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Patterns and directions are given for making self-help toys for cerebral palsied and other handicapped children. The toys are designed to entertain and to develop muscle coordination and finger-elbow dexterity, teach self-help skills such as dressing, stimulate visual perception, encourage hand grasps and eye-hand coordination, motivate speech, and give dramatic play. Illustrations and directions are given for the construction of 38 toys. 10 additional toys and 11 kits for play activities are also suggested. (DF)

Alpha Chi Omega

TOY BOOK

Self-Help Toys to Make for Handicapped Children

ALPHA CHI OMEGA

TOY BOOK

1967 EDITION

PUBLISHED BY ALPHA CHI OMEGA FRATERNITY

FOREWORD

To Self-Help Toy-Makers

This third edition of the Alpha Chi Omega Self-Help Toy Book is dedicated to the happiness and welfare of the cerebral palsied and other handicapped children of our country. It contains a selection of patterns and directions for making therapeutic toys which will teach and train as well as entertain. Not available on the commercial market, these toys can be made easily and inexpensively at home or at group meetings with ordinary materials and without expert sewing or woodworking ability.

Many organizations co-operate on the toymaking – each member doing what she (or he) likes best, or has a talent for, such as cutting, sewing, painting, or woodworking. We have chosen the most used patterns from our first and second editions and added to them new patterns.

The functions of these toys are to: (1) develop muscle co-ordination, (2) teach self-dressing and self-reliance, (3) aid finger and elbow dexterity, (4) stimulate visual perception, (5) encourage hand grasp and hand-eye co-ordination, (6) motivate speech effort, and (7) provide dramatic play.

Therapists and teachers in schools and clinics will advise parents regarding the proper toys for home use. These toys have all been approved by the Professional Advisory Committee, set up by the National Society for Crippled Children and Adults for the Alpha Chi Omega Toy Project.

It is the hope of the Alpha Chi Omega Fraternity that many of you who receive this booklet will help a handicapped child further toward normalcy as well as brighten his hours with entertainment, by making some of these toys.

Additional copies of this booklet are available free of charge at the Alpha Chi Omega National Headquarters, 3445 Washington Blvd., Indianapolis, Indiana 46205.

Third Edition
October, 1967

YOUR TOYS

MUST MEET THESE STANDARDS

Established by the Professional Advisory Committee to the Alpha Chi Omega Self-Help Toy Project

1. Variations in these toys are permissible in colors, fabrics, base boards, game designs, etc., but the basic principle of the toys shown on these pages should be closely followed.

2. The toy must be SAFE. Lead-free non-poisonous paints, no sharp corners, no rough splintery wood edges. Smoothly finished. This is important for many of the cerebral palsied children cannot control their movements and can be easily injured.

3. The toy must be able to be sterilized and washed easily and effectively. This is important because the toys are handled by many children.

4. The toy should be of good quality material, sturdy and well built. This is important as the toys take abuse, are knocked off tables and thrown around with random movements. Easily broken, fragile toys only add to irritation.

5. The toys should be easy to handle, easy to grasp.

6. When a toy has fitting parts, such as a peg or form toy, the parts should fit together accurately and easily. Once a peg is dropped into a hole, the hole should be of sufficient depth to hold it. If peg toys have too shallow holes, the pegs can be dislodged by the slightest unco-ordinated movement.

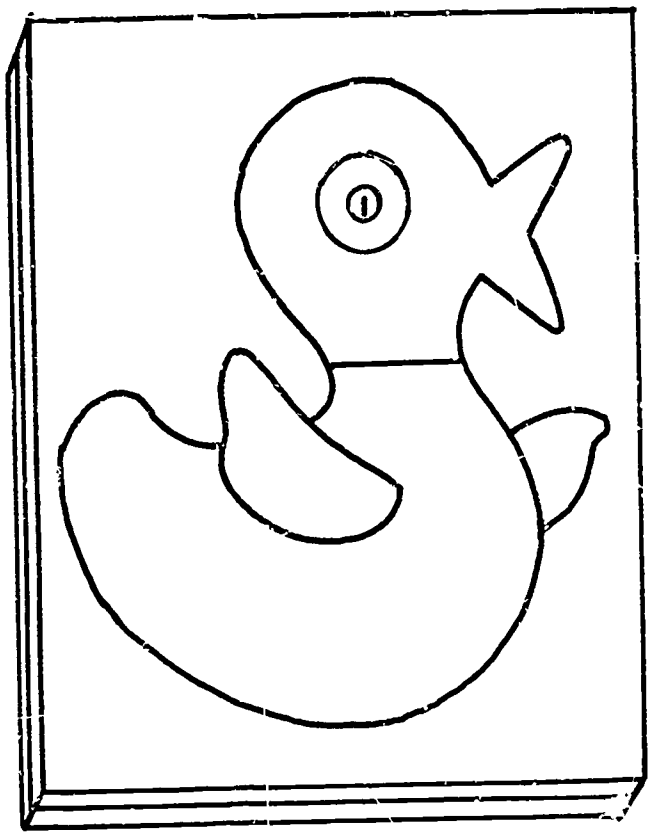
7. A hard finish enamel with an overcoating of Spar varnish will furnish a durable surface for toys which need frequent washing.

8. No eyes should be made of buttons.

9. Contrasting colors provide best visibility. Movable parts, such as buttons (for "learning to dress" exercises), should be contrasted with the stationary background.

JIG SAW PUZZLES

Mu Mu, Kansas City, Missouri



Directions

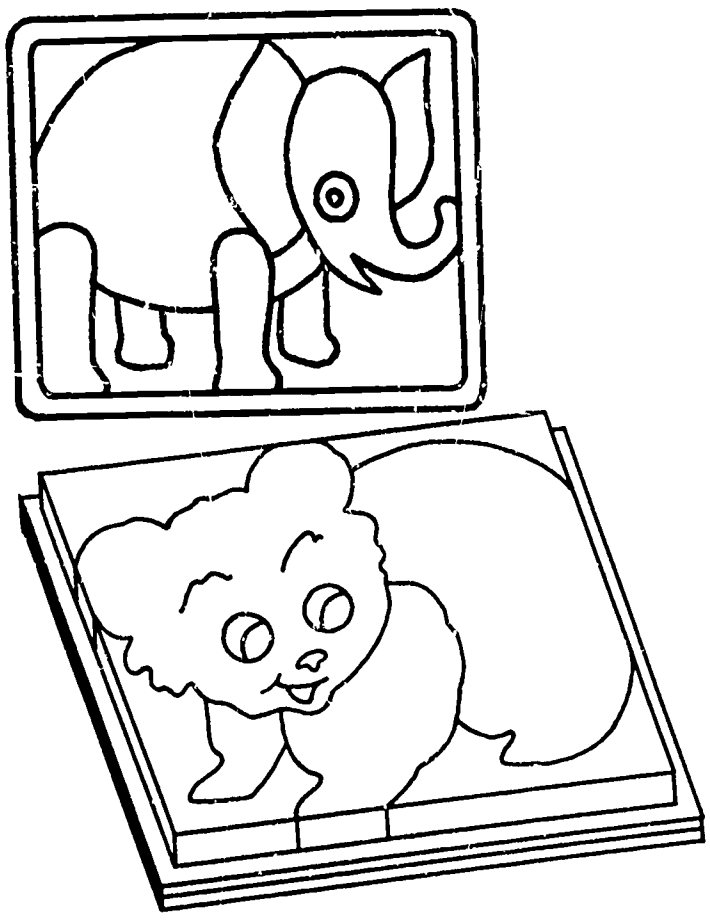
Draw simple outline pictures on board of ¼" or ⅜" plywood; do not bring any lines to edge of board. Suggested sizes: 8½" x 10", 10" x 12", 12" x 15".

Saw out the parts of the picture. Unless one is equipped with fine drill and blades, so that cutting can be started right on a line of the picture, one can saw in from one edge to get started and later fill this cut.

Glue and tack the background (in one piece) to another piece ¼" plywood of the same size; sand edges and corners. Halves of spools make good knobs.

Paint entire base, both sides, in one color; paint puzzle pieces in attractive bright colors.

Value – Helps child recognize shapes and increase dexterity of hands. Also helps build vocabulary by association, repetition, and auditory stimulation.



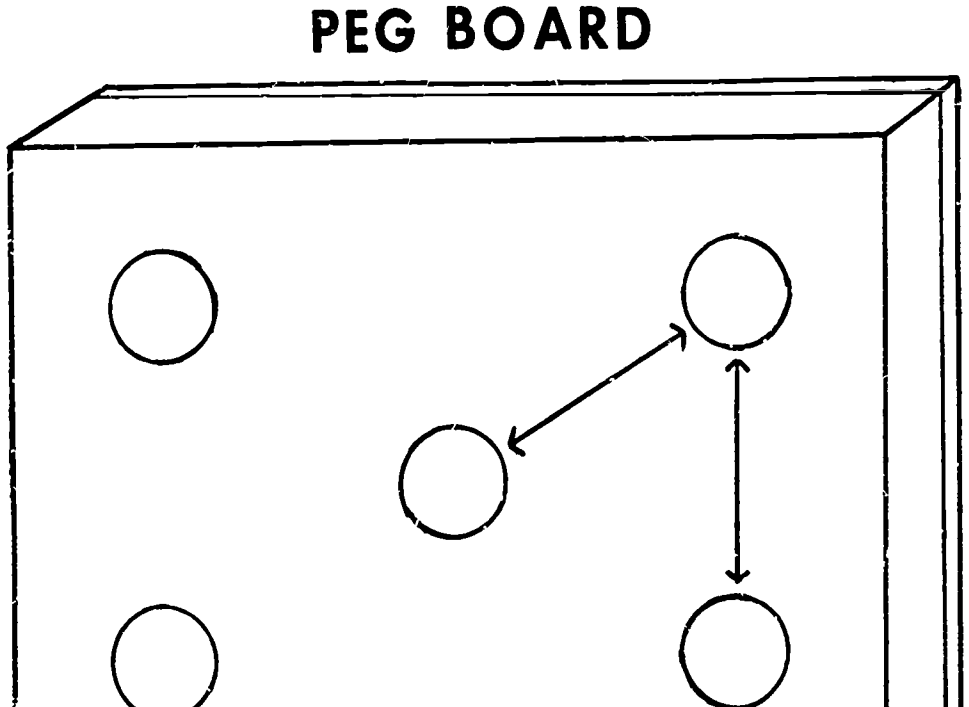
More Complex Puzzles For Various Ages

Cut simple jig-saw puzzles from ¾" plywood about 8½" x 10". Make a base of ¼" plywood, with rim of ¼" plywood into which puzzle will fit. Halves of spools make knobs that can be part of the picture, as eyes for animals, pompons on clown's suit, etc.

Cut very simple puzzles of three to five sections (left) for children 18 months to four years, increasing number of pieces (upper left) for older children.

The base can be omitted, but it is helpful for the child to have a frame into which the puzzle pieces can be fitted.

PEG BOARD



Lambda Lambda, Grand Rapids, Michigan

Directions

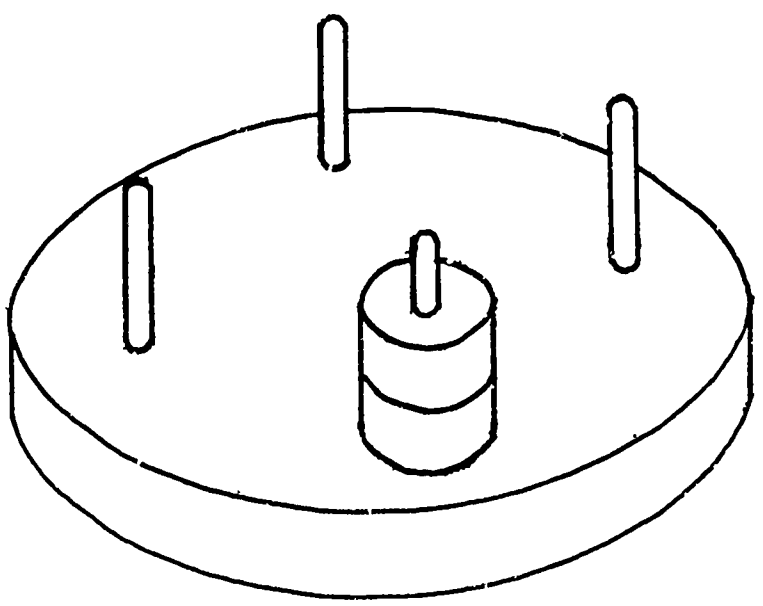
Cut a base board about 10″ x 12″ of 1″ to 1½″ thick stock. Drill holes for pegs according to the following instructions. If 1″ thick lumber is used, the holes may be drilled clear through and the base then mounted on a ¼″ piece of plywood.

Pegs – round or square – 1″ to 2″ in diameter. Pegs to be *tight* fitting into holes about 1″ deep so have to have a good grasp to get them out – also good aim to get them in.

Each peg should be at least 3″ from any other peg on board so child does not knock out other pegs with involuntary motions; the arrows indicate measurements that should be at least 3″. Use no more than 6 pegs on a board.

Most important points are that pegs fit tightly into holes and distance between pegs.

Value – To improve ability to grasp and aim, and help eliminate involuntary motion.



SPOOL BOARD

Directions

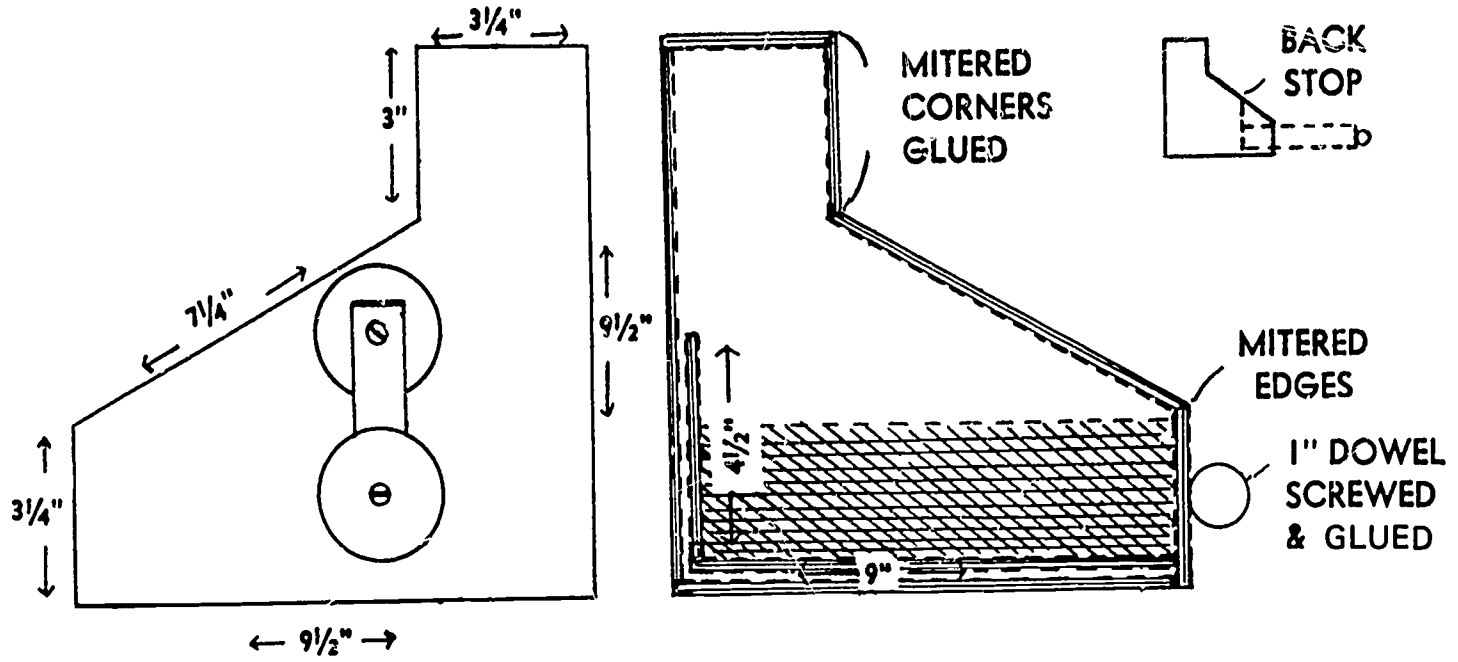
Cut a 10″ circle of 1″ stock for base. Drill holes, insert and glue four pegs of ¼″ dowel as shown, making dowels long enough for either two or three spools each, as desired. Various kinds of wooden spools—adding machine tapes, postage meters, paper rolls – can be used for toys.

