be costly, but found or natural materials, as described elsewhere in this text (Chapters 13 and 14) are an option. Basic supplies are available in most clinic settings, particularly those that routinely use crafts. This paper craft can be easily graded and results in an end product that is personalized and meaningful to the client. The therapist can also utilize the craft session to work on orientation to place, time, or people; to reminisce; or to build visual skills, such as scanning, or executive function skills, such as planning and organization. In one example, parents whose children were in a neonatal intensive care unit participated in a scrapbooking group as a means of reducing anxiety. In addition to helping them cope, the parents reported that the activity allowed them to tell their story and visualize a more hopeful future (Mouradian, DeGrace, & Thompson, 2013). St. Jude Hospital has used therapeutic scrapbooking with adult caregivers since 2002, and they have found that parents may be more willing to participate in this activity than in a discussion-based support group. The focus of the group is on employing coping skills rather than creating a work of art, but the medium and method make it easier to share memories and feelings with others (McCarthy & Sebaugh, 2011). Scrapbooking has also proved useful in bereavement groups to help participants come to terms with a loss through the creative process and the opportunity to share with others (Kohut, 2011). Scrapbooks help to "cement oneself in history" and reinforce a sense of identity (Fidler & Velde, 1999). As an alternative to individual work, have a group create a bulletin board like a giant scrapbook page, containing photos of facility events, parties, or field trips that could hang in the therapy department or in the common areas of a residential facility or have a client create a scrapbook "page" poster to hang in his or her room that might facilitate orientation or elevate mood. Links to websites found in the Resources contain inspiring pictures and great ideas.

Functional Paper Decoration Activities

Paper can be decorated in multiple ways and some processes, such as block printing, were staples of early occupational therapy practice. Other common and simpler

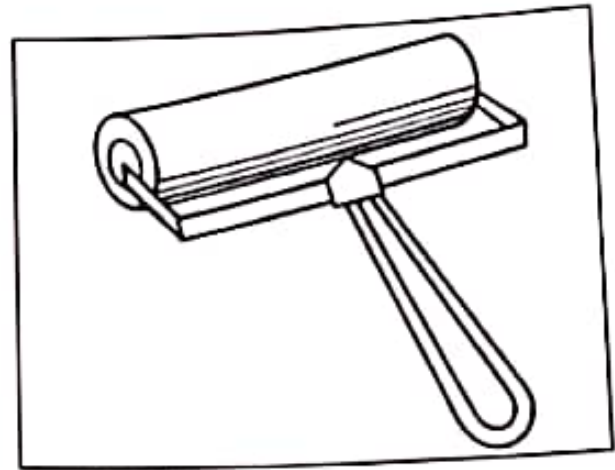


Figure 6-2. Paint brayer.



Figure 6-3. Block print greeting card.

techniques include stamping and stenciling. Block printing is a process in which a design is carved into a flat wooden or linoleum block that is then covered with ink using a brayer (Figure 6-2) or roller and pressed onto paper. A simplified version involves the use of stamps, these can be purchased or made with assorted everyday items, from sponges to potatoes. This is currently a popular craft, utilized to make one-of-a-kind greeting cards (Figure 6-3), wrapping paper, gift tags, etc., and a huge variety of stamps are available for purchase in most hobby stores or online. A monochrome stamped design can be left plain or colored with colored pencils. Stenciling, like stamping, can be done with premade patterns or patterns custom cut from heavy paper, lightweight cardboard, or plastic sheets specially designed for stencil templates. Other forms of paper decoration include layering and carving, cutting and curling, crumpling, salting, stitching, staining, or texturing with paste; the list is virtually endless (Hall, Wrobel, & Salamony, 2001). Clients may enjoy these activities for several reasons. For one, the end result is a useful item that may fulfill an actual need. In addition, it allows them to do something for the benefit of another person, which is

Origami Project—Small Box

Activity Selection and Planning

This activity is particularly good for working on fine motor skills, as well as following written or demonstrated instructions in a specific sequence. Vision is helpful, but it may be possible to complete this activity using only tactile cues and verbal instruction. Children will have to be instructed one step at a time and may need help for folding neatly. More precise folding will yield a more successful and attractive end product. This activity is highly structured; therefore, little creativity is allowed or needed. Advantages are the low cost and availability of the material, permitting clients to attempt this project as many times as their patience will allow.

Preparation

Supplies:

- A square sheet of paper (an 11.5- × 11.5-inch paper will produce a 4- × 4- × 2-inch box)
- Written instruction sheet (optional)

Tools:

- None

Time required:

Less than 15 minutes

Approximate cost:

Pennies

Process

1. Fold paper (square) in half in both directions, creating only at the edge of the paper. Unfold. This helps you identify the center of the square.
2. Fold and crease all four corners to the center (Figure 6-12A).
3. Fold and crease each side to the center, then unfold (Figures 6-12B and 6-12C).
4. Rotate 90 degrees and repeat Step 3 (Figure 6-12D).
5. Unfold everything, then fold the top and bottom corners to the center (Figure 6-12E).
6. Cut along the bold lines shown in bold. Traditional origami does not permit cutting of the paper, but many modern variations incorporate cuts along with the folds. The diagram shows what will eventually be the bottom of the box (Figure 6-12F).
7. Fold up right and left pointed flaps along dotted lines so that they point up (Figure 6-12G).
8. Fold these small flaps in toward each other, toward the bottom of the box (Figures 6-12H and 6-12I).

