

Activity: Mindful Weaving

To create your own loom:

Step 1: Find a sturdy piece of cardboard, any size

Step 2: using a ruler, find and mark the middle of your cardboard. Mark every 1/2" across stopping 1" from the edge.

Step 3: Repeat on the opposite end of cardboard. Cut markings with scissors or exacto knife, 1/2" depth.

Step 4: cut two pieces of cardboard that are 1" tall and as wide as the end with the cut tabs you just made.

Step 5: glue these pieces just under the cut tabs. These pieces will help ease tension on your cardboard tabs.

To weave with intention:

-Now that we have our loom created we can stop and take a breath as we begin this journey. As we begin putting on the warp, which provides the structure for the weaving, take a moment to think about what provides structure in your life. Who/what relationships support you? What thoughts are there cycling as the mental structures? Which places do you frequent that make you feel supported?

-With these answers in mind, begin the warp by knotting the yarn behind the first tab of the loom(-step 6). Once secure pull warp across the loom and around the opposite tab and back again (step 7). While doing this visualize those people, places and things that provide structure for your life. Imagine them stepping into to hold place of this warp, how do they look all together?

-Once to the final tab, secure the warp with a double knot at the back of the loom (like in step 6)

-Choose materials for your weft, the material weaving in and out of the warp. Any type of yarn will work, so will fabric strips, plastic bags or paper strips

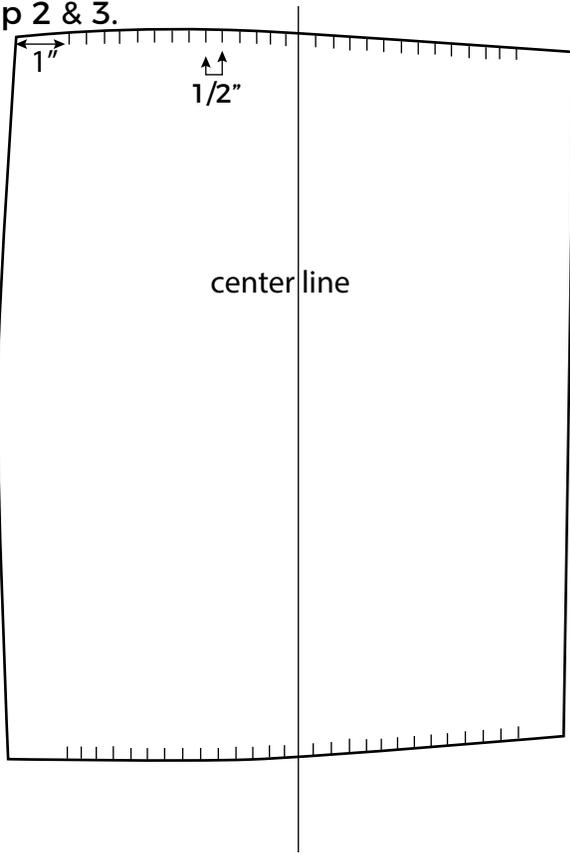
-Insert weft moving over warp, under warp, over, under and repeat till the end. As you move your yarn through the warps imagine yourself as the weft moving through the structures of your life.

-Allow your mind to fall into the repetitive motions of over/under and just be witness to where your mind goes. And when it feels like you've wondered off into thought, bring yourself back to the weaving and the motions of over/under.

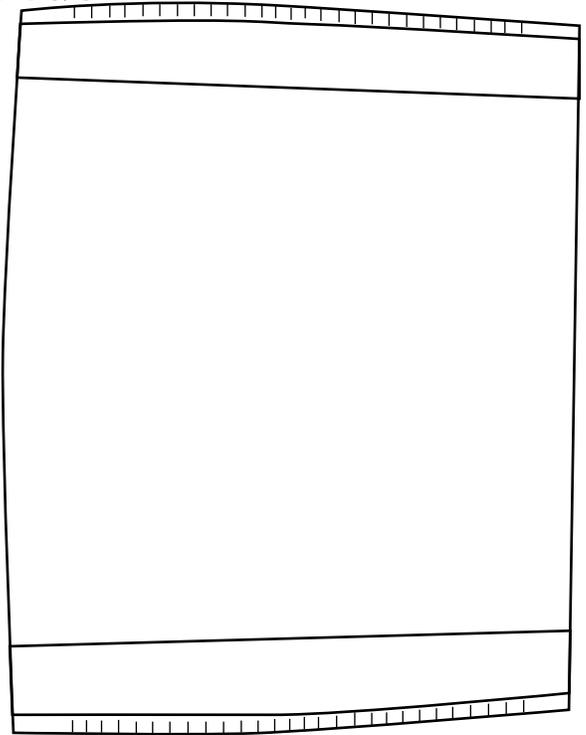
-Once finished cut the warp threads to release the weaving, knot ends to keep secure.

-With the cloth off the loom, play with the fabric and ask yourself: how does the cloth feel? What new textures do I notice? How did my chosen materials interact with the warp yarn? How does the cloth represent my mental space when weaving? What did I learn from this process?

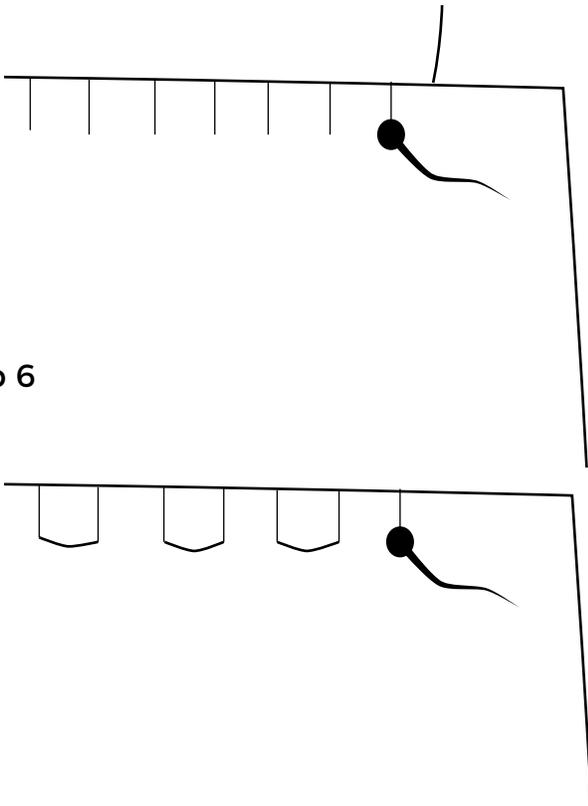
step 2 & 3.



step 4 & 5



step 6



step 7