Paint the spools for each peg a different color. The base and pegs can be all one color, or the pegs can be of different colors to match the spools.

CASH REGISTER

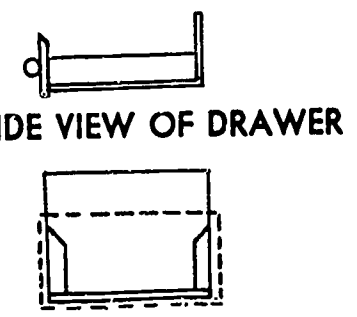
Omicron Omicron, Minneapolis-St. Paul, Minnesota

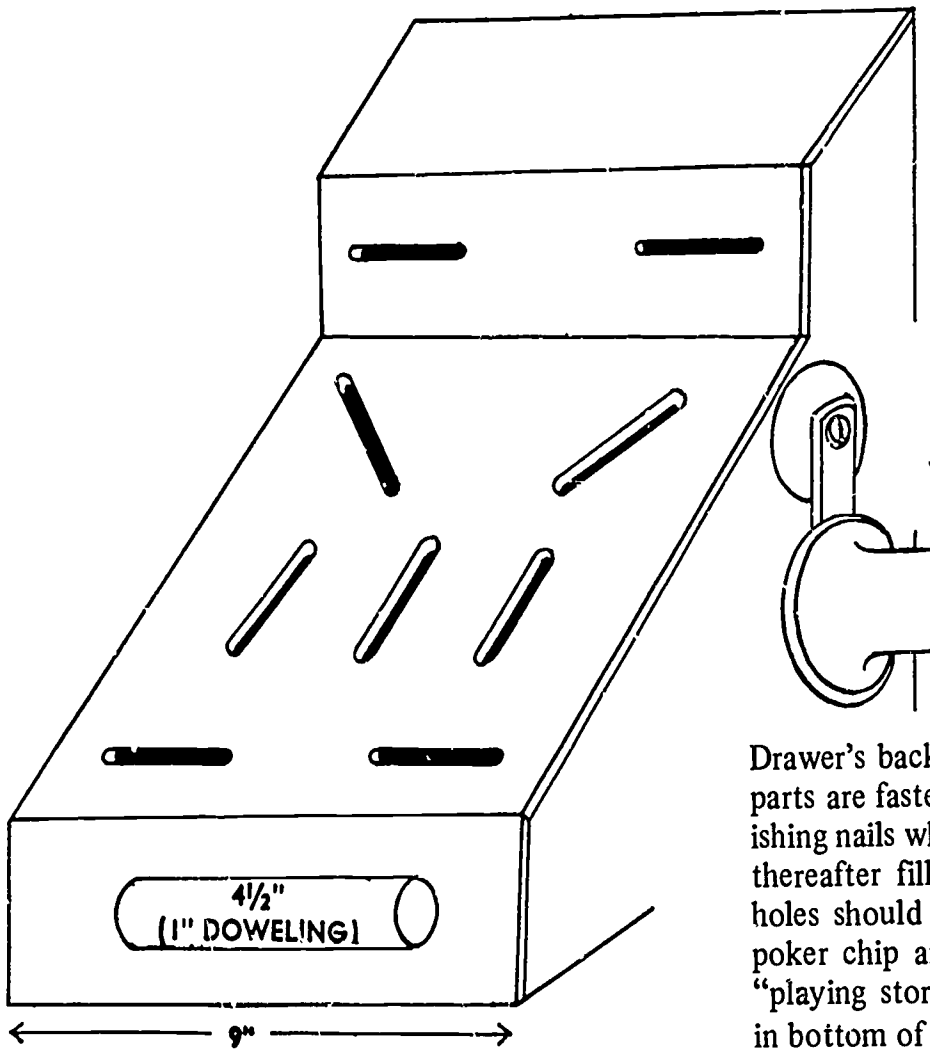
Value – Exercise for arm and wrist motion, and to increase dexterity in aiming.



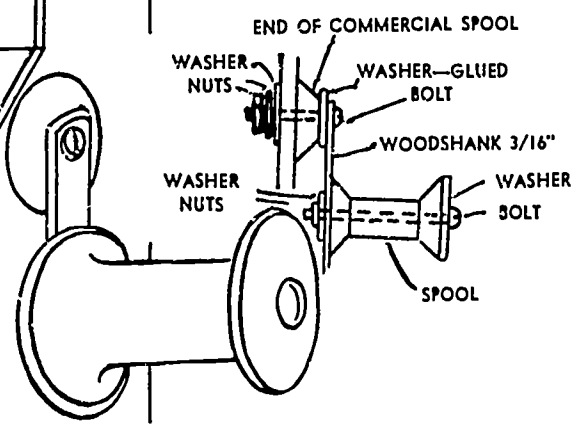
Directions

Sides of cash register are ¾" stock, all other parts of 3/16" plywood. Sides of drawers of ¾" stock. Crank is constructed of a large commercial size spool fastened to a shank of solid wood fastened to an end of a large commercial screw glued to side of cash register and bolted to inside. Crank and drawer must be assembled and installed before slotted fronts are installed.

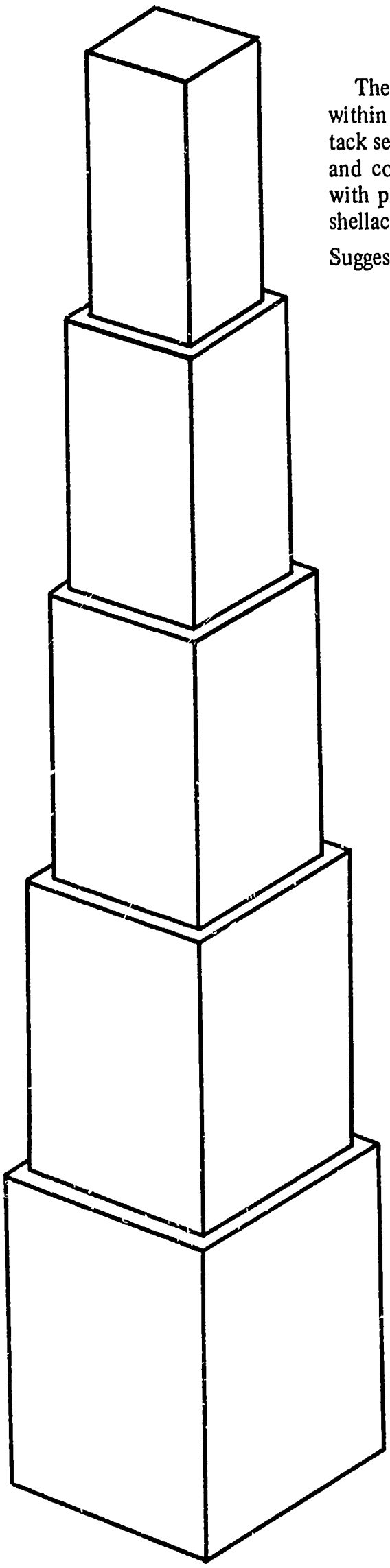




Front view of drawer without front panel. Note slant of sides to help poker chips slide to bottom.



Drawer's back stop prevents its removal. All parts are fastened together with glue and finishing nails which are counter-sunk, the holes thereafter filled with plastic wood. Slotted holes should be of generous size to admit a poker chip and sanded. Picture relating to "playing store" or "banking" can be pasted in bottom of drawer and shellacked. Bell can be attached to crank on inside.



NEST OF LARGE BLOCKS

These blocks can be stacked one upon another or fitted one within another. Blocks are made of ¼" plywood. Glue and tack securely with heads countersunk. Sand off all sharp edges and corners. Paint each block a different color and decorate with pictures from children's books, glued and given a coat of shellac.

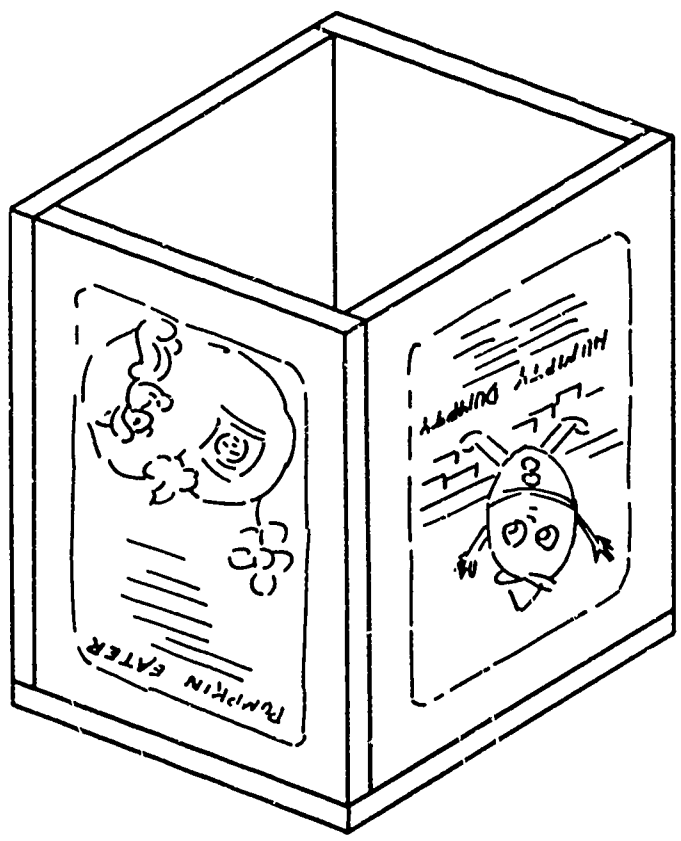
Suggested dimensions:

Block 1 – 4 sides, each 7¼" x 8¼"
1 top, 7½" square
Block 2 – 4 sides, each 6½" x 8"
1 top, 6¾" square
Block 3 – 4 sides, each 5¾" x 7¾"
1 top, 6" square
Block 4 – 4 sides, each 5" x 7½"
1 top, 5¼" square
Block 5 – 4 sides, each 4¼" x 7¼"
1 top, 4½" square

A graduated set of vegetable or coffee cans, from size 2½" up, is excellent for size and form perception. Remove tops with can opener which leaves smooth edge; clean and paint cans in various colors.

Value – Both of the above are excellent for form and size perception.

Mu Mu, Kansas City, Missouri



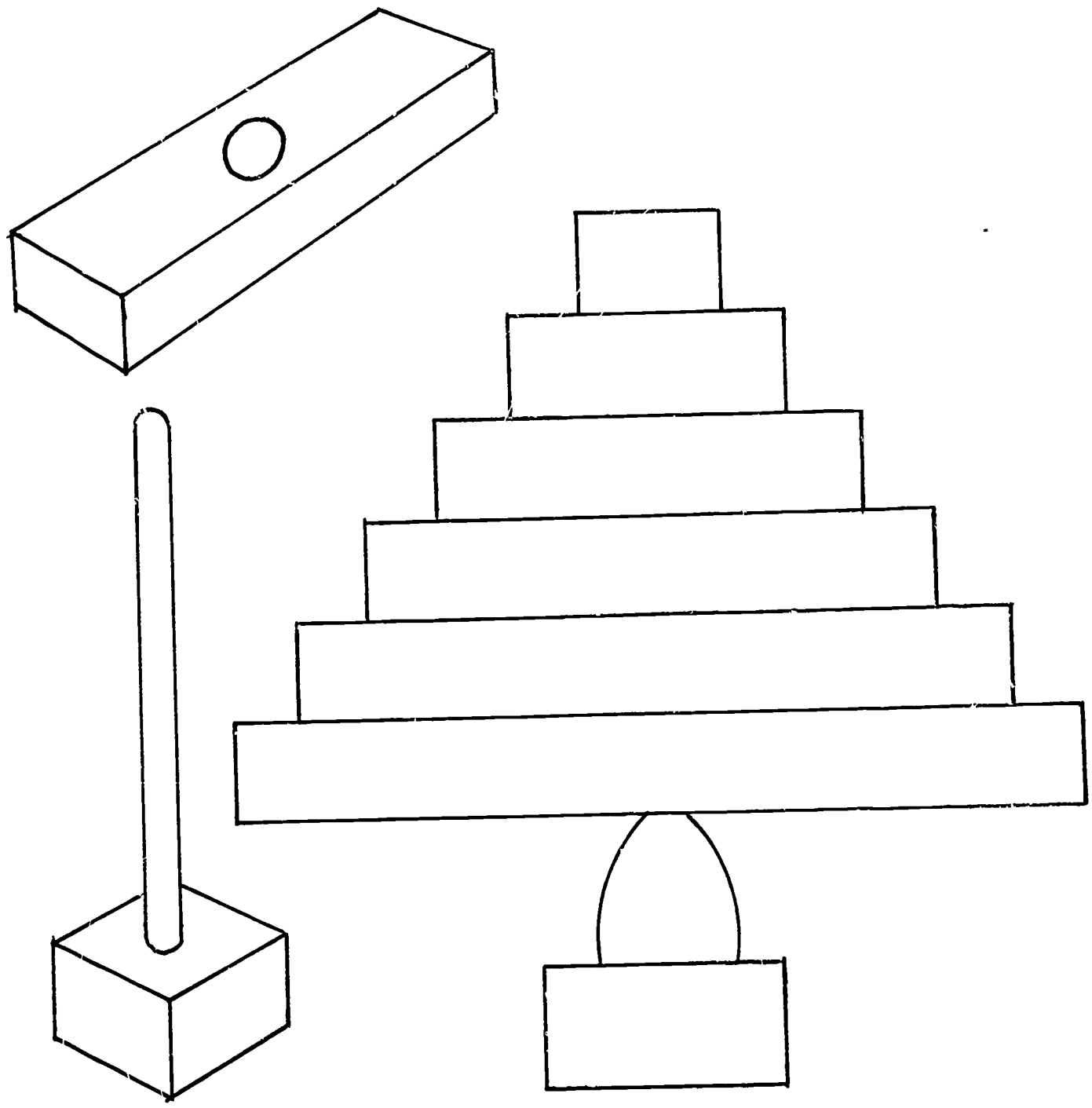
BLOCK TREE

Directions

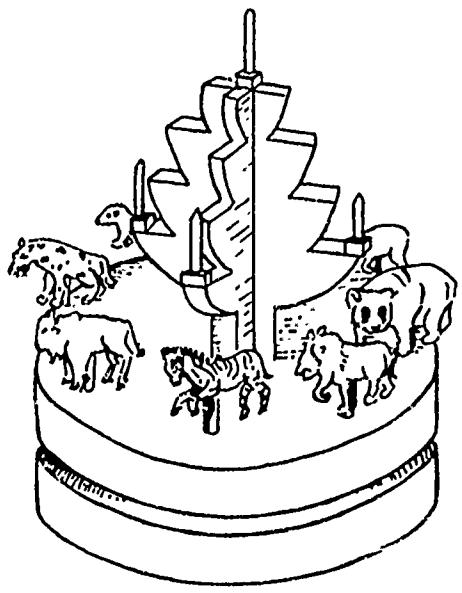
The base is a square block of 2″ x 4″ lumber, with a ⅝″ dowel inserted and glued in the center. The "trunk" of the tree is a wooden spool from a roll of wrapping paper. The sections of the tree are cut from 1″ x 2″ stock, with a ¾″ hole drilled in the center of each piece. The lengths of the pieces are 12″, 10″, 8″, 6″, 4″ and 2″.

Sand and round all edges and corners, and paint each piece a different color.

A taller tree can be made with a longer dowel and five additional sections measuring 11″, 9″, 7″, 5″ and 3″.



VARIETY TOY



It's a Birthday Cake,

a Christmas Tree,

a Merry-Go-Round!

Value – Fascinating because of its changeableness, the Variety Toy promotes grasping and placing dexterity.