9. Fold the remaining larger flap down over these two flaps and tuck into the corner (Figure 6-12J).
10. Repeat with the other side (Figure 6-12K).
11. Completed box (Figure 6-12L).

Grading and Adapting

The most common ways to grade this activity are to change the size or thickness of the paper or to select a more or less complex pattern. Anticipate that the client may need assistance with folding precision (Breines, 2006) and/or understanding directions and symbols in written instructions.

To grade down:

- Prefold the paper.
- Use a larger sheet of paper
- Select a simple pattern with only a few steps/folds.
- Demonstrate each step of the process one at a time as the client completes it.
- Use a small amount of glue or clear tape to hold flaps, etc., in place.

To grade up:

- Use a thicker paper. Card stock or other thick paper may have to be scored using a straight edge and a blade before folding, which will increase the motor demand and the complexity of the process.
- Use a smaller paper. This will require more fine motor dexterity.
- Select a more complex pattern.
- Provide only written instructions.

There are numerous other ways to make your own gift boxes; see Resources for more examples.

Documentation

Skills that can be evaluated or addressed with this activity include following sequential directions, attention to task, hand-eye coordination, fine motor manipulation, and visual perception. Origami can also be frustrating, so observe for task persistence and evidence of coping skills.

The following are examples of ways to document the use of various performance skills during the therapeutic use of this craft:

- "The client had difficulty aligning edges due to visual deficits. After cueing by therapist to use fingers to feel the edges (tactile compensation), client performance improved."
- "The client had to be frequently redirected to the written instructions for the activity, demonstrating decreased attention to task and problem solving."
- "The client was able to fold paper precisely, showing improved fine motor manipulation skills."

MAIN THERAPEUTIC APPLICATIONS

Physical Dysfunction

Paper crafts can be structured for almost any setting and any level of function. They are especially appropriate for home health clients because the materials are usually available and affordable. Most forms of paper craft emphasize fine motor skills/distal upper extremity function. The amount of range of motion, dexterity, and strength needed will depend on the method. In general, little strength is required, but endurance (and patience) may be required for repetitive processes or for keeping pieces in a position until the adhesive dries enough to hold. Paper crafts are especially good for clients with cardiac and/or respiratory conditions because little exertion is required. One practitioner described using holiday paper crafts in an acute rehab setting. Clients were able to socialize and make the facility festive while simultaneously working on gross motor, fine motor, and perceptual skills (Schroeder, 2007). Paper crafts may be difficult for clients with hypertonia or lack of fine motor control because paper is easily bent or crushed. Although many paper crafts normally require bilateral hand function, they are a good activity choice for practicing adapted methods, such as using a weak hand as a stabilizer or learning to incorporate joint protection techniques. Because paper is inexpensive, the client can attempt a project multiple times. Another advantage is the relative lack of hazards inherent in some other crafts, such as fumes, dust, or sharp edges.

CONSIDER THIS

CLIENT FACTOR/ PERFORMANCE SKILL FOCUS	SUGGESTED ACTIVITIES
Gross range of motion	Make an origami project using oversized paper. Decorate a mounted bulletin board.
Dexterity	Make a mosaic using colored paper squares. Cut and place items for a scrapbook page.
Upper extremity strength	Mix and form paper pulp into vessels or figures (see Figure 6-9). Cut snowflakes or other decorations from heavy paper, or place a rubber band around scissor handles to increase resistance.

Mental Health

As mentioned previously, because paper is easily torn or crushed, the therapist should be alert to those clients who have a low tolerance for failure, but its low cost allows trial and error if the client is willing to persist in the task. Clients with cognitive impairment or a tendency to persevere may have difficulty judging how much glue to use; applying the glue with a small brush may remedy this problem. Activities with only a few steps, such as stamping, stenciling, simple cutting, or collage, can be accomplished with minimal attention or decision making or problem-solving skills. In community settings or those where clients have a longer length of stay, paper crafts are good for making holiday decorations. The holiday mood of a clinic, dayroom, or communal gathering place is greatly enhanced by the addition of colorful items, such as hanging ornaments, flowers, garlands, streamers, and mobiles.

Simple paper folding can be used to assess cognitive function, such as ability to follow directions, perceptual skills, and emotional regulation, including frustration tolerance. Paper sculpture can be used as a projective test in that clients can be asked to describe their sculptures and what meaning it has for them. One such example is the Magazine Picture Collage, a traditional occupational therapy psychiatric assessment used with adults. The client is asked to create a collage from self-selected magazine pictures and the therapist then makes inferences about mood and other mental health factors based on picture choices and overall task performance. There is some evidence of interrater reliability in interpretation of results (Hemphill, 1999).