With large center candle, and smaller ones in holes around the side, it is a birthday cake. With tree in center hole and animals all around, it becomes "Christmas," or a gay canopy can be fitted over the large center candle, making a circus tent or merry-go-round.

Omicron Omicron
Minneapolis-St. Paul,
Minnesota

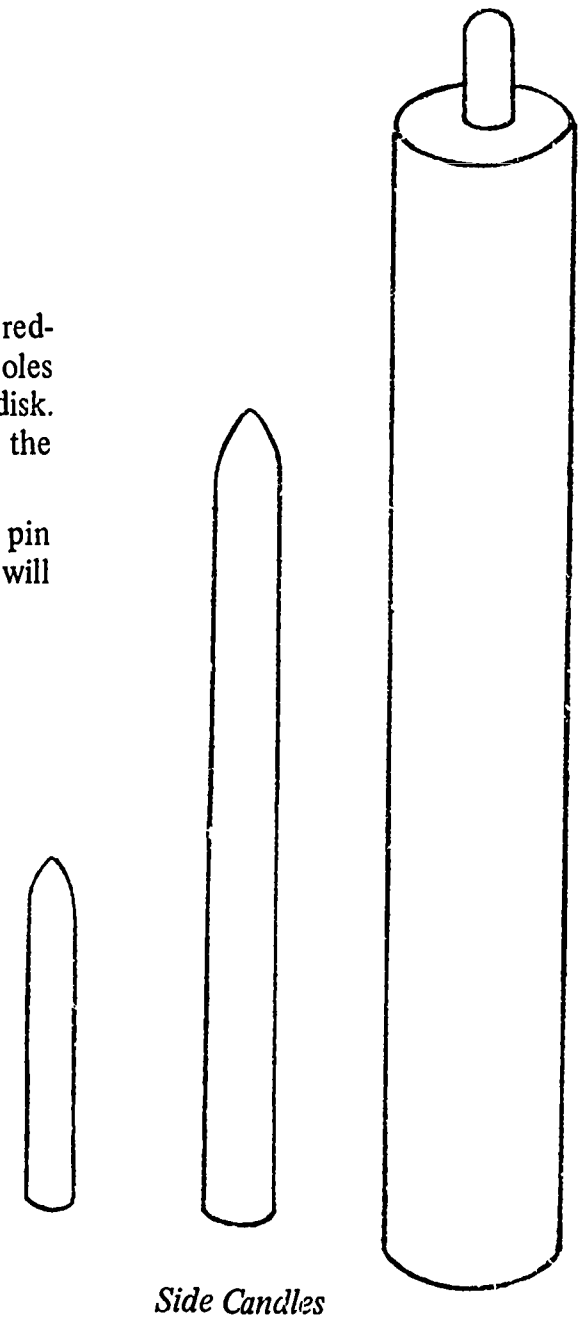
VARIETY CAKE

Directions

Cake Base – Cut two 9″ diameter disks from 2″ x 10″ redwood or any lightweight wood. Drill eight ⅜″ holes equidistantly, one inch inside the circumference of one disk. In the center of the same disk drill one 1″ hole. Sand the outer edges of both disks.

The two disks may be fastened together, but a pivot pin in the center of the lower disk, on which the upper disk will turn, will make the toy more effective.

Candles – Cut one 1″ dowel six inches long. Into the center of one end of this dowel, drill a ¼″ hole and insert and glue a piece of ¼″ dowel so that it extends about 1″ above the larger dowel, making the wick of the large candle. Cut eight ⅜″ dowels 4 ½″ long; taper one end to resemble a candle tip. Cut five ¼″ dowels about 1 ¾″ long for Christmas tree candles. Taper one end.



Candles for Christmas Tree

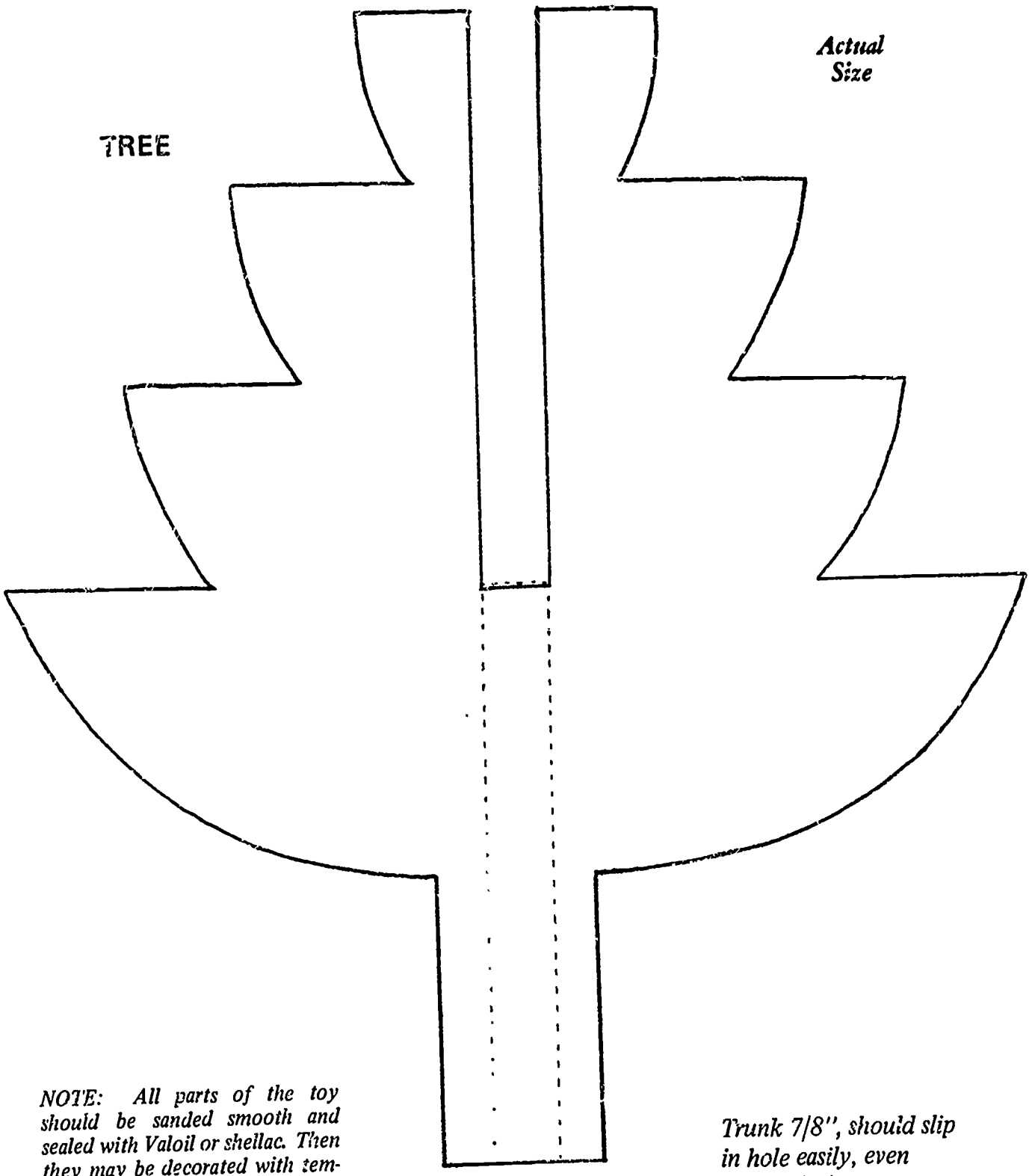
Side Candles for Cake

Center Candle for Birthday Cake

(See next two pages)

TREE

Actual Size



NOTE: All parts of the toy should be sanded smooth and sealed with Valoil or shellac. Then they may be decorated with tempera paint and varnished.

Trunk 7/8", should slip in hole easily, even after painting.

Tree -- From ⅜" plywood cut two trees, 6" tall and 5 ¾" wide. See diagram. Draw two lines ⅜" apart down center of both trees. On these lines cut one tree from top *down* to the middle of the tree. On the other tree cut from the bottom *up* to the middle of the tree. In the pattern, the *solid* center lines indicate the cut for one tree, the *dotted* lines for the other. Cut out of ⅜" plywood five ¾" squares. Into each square, drill a ¼" hole. Fit and glue the two trees together. Nail and glue the squares onto the ends of the four bottom branches and center top for candle holders.

Animals (see next page) – with a coping or jig saw, cut desired animals approximately 1 ½" x 2 ½"in size, from ¼" plywood. See diagram. Cut eight pieces of ⅜" doweling 3 ¼" long. On one end of each piece make a saw cut extending about ⅝" down the center of the dowel. Remove half, leaving a notched end. To this nail and glue animals.

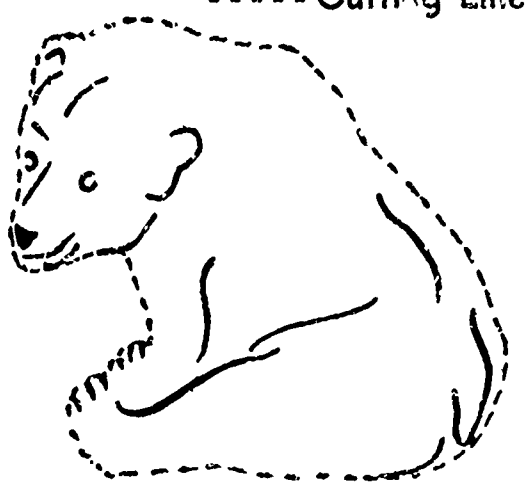
A Canopy may be added to the toy for a merry-go-round; cut a circle of chintz, paint with stripes, bind to a wire hoop at the edge and a curtain ring at the center, and set the canopy on the large candle as a center pole.

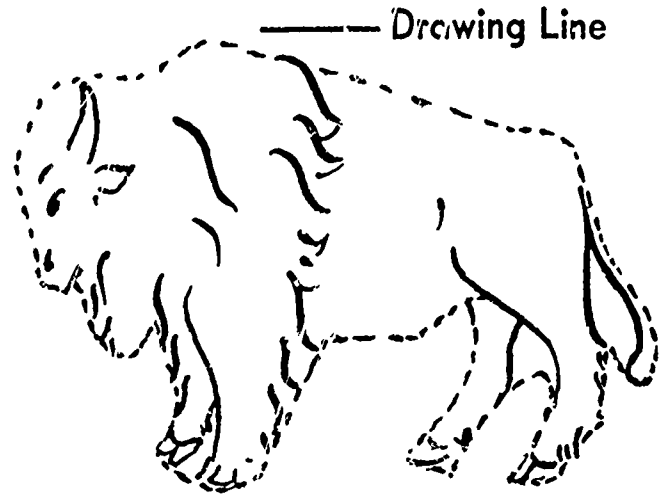
Variety Toy (continued)

ANIMALS

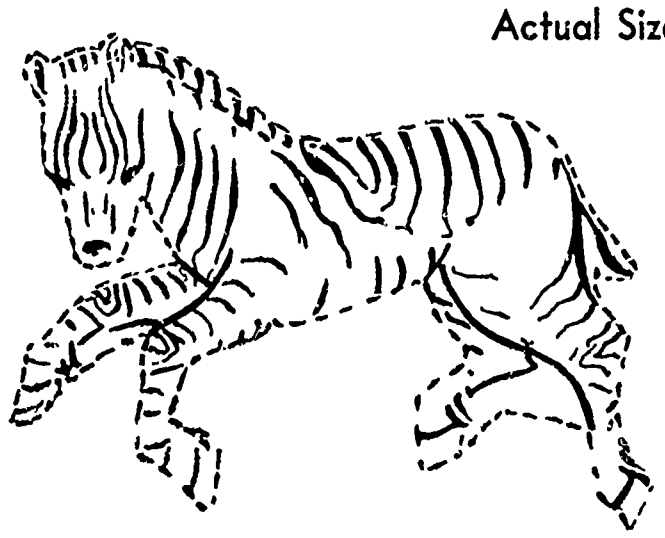
----- Cutting Line

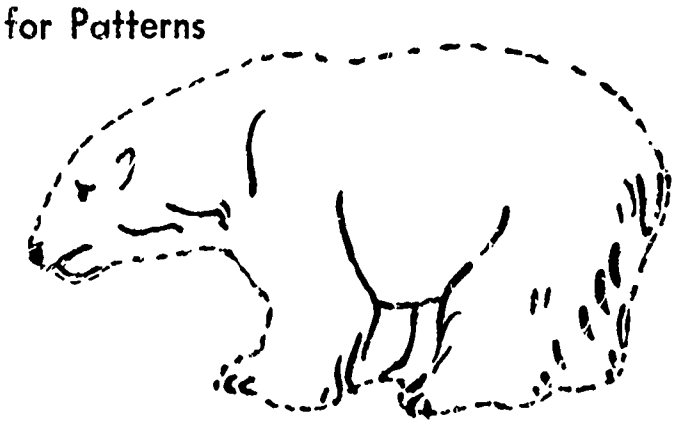
——— Drawing Line

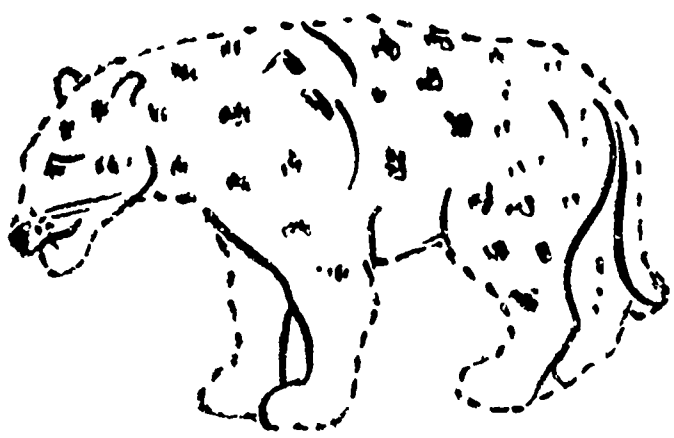


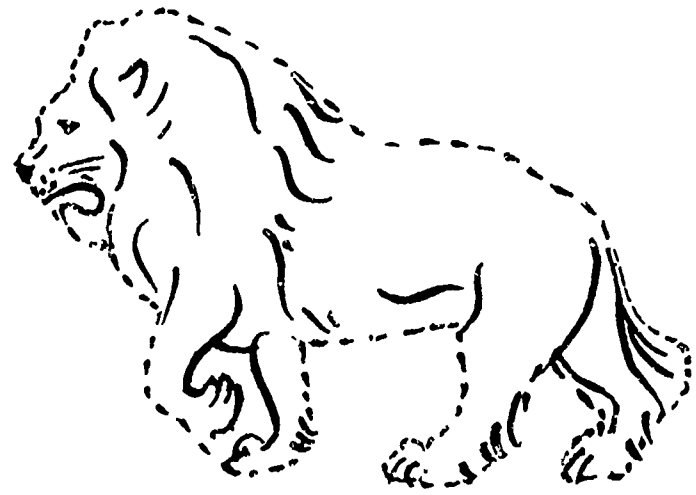


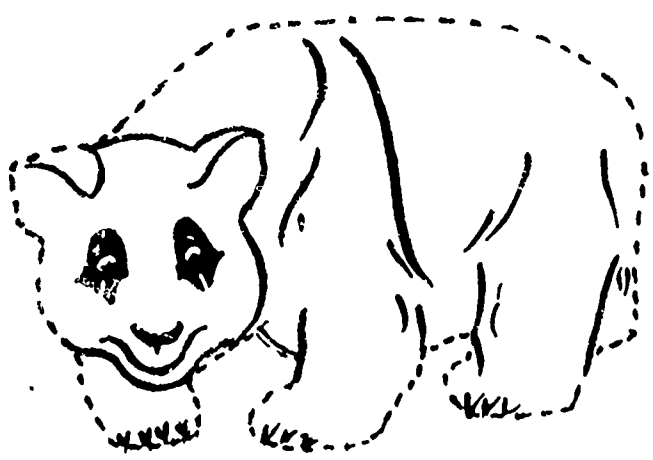
Actual Sizes for Patterns

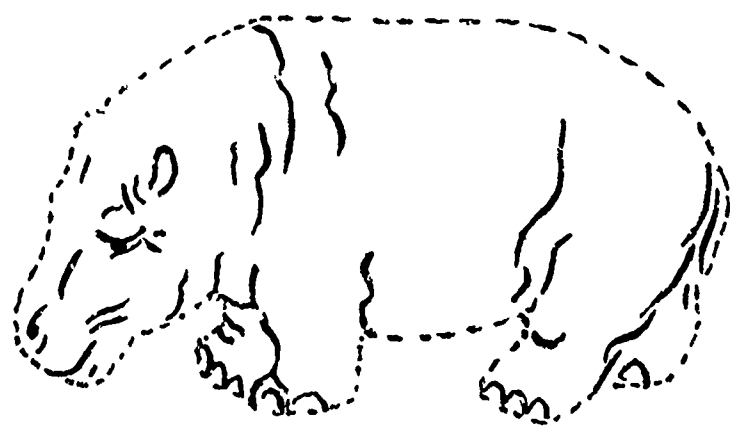












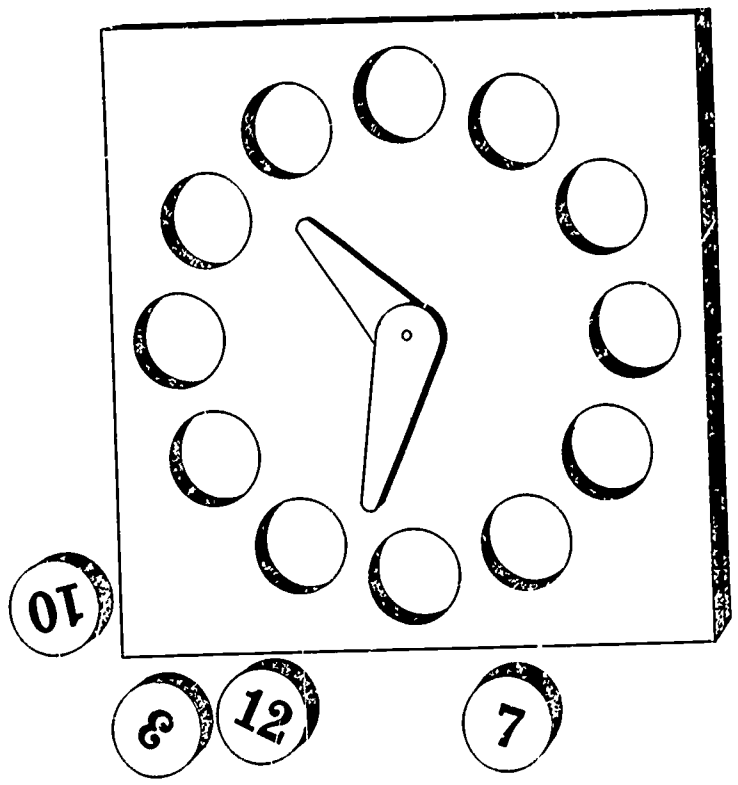
CLOCK

Directions

On a 12" square of ¼" plywood, draw circles where clock numerals would be; the circles can be about 1 ¾" in diameter. Cut out the holes. Using thicker wood, ½" to ¾", saw disks to fit the holes. Sand all edges.

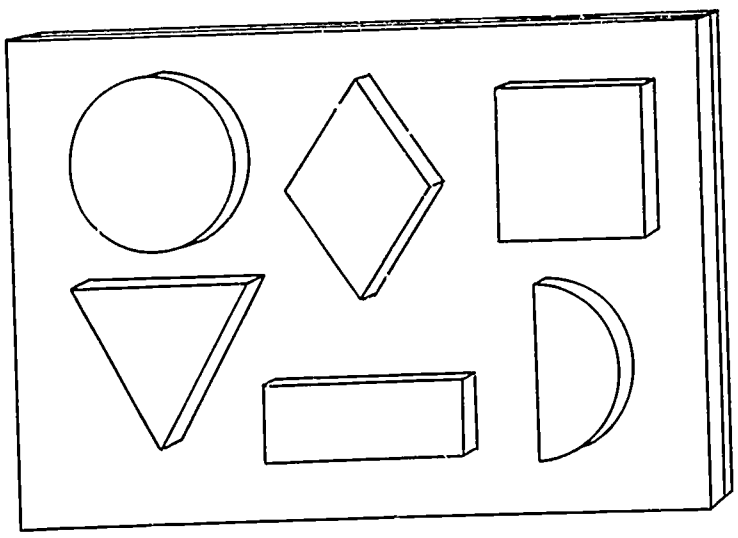
Paint the disks with numbers from 1 to 12, or use large calendar numbers glued on and shellacked.

Cut the hands from ⅛" plywood. Screw or bolt them in center of clock. The whole clock may have a backing piece added, another 12" square of ⅛" or ¼" plywood, so that the disks will not fall through the holes.



Value – In addition to teaching how to read numbers and how to tell time, the clock aids in improving grasp, aim and direction.

FORM BOARDS



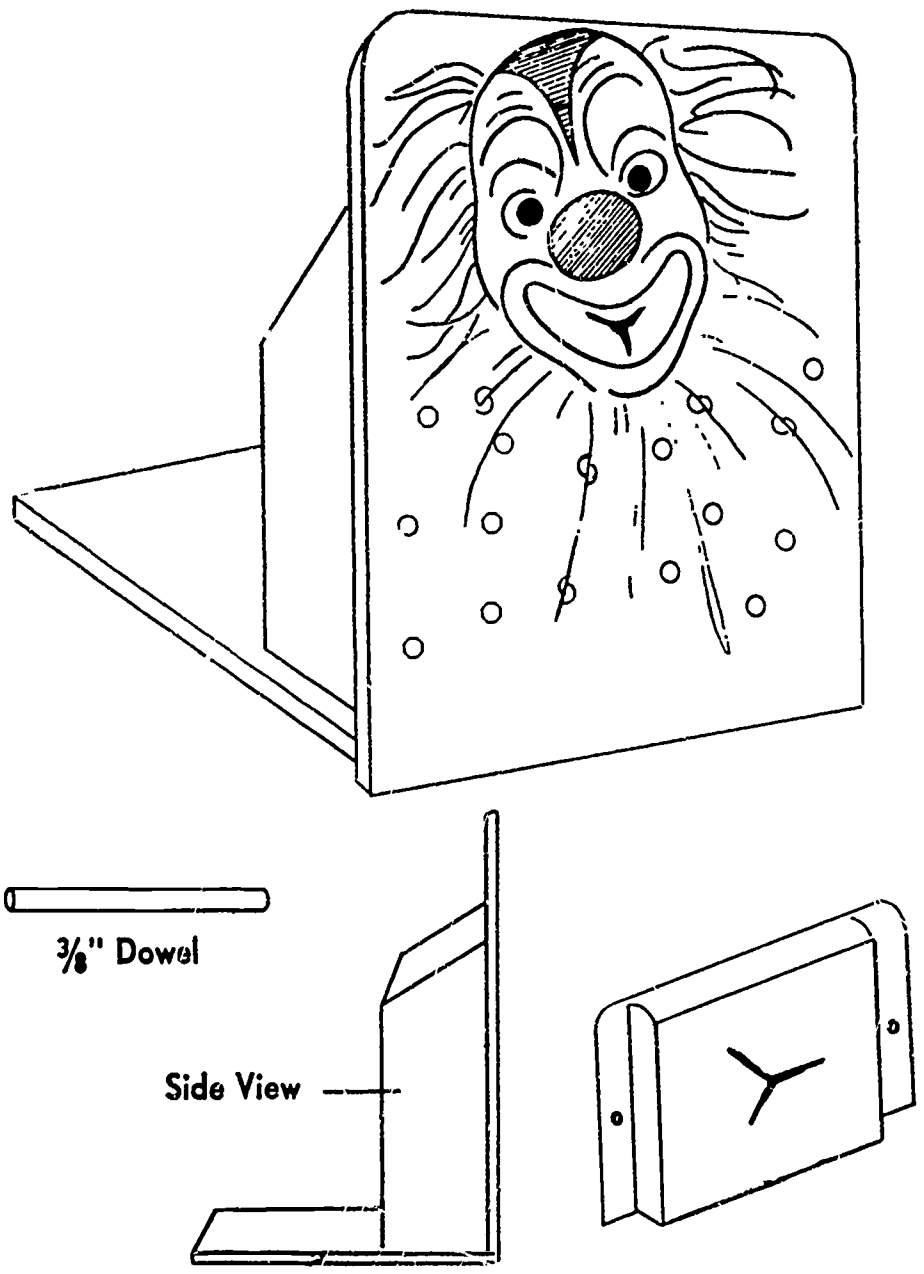
Directions

Cut simple geometric shapes (as illustrated) from ½" plywood; the longest dimension should be about 3". Place the forms on a 10" x 15" piece of ¼" plywood and trace around them. Cut out the shapes, then glue the board to a 10" x 15" backing piece of ⅛" plywood. The forms fit in and out of the cut-out spaces. Knobs made of spool halves, screwed to the center of each form, may be added for easier grasping.

There are endless variations of the form board; geometric shapes need not be used. The forms may be simplified shapes of everyday objects as shoe and chair. A set of simple fruit shapes, as apple, lemon, orange and pear, painted in appropriate colors, may be used. Or a set of forms may be devised that can be used in telling a story.

From First Edition

BOZO BOARD



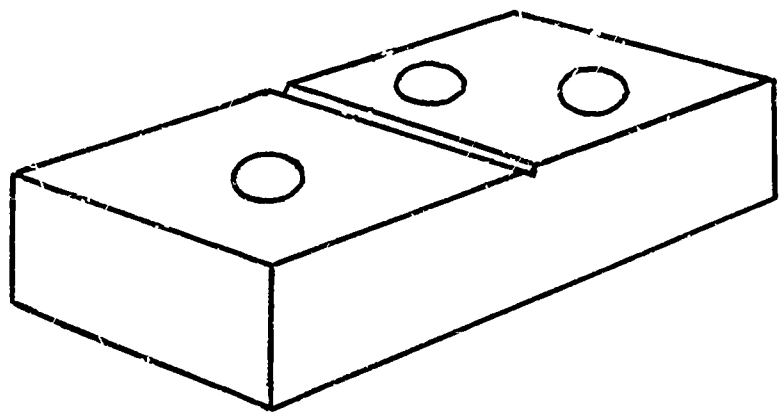
Directions

Paint a clown face on large board built with boxed back. Saw out the mouth opening through which child feeds "candy sticks" (brightly painted 3/8" dowels). Insert a dowel-gripping piece behind the mouth to hold the stick pushed through with the child's open palm and wrist extended. Final push with finger makes Bozo swallow the stick.

The grip piece can be bought, or can be made of a piece of tire innertube, carefully slashed as shown to allow sticks to be pushed through.

Value – This toy is helpful to motivate swallowing. When Bozo swallows the stick (clatter when dowel falls to bottom of box) the child also swallows. Also helps child's reach and grasp.

OVERSIZE DOMINOES



Directions

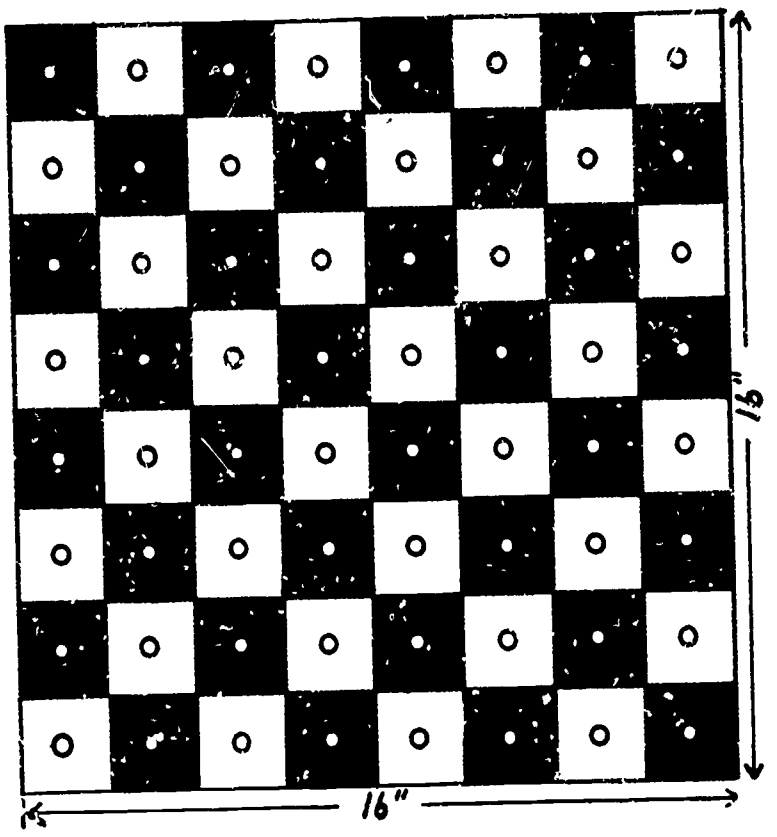
Get 2 ¼" x 1 ⅛" stock and saw into 4 ½" lengths. 28 dominoes are needed for a set from double blank to double 6; 55 for a set including double 9. Cut groove across middle of each domino. Sand off corners and edges. Drill shallow holes with ½" bit for spots; wood putty will fill and smooth bottom of holes.

Shellac but do not paint dominoes. Paint spots in different colors, as 1's red, 2's yellow, 3's blue, etc.

Value– For counting in speech therapy, for matching in eye training, as well as for learning numbers. This is an excellent toy for use on the floor, which is desirable in some therapy.

PEG BOARD CHECKERS

Kalamazoo, Michigan, CP Center



Directions

The board is a 16" square of ½" plywood, marked into 2" squares and painted in two colors. A ¼" diameter hole is drilled in the center of each square for the peg. Pegs are made of spools with ¼" dowel inserted. Actual checkers can be used, secured to the top of ¼" dowel sticks with glue and screw.

Value–This is the most popular toy of the Kalamazoo, Mich., Cerebral Palsy Center and is especially good for older children. The game itself inspires them to want to excell in it – competition is good therapy. It also aids in improving grasp and aim, teaches direction.

TIC-TAC-TOE GAME

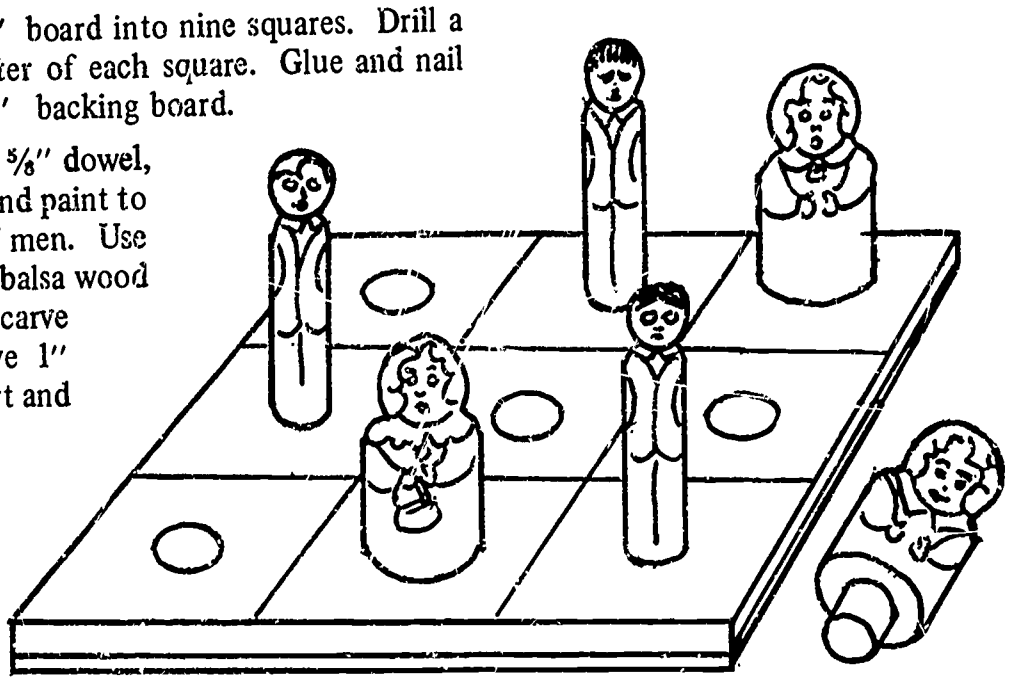
From First Edition

Directions

Mark a 12" x 12" x ¾" board into nine squares. Drill a ¾" hole through the center of each square. Glue and nail board to a 12" x 12" x ¼" backing board.