CONSIDER THIS

CLIENT FACTOR/ PERFORMANCE SKILL FOCUS	SUGGESTED ACTIVITIES
Specific mental functions—orientation, memory, organizational skills	Make a scrapbook page or pages with pictures of friends, family, familiar places, etc.
Temperament (self-esteem)	Draw a tree trunk or flower stems and glue small pieces of crumpled tissue paper as leaves or flowers (Figure 6-22).
Sensory tolerance	Make a papier mâché or paper pulp sculpture.



Figure 6-22. Crumpled paper design.

Pediatrics

Paper crafts are especially good for children; the material is familiar, and they can use their own creations as imaginative toys. An older occupational therapy assessment, the Lafayette Clinic Battery, uses paper craft to assess developmental skills (Llorens, 1969). They are useful in gaining fine motor skills needed for activities related to academic success, such as scissors use and handwriting (Henderson & Pehoski, 2006; Kuhlmeck, Spitzer, & Miller, 2010). Very young children can tear paper, and as they begin to want to try cutting, rounded scissors minimize safety concerns. Children—or adults with grasp or dexterity impairment—may be successful using loop scissors (Figure 6-23) that can be operated with gross grasp. For younger children, scissors should have small finger holes and have blunt tips but be sharp enough to cut so the activity does not create frustration (Tobias & Goldkopf, 2011). Encouraging children to embellish their paper crafts with paint or crayon will foster creativity and exploration of materials and outcomes. They can build a world, destroy it, and rebuild it, as they do in their fantasies. They can make paper puppets or paper bag puppets that do their talking for them, which is especially appropriate for children having difficulty communicating. They can do paper sculpture, papier mâché, or simple decorated paper projects with little fear of failure. One of the most common problems for children doing paper crafts is using too much glue. Paste or glue sticks may be better for young children, but they do not adhere as well. Children are prone to form top-heavy sculptures, so the therapist may have to assist them in making an adequate base. As children approach adolescence, they want to make more realistic sculptures. See Resources at the end of the chapter for sources of ideas for pediatric and adolescent projects.



Figure 6-23. Loop scissors.

CONSIDER THIS	
CLIENT FACTOR/ PERFORMANCE SKILL FOCUS	SUGGESTED ACTIVITIES
Fine motor control (scissor use)	Make paper snowflake cut-outs.
Following directions	Make a simple origami item, such as a hat or a boat.
Social interaction	Make a magazine (or other) collage in a group.

Adolescents

Because paper constructions are often abstract, teens desiring realistic representations may prefer drawing or painting. However, they may excel at making masks and origami (Gautskell & Hurwitz, 1975), and origami can be used with this age group to foster cooperative or creative behaviors (Breines, 2006). Adolescents, especially girls, are likely to enjoy making their own cards, wrapping papers, and gift tags. They can make handmade paper and incorporate it in collages or items to decorate their rooms. Because the materials are inexpensive and many of the processes are quick, the adolescent can feel free to experiment until he or she achieves the look he or she wants. Picture collages are an excellent means of expressing one's identity or feelings. Teens may also enjoy making paper bead jewelry, paper flowers, or creating a scrapbook of family and friends. Again, the low cost of paper crafts makes them ideal for children or adolescents who may be hospitalized long term; other crafts may be too expensive to use on a daily basis.

Older Adults

Paper can sometimes be used for processes similar to those previously done with fabric. Quilt patterns and appliqué that may have been used by the clients in the past can easily be adapted to paper designs. As a rule, older clients are less likely to enjoy experimentation and those with cognitive deficits can struggle with new learning, so projects that have a familiar structure are most appropriate (Bender & Bello Haas, 2009). Even some of the most disabled clients in nursing homes can successfully complete a simple paper activity, such as gluing precut holly leaves onto a cardboard wreath. Making paper toys for children may provide satisfaction for some elderly clients. When selecting the type of paper craft, the therapist should consider visual demands, such as having to copy a design, and cognitive demands, such as the number of steps or the need to following written or verbal directions. For example, after set-up, papier mâché is a simple repetitive process that requires little or no vision and few cognitive skills and yet provides upper extremity exercise and tactile stimulation. Origami may be difficult for some clients due to the precision and

sequencing required and making the well-defined creases could be stressful to the small joints of the hand. Although they may seem minor, paper cuts can be painful and annoying and have the potential to create greater problems for elderly clients who heal more slowly.

Groups

Paper crafts are a good choice for group activity. Large projects, such as bulletin boards, can be done as a collaborative effort, or individuals can work on separate items for a community purpose, such as holiday decorating or making paper flower bouquets for table centerpieces. Groups of elderly clients could make greeting cards for sick children, or vice versa. The concept of making something for others will often entice someone to participate who would otherwise decline the activity (Breines, 2009). Clients could make papier mâché or other paper-type masks to use in a group dramatic production, or could make abstract paper constructions such as collages as a means of sharing thoughts or feelings in a social interaction session.