Cut five 4 ½" pieces of ⅝" dowel, carve them to make heads, and paint to make the simple figures of men. Use five 2" x 2" x 3" pieces of balsa wood for the figures of women; carve heads and paint. Cut five 1" pieces of ⅝" dowel. Insert and glue one dowel ¼" into the base of each balsa woman.

Plain pegs may be used instead of the figures.

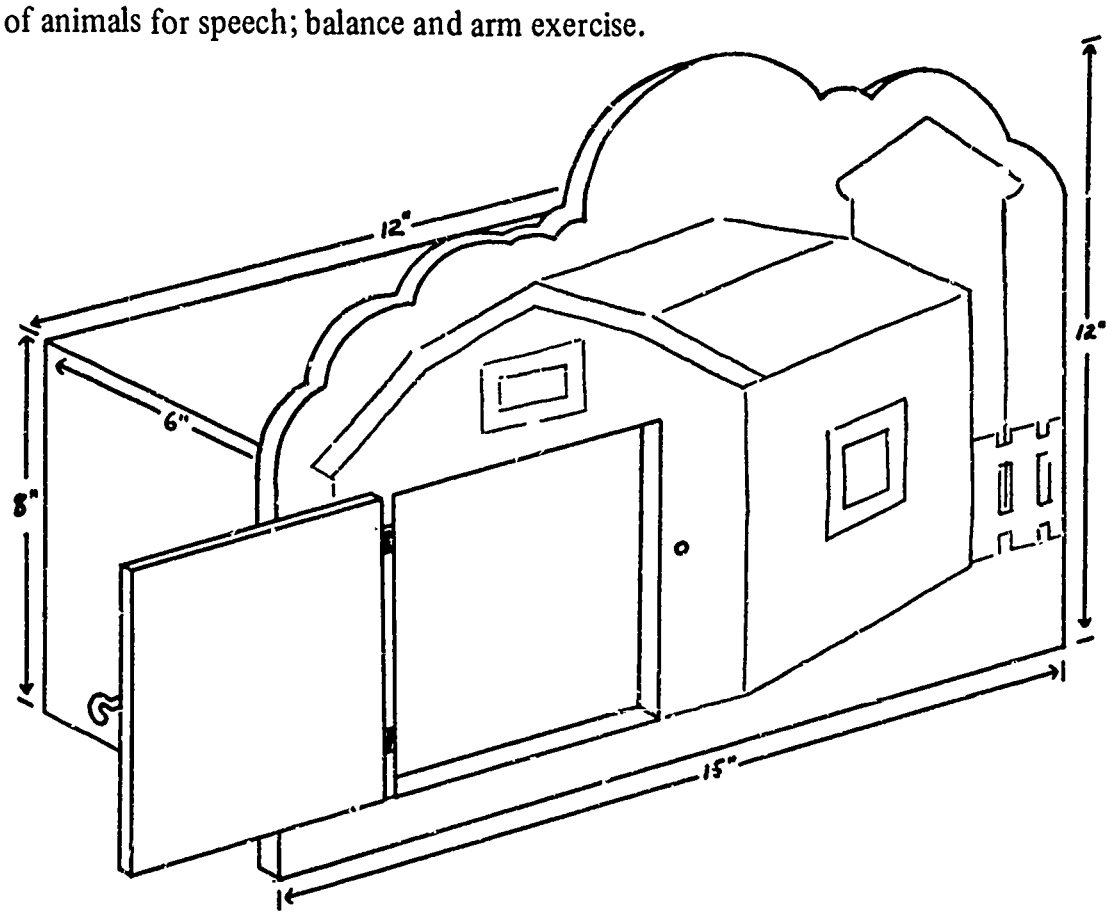


BARN WITH ANIMALS

Saw front piece of barn from ½" plywood about 12" x 15". Sketch barn picture, locating door opening (5" high, 4 ½" wide). Saw out door opening. Attach box to back so barn will stand (12" long, 8" high, 6" deep). Make door of ¼" plywood, with hinges and hook. Suggested colors: barn and silo red with white window frames and roof trim; fence white; ground tan; background and box green; roof and inside of box brown.

Ready-made toy animals can be used or farm animals (horses, cows, pigs, sheep) can be cut from ¼" plywood. Animals can be made of one body piece and four legs tacked on so animal will stand; or animal can be cut in one piece and tacked onto a base. Size of animals should be from about 3" to 6" long – large enough to handle easily but not too large to go through the barn door.

Value – Recognition of animals for speech; balance and arm exercise.

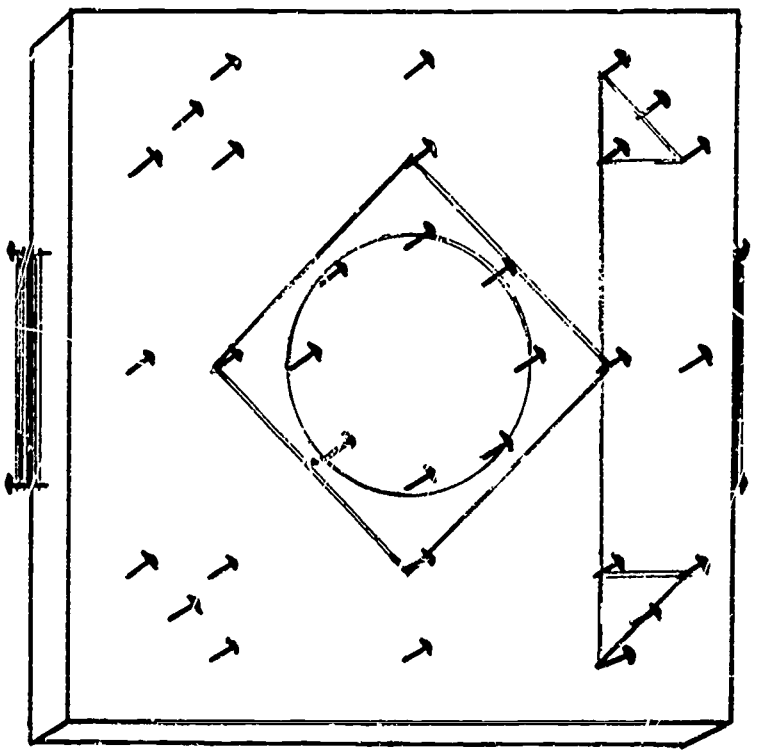


RUBBER-BAND BOARD

Iota Iota, Seattle, Washington

Directions

Paint a 12" to 15" square of ½" plywood with a bright color. Drive ½" round-headed nails about ⅛" into the board in pattern shown. Also drive two nails into two edges of the board for storage of rubber bands. The rubber bands, of various colors, are used to make patterns on the board by stretching them around the nails.



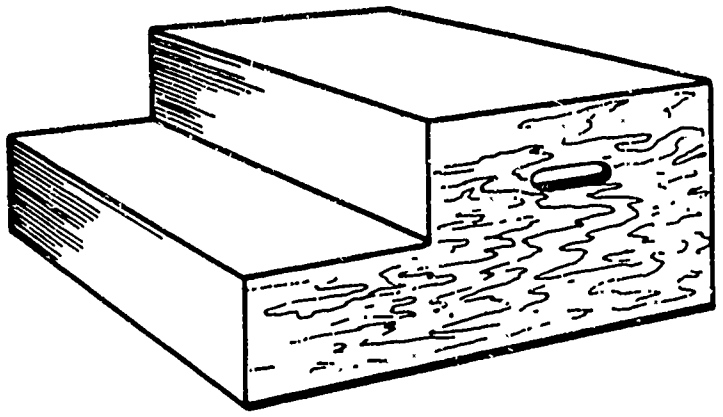
Value – Helps teach colors, perception of shapes, and finger co-ordination. Toys of this kind, made by Cub Scout Pack 171 of Seattle, have proved very useful in the Children's Orthopedic Hospital there.

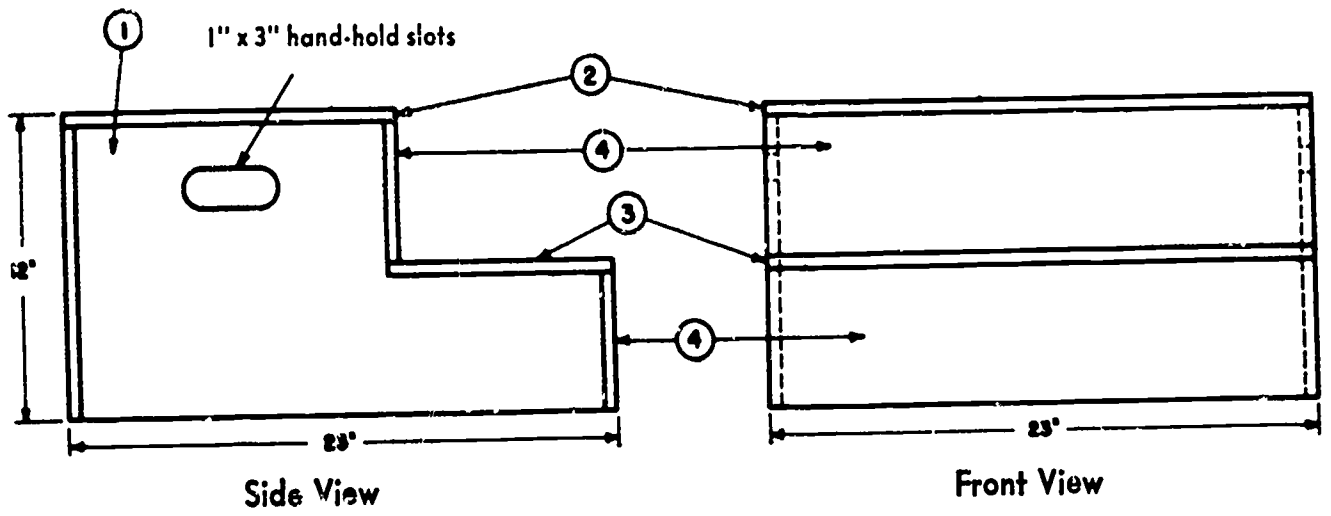
STEPS

From First Edition

Toward Independence!

Many patients can, with or without assistance, climb on a treatment table if low steps are placed conveniently at the side or foot of the table. The steps must be well constructed and properly anchored. They not only assist in training the patient to be more independent, and provide good leg exercise, but save the therapist unnecessary lifting of heavy patients.



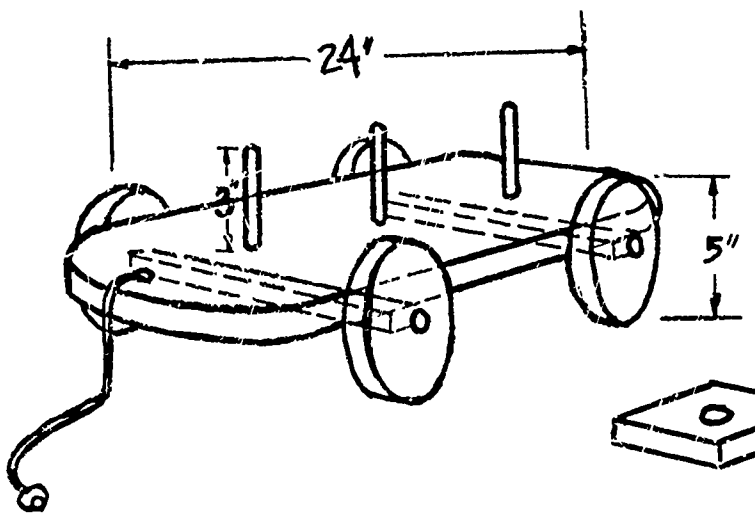


Round off all sharp edges and corners, assemble parts with No. 8 F.H. wood screws and glue.

MATERIALS

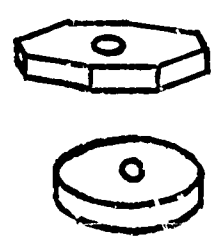
Part No.	Name of Part	No. Required	Material	Size
1	Sides	2	Wood	¾" x 11½"x 22"
2	Top	1	Wood	½" x 14" x 23"
3	Step	1	Wood	½" x 9½"x 23"
4	Risers	2	Wood	½" x 5½"x 23"

LARGE PULL-TO

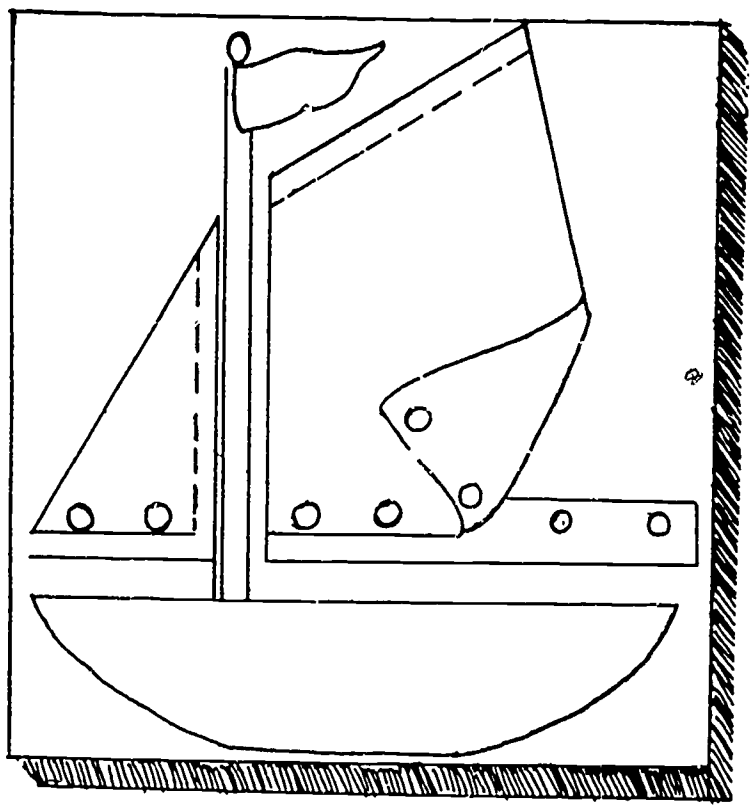


This large toy is for use on the floor or outdoors. It is made of scrap lumber. The wooden blocks of various shapes can be piled on the pegs.

Another large toy made of scrap lumber is a simple wagon, about 20" long, exactly filled with large blocks – bricks, squares, rods and triangles of various sizes.



DRESSING AIDS



SAILBOAT SNAPS

Directions

On a 12" x 12" piece of three-ply, paint a picture of a boat. Make sails of heavy doubled material. Finished, the large sail measures 7" at bottom edge, 8½" right edge, 7" left edge, and 3½" at top. Small sail, finished, measures 3" at bottom, 5" right side, 5½" on slant. Snap-strips on large sail are 1" x 7", on small sail 1" x 3". A ¼" metal or wood slat is stitched into the edge on the top of large sail, side of small sail, and into both snap-strips. Cloth is nailed into place through these slats. Snaps are sewed to bottom edges of both sails and to the snap-strips.

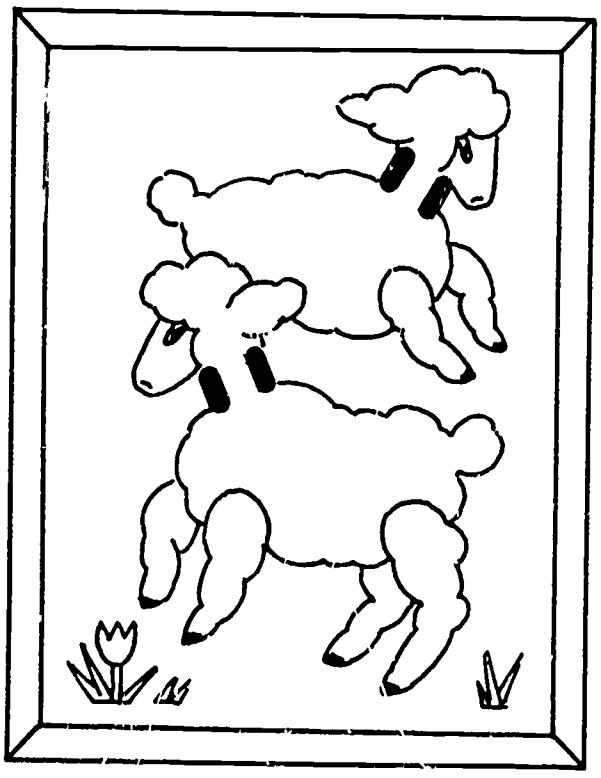
Value – Teaching aid for dressing.

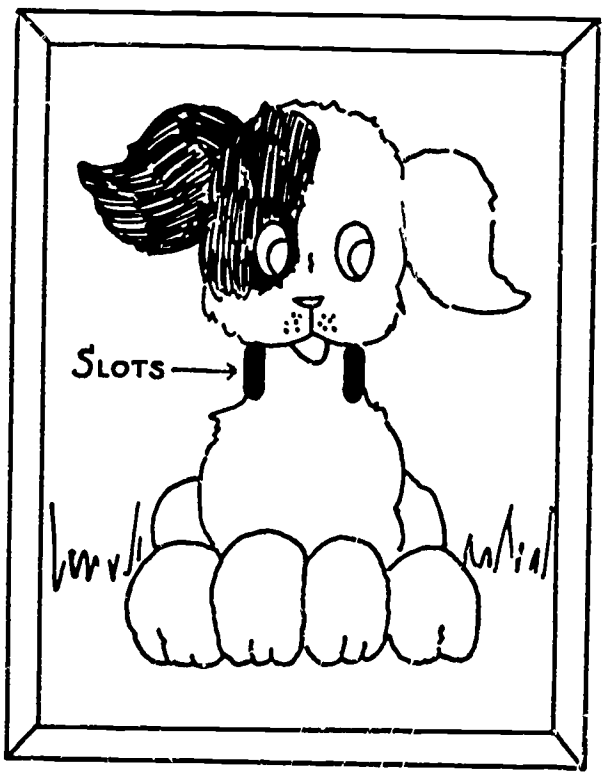
PICTURE BOARDS

Two suggestions for this type of toy are pictured; the lamb picture has slots cut through the board so that ribbons can be put through and tied as bows on the lamb's neck; the dog picture has slots for a small dog collar for buckling practice. Other suggestions might be a boy's head with collar and slots for tying necktie, or a girl's head with pigtails and slots for tying bows on the braids.

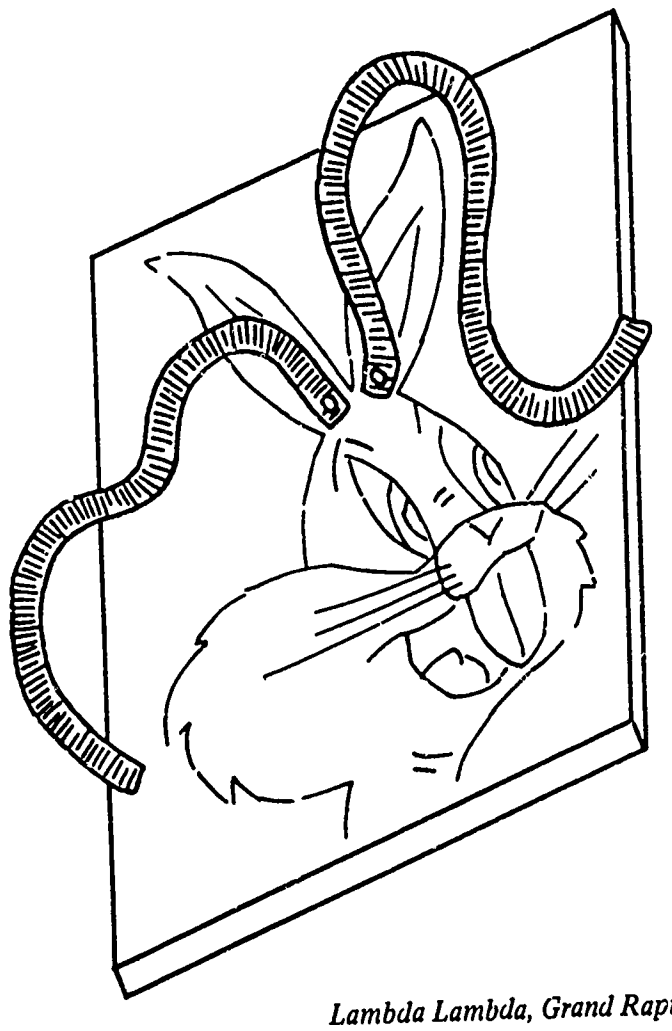
Draw picture on a piece of ¼" plywood about 9" x 11". Saw slots through the board in correct locations. Add ½" frame to finish picture, paint picture and frame. A ring can be screwed into top of frame so that picture can be hung on wall for decoration when not in use.

Value – For learning to tie bows and use buckles.





BUNNY BOW



Directions

On an 8½" x 11" plywood or cellotex board paint, or paste and shellac, a bunny with long upright ears. Staple or thumbtack colored ribbons or shoe strings under ears – one red and one blue.

Instructions for tying bow:

"Put red over blue, and pull it through" (to make first knot). Make bunny rabbit ears out of remaining ribbon.

"Put red over blue, and pull it through" (grasping ears by ends, and you have a bow).

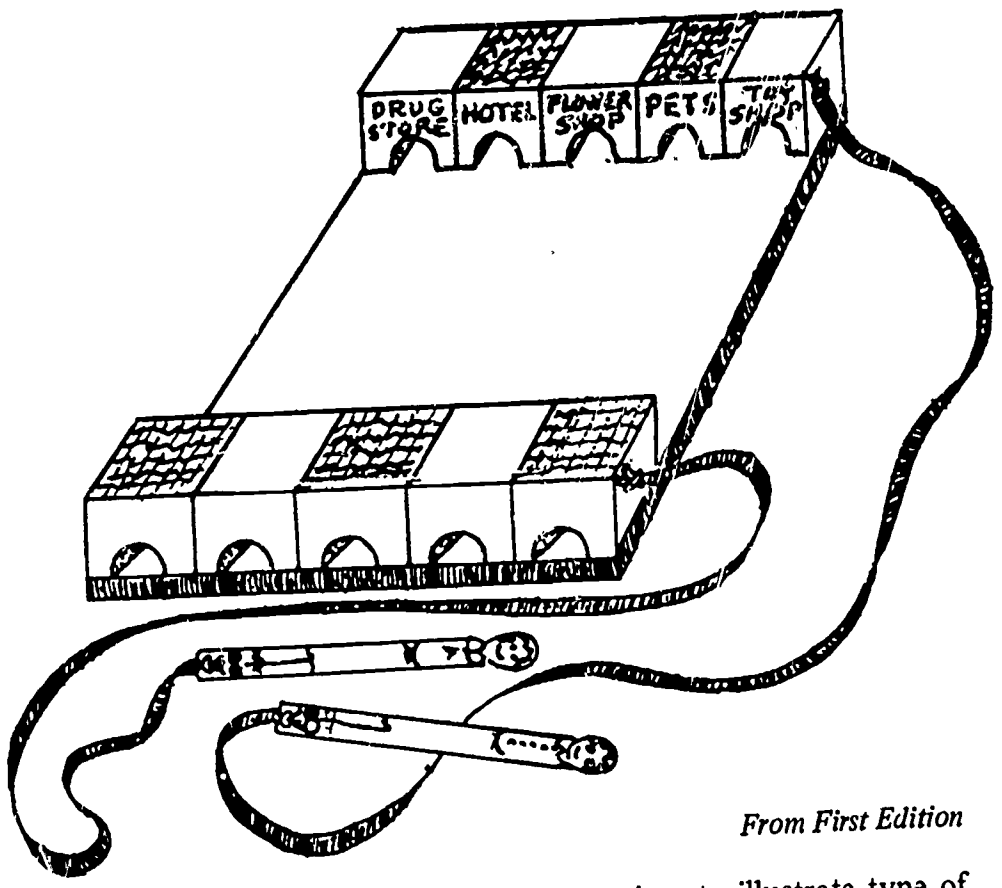
Value – to show a child how to tie a bow. Also to create desire to learn how.

Lambda Lambda, Grand Rapids, Michigan

LACING TOWN

Directions

Make this pre-lacing toy with three-ply board 10"x 6", two side pieces of 10"x 1" x ¾", and two ⅜" dowels 4" long. Drill five ½"holes in side pieces, and saw out one edge. Nail side pieces in place. Paint roofs two alternate colors, and paint the stores. Carve out heads on dowels and paint each one to match one roof color. Fasten to string secure one to each row of houses at one end of board. This toy teaches the mechanics of criss-cross lacing to small children.



From First Edition

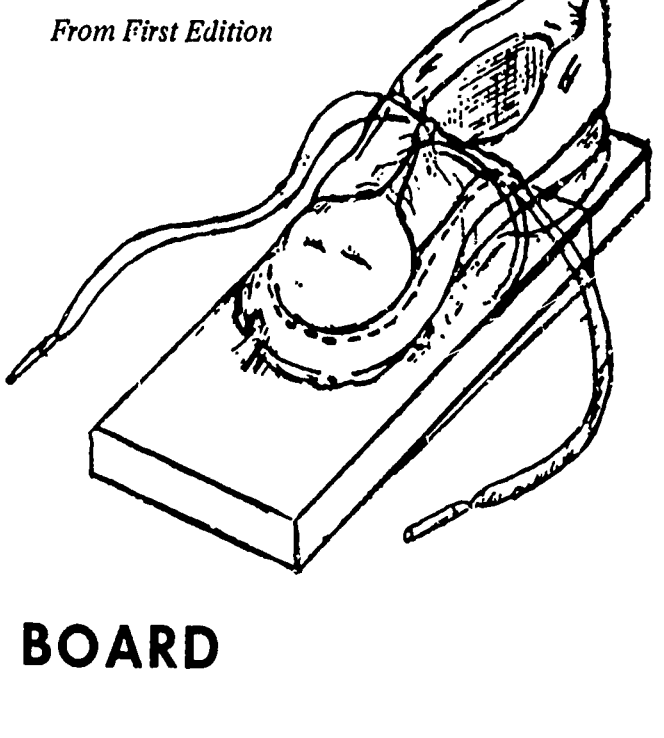
Suggestion – Use pictures cut from magazines to illustrate type of store (or paint your own). Pictures could be pasted on roofs. Most children, when they learn to lace, cannot read!

PRACTICE SHOE

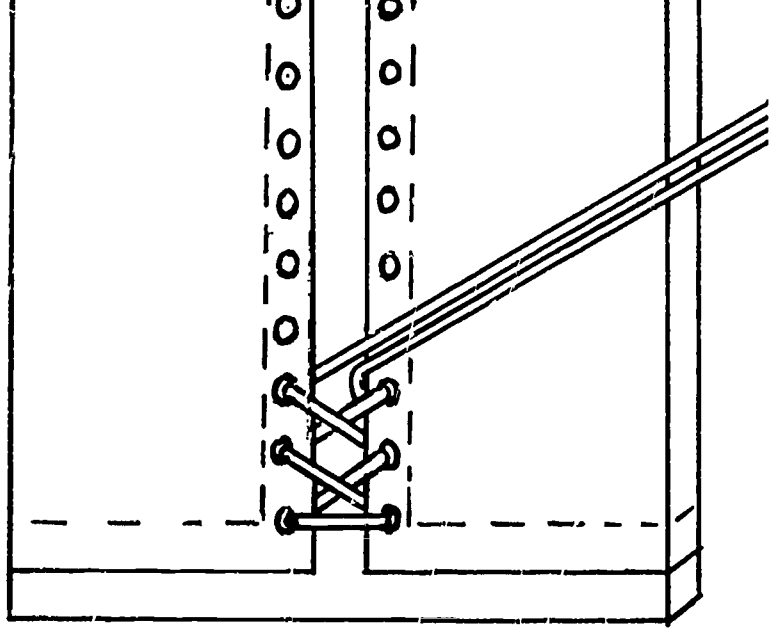
Directions

Coat an old worn-out shoe with enamel paint to make attractive, and fasten it to a board that can be readily clamped to a table. (A breadboard cut in two works fine.) Long laces of two colors make for easier visual practice. Use a bright-colored, safe enamel for painting the shoe. Lace should have 1½" hardened tips – easier for crippled hands. If you cannot buy this type, use nail polish to lengthen and harden tips.

From First Edition



LACING BOARD



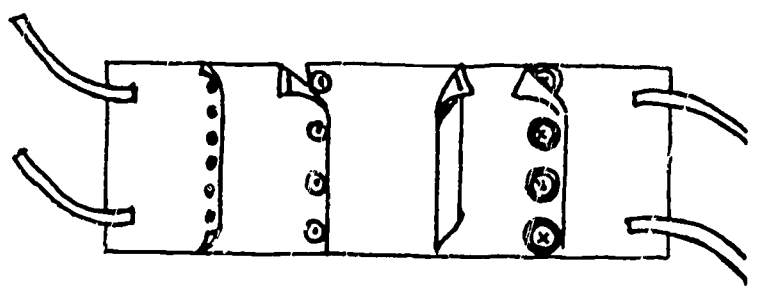
Materials

Plywood base, ½" x 14" x 14"; two heavy lacing cloths, 9" x 14". One long shoe lace.

Directions

Hem cloth 1" on four sides. Bright corduroy or denim are good. Space holes on 1" centerlines, ½" from edge, and reinforce by sewing around edge of hole. Tack cloth to edge of board.

BUTTON BELT



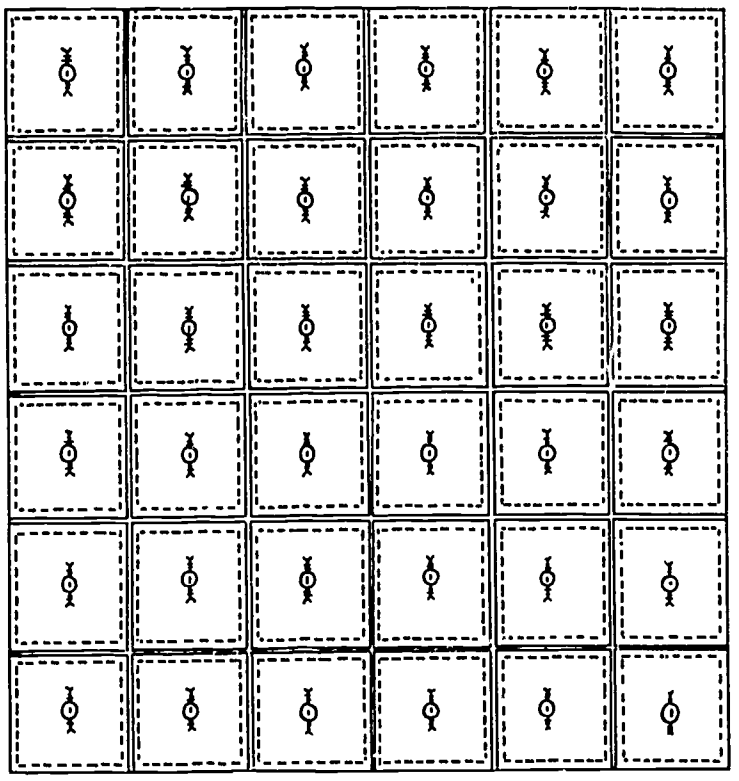
Directions

Make a button belt that affords a variety of button practice with a series of different kinds of materials sewn together and taped, with different kinds of buttons on each. Each piece about 7½"x 5" finished. Make one row fly buttons. Use washable materials.

Value – This belt can be tied around child to give practice in manipulating buttons on clothing.

BUTTON CLOTH

Gamma Theta Gamma, West Los Angeles, California



Materials

Heavy neutral-colored cloth enough for three layers. Sew together to finish 24 inches square.

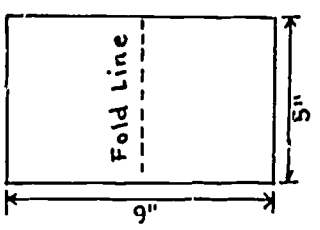
Bright colored gingham for 36 double squares to measure four inches finished.

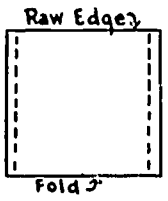
Use strong, bright colors and make at least six squares of each color.

36 three-quarter inch white buttons.

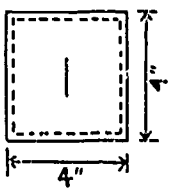
Value – Button practice in which the child can invent his own designs in color.

Individual Squares



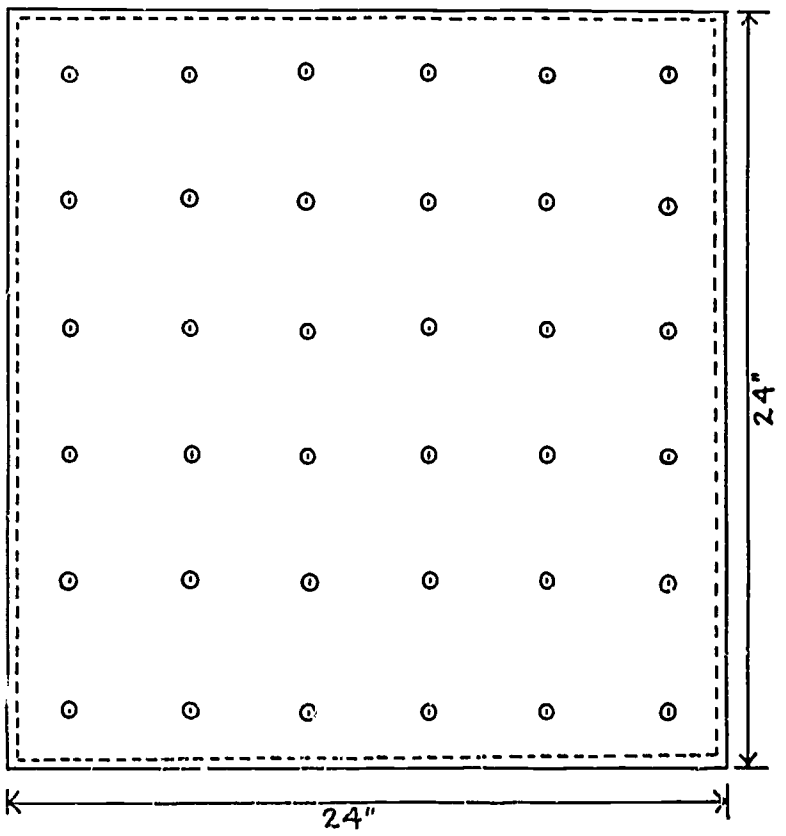


Stitch ½" seams.
Turn right-side out.
Turn down top raw edges ½".
Press.
Stitch all 4 sides close to edge.



Finished square 4".
Work 1¼" buttonhole in center of each square.

Background Cloth



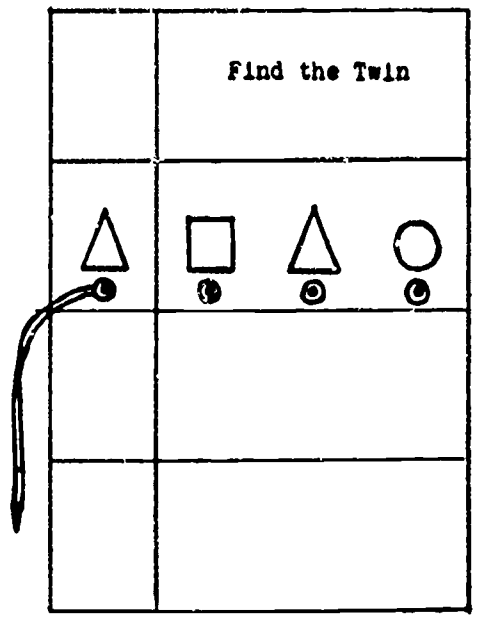
Sew 3 layers of cloth together for background.
Sew first row of buttons 2" in from edge and 4" apart. Other rows 4" apart.
Sew buttons firmly but loosely, as on a man's coat. Lay crossed pins on button and sew over them; remove pins and wrap thread many times between button and cloth before fastening thread securely.

MATCHING GAMES

From First Edition

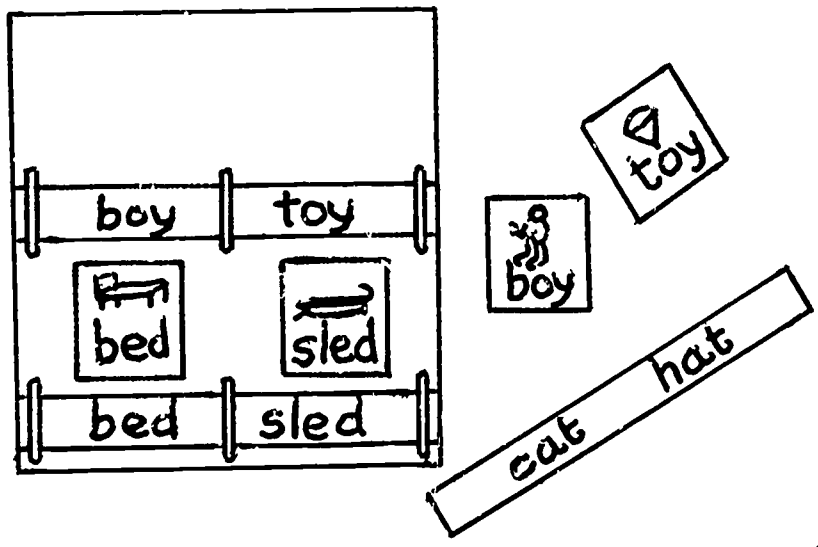
Directions (right):

Fasten symbols to tag board, with string from the main character and a paper reinforcement around the hole. This game was made on No. 20 chip, using shoe strings with extended tips, and eyelets around the holes. Fill in other rows, using other symbols in irregular order, with string for matching, as shown.



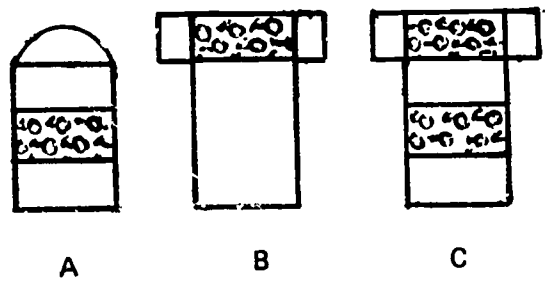
Directions (left):

For beginning readers make card strips with printed words. Fasten six metal strips to a chip board so that card strips can be inserted under them as shown. The cards, to be matched, are illustrated.

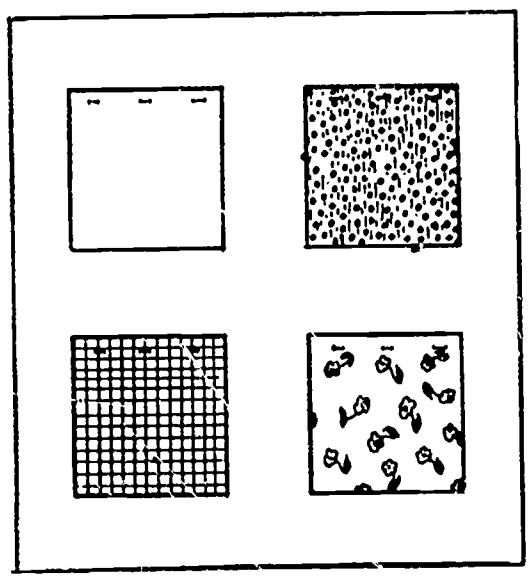


Directions (right):

Use pocket-size envelopes with small strips of cloth pasted on centers. Make a matching insertion for each envelope out of cardboard cut in a "T" shape, as shown in drawing. This is a simple way for the child to learn to match colors and designs. Envelopes can be glued to a board.



A – Envelope
B – Cardboard "T"
C – "T" inserted in envelope

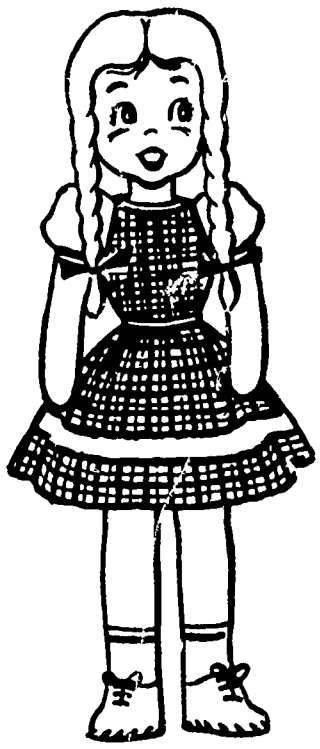


Directions (left):

Staple 2" squares of gingham materials to a No. 20 chip board, or similar board. Provide matching pieces of material in an accompanying box, pieces to be laid on the stapled squares.

SOFT DOLLS

Stocking, Foam Rubber and Kapok Stuffed "Characters"



THE DOLL

Use any commercial pattern for a large doll (*preferably* 30" high). Stuff with kapok, shredded foam rubber, or old nylon hose. All are washable and won't wad like cotton. Use inset pieces of stockinette at the joints to make the doll hypermobile and easy for the child to handle. Wire in arms and legs will help hold shape. Clothes should be made large and loose, all fastenings tough and oversized.

CLOTHES

Clothes should be made of sturdy washable materials. Use large snappers, buttons with buttonholes, and zippers. (Many commercial doll clothes patterns are available.)

Bathrobes made with large looper-holes are practical, or with ordinary buttonholes.

Value – A dressing aid, because "life size," and a child's delight.

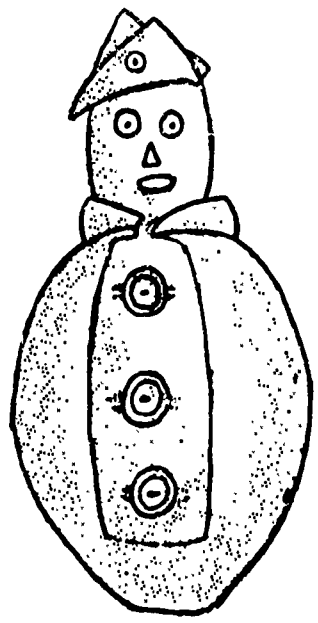
BUTTON DOLLS

Directions

Make a pattern similar to the rounded figure shown here and cut from a sturdy cloth, such as muslin. Stuff with kapok or old nylon hose. Dimensions of this doll (at widest parts): head 4"; waist 7½". Sew 2" wide band of contrasting color down front and attach buttons. Make overlapping band with buttonholes. Bands are stitched together at top. Embroider features on face, and add cap trim. Nose, ears and mouth can be made to button or snap on and off for additional buttoning practice.

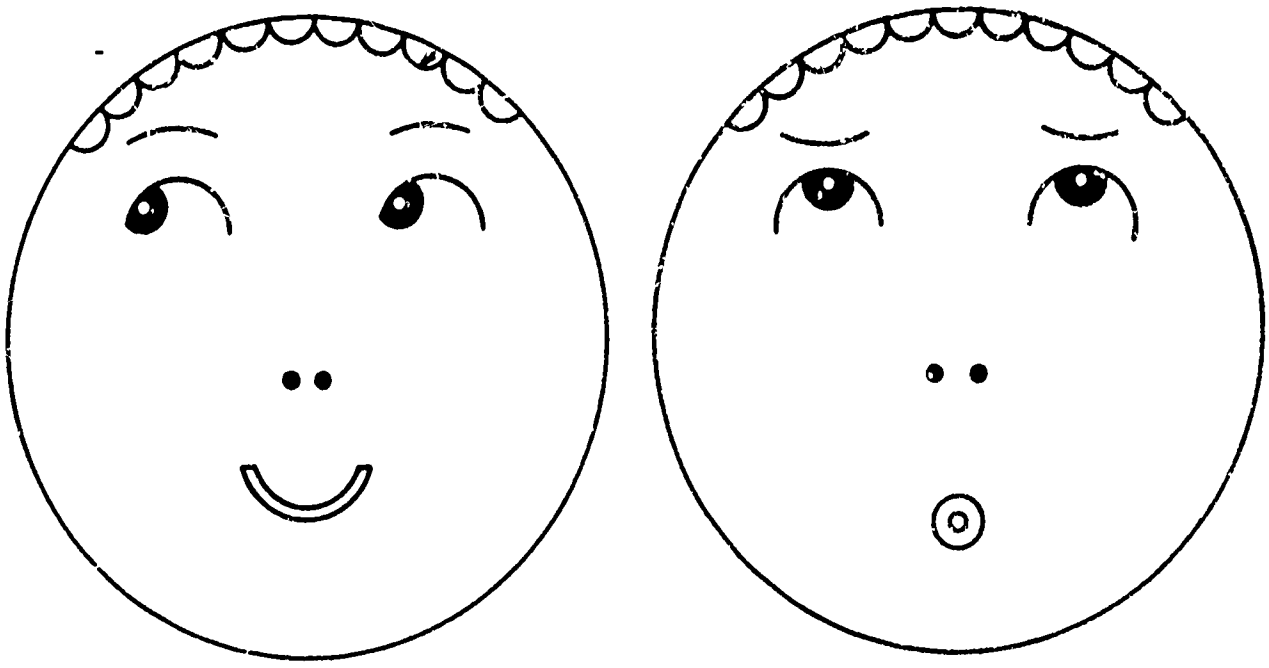
Nylon stuffing – Launders better than kapok, dries quicker, gets less lumpy.

Shredded foam rubber, available in bulk at notion counters, also excellent for stuffing and laundering.



From First Edition

BEANBAGS



Front View *Back View*

Side View—Bag Filled With Beans

Materials

Muslin, double thickness; 1 cup dried beans; yarn for "hair"; embroidery thread for features.

Directions

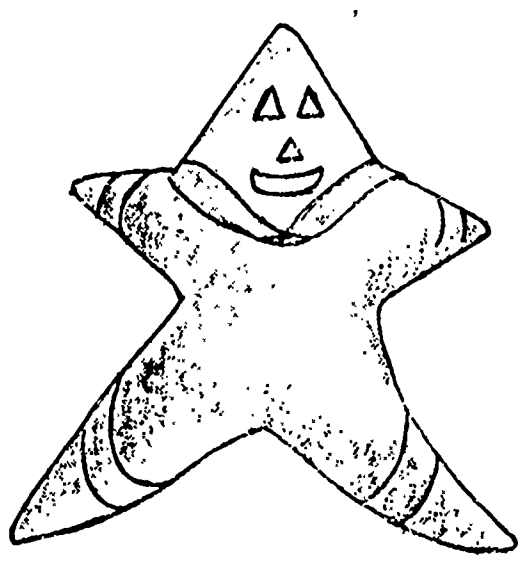
Make an inner bag one-half inch smaller than outer size and fill with dried beans. Outer covering can be removed for washing. Make outer covering of double thickness muslin, with face design embroidered or stencilled. Allow plenty of material for seams and stitch securely. The thinner and more flexible the beanbag, the easier it is to keep balanced. Beanbags with different facial expressions, shaping of lips and little protruding tongues may be used to stimulate speech exercise.

NOTE: Rice, macaroni, feathers, sand or foam rubber may also be used for some bags for feel in weight differences.

STAR BEANBAGS

Directions

Cut out star shape (good for easy grasping) from any sturdy material, trim as you please. A doll face can be made on a widely cut point, with other points as hands and feet. Any size bag is acceptable. Model on right has 3½" wide waistline, measures 9" from head to toe. Insert the quantity of beans that will leave a loose, flexible feeling to bag.



From First Edition

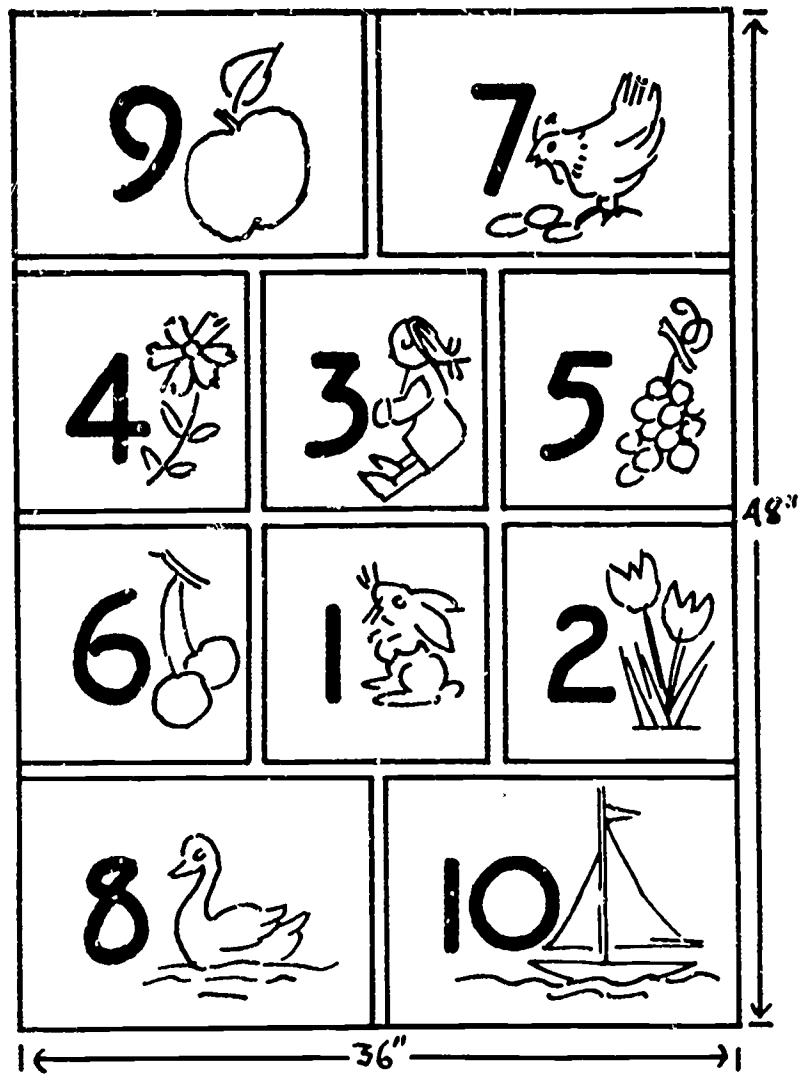
AIM-THE-BEANBAG

Directions

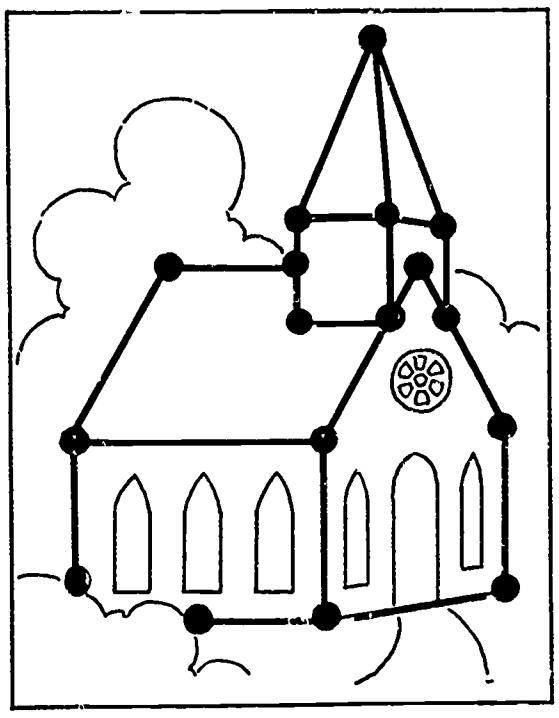
A large piece of white oil cloth (48" x 36") is divided by 1" wide lines into numbered areas. Pictures may be added, or substituted for the numbers for very young children. Paint lines with enamel. The oil cloth is laid on the floor and thumb-tacked down and the child has bean-filled clown dolls (or simple bean-bags) to aim at the numbered areas.

In place of oil cloth, masking tape and decals can be used to make the pattern directly on the floor.

Value – To develop directional throwing.



Lambda Lambda, Grand Rapids, Michigan



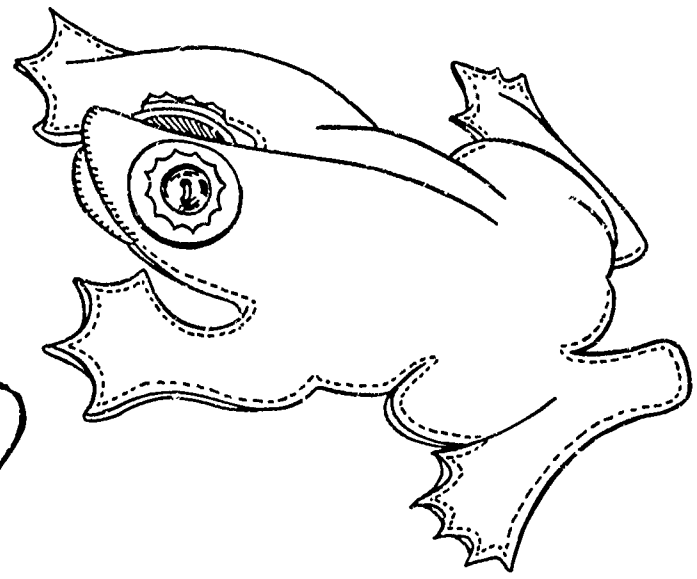
SEWING BOARD

Directions

Paste large colored picture, or paint simple picture, on ⅛" or ¼" thick board about 10"x 12". Animal pictures are good. Drill ¼" or ⅜" holes around outline so it can be laced through holes by extra long shoestrings or colored laces.

Value – Whole arm exercise, due to long length of laces; eye training to follow an outline.

FREDDIE THE FROG



Gamma Theta Gamma
West Los Angeles, California

Value – The small children, during clinic training, walk with "Freddie" balanced on their heads. The game is to see how long they can keep "Freddie" before he "jumps off." The training is for steadying the neck muscles and improving ability to hold head erect. Promotes sense of balance.

Materials

Use two harmonizing colors in felt; an effective color scheme would be blue-green for the top and lemon-yellow for the underside and eye circles.

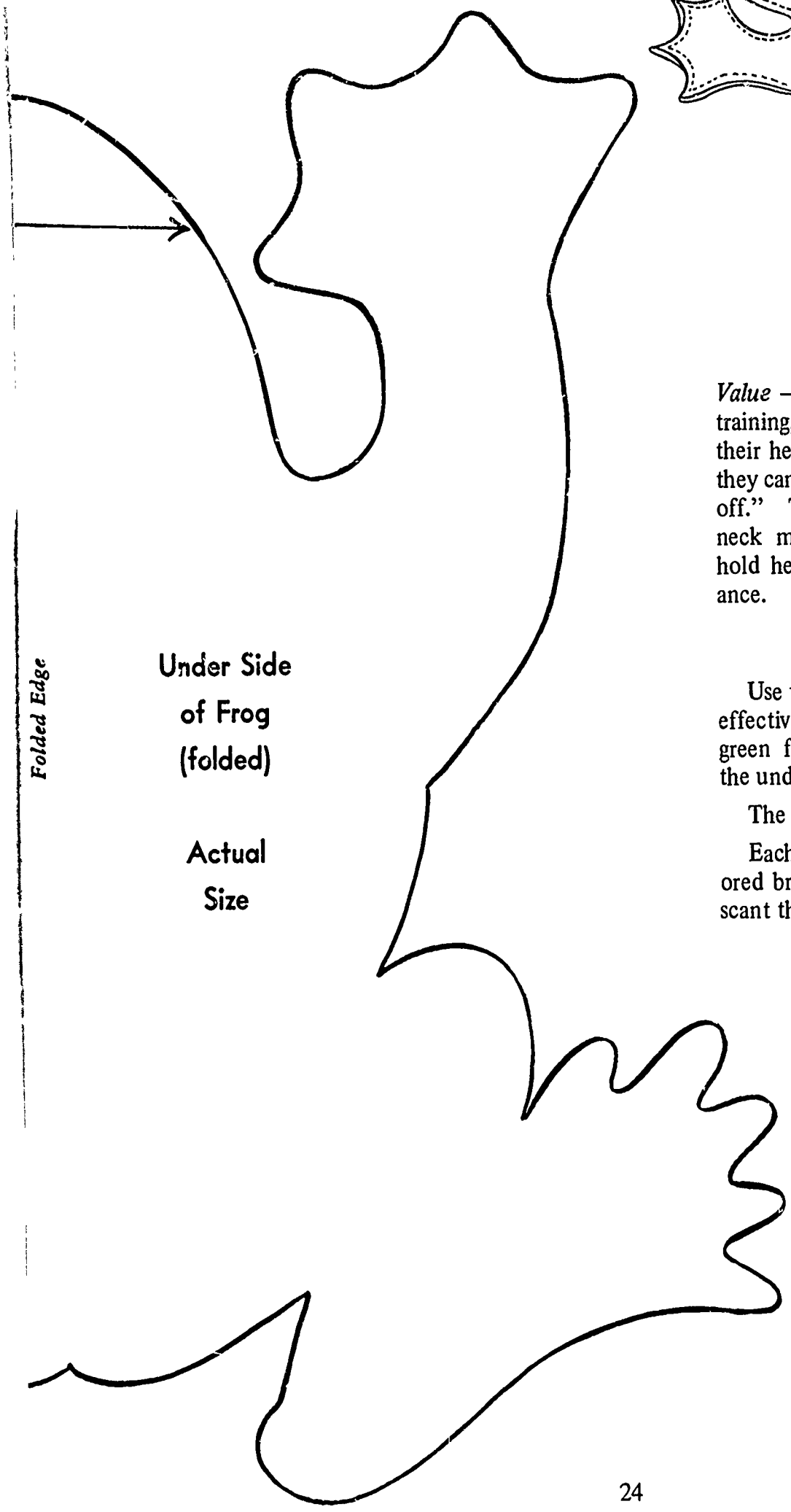
The mouth is a circle of red felt.

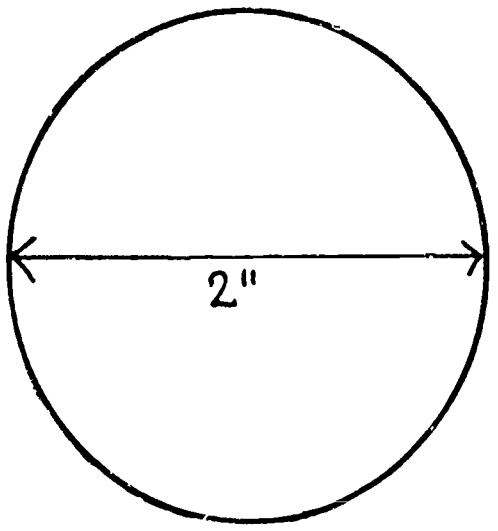
Each frog requires two contrasting colored bright bits of oil cloth for eyes and a scant three-fourths cup of dried beans.

Folded Edge

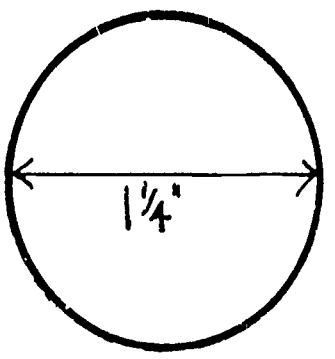
Under Side of Frog (folded)

Actual Size





MOUTH



EYE

FREDDIE THE FROG
(continued)

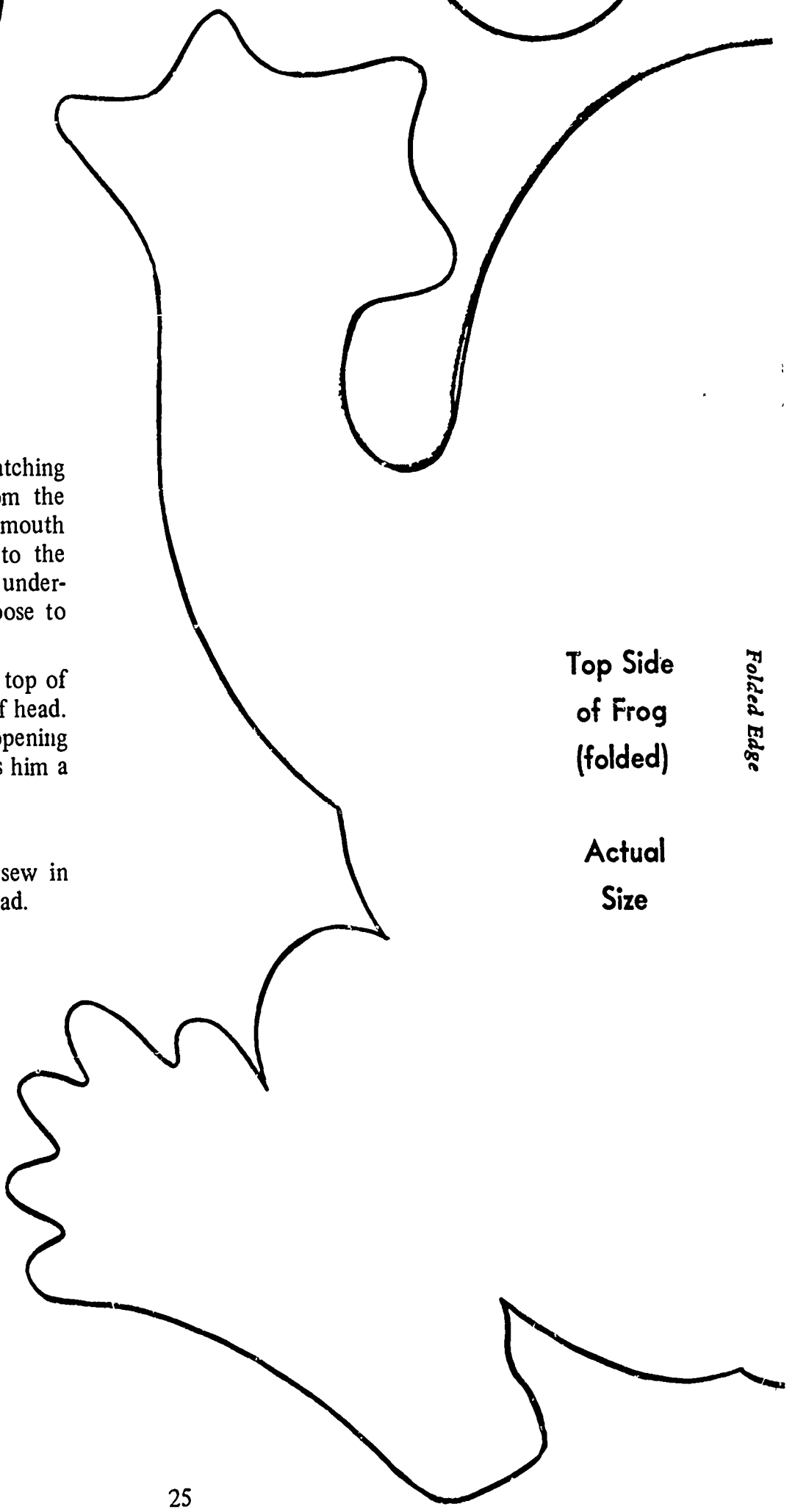
Directions

Pin the top to the bottom matching edges carefully. Stitch ⅛" from the edge, beginning at one side of the mouth opening and continuing around to the other side of the opening. Tie ends underneath. This will leave the top loose to give frog thickness.

Sew bright bits of oil cloth on top of the circle eye-felts on each side of head. Keep eyes fairly close to mouth opening and low on each side. This gives him a more interesting expression.

Fill with beans.

Put in the mouth circle and sew in with a blanket stitch using red thread.



Top Side of Frog (folded)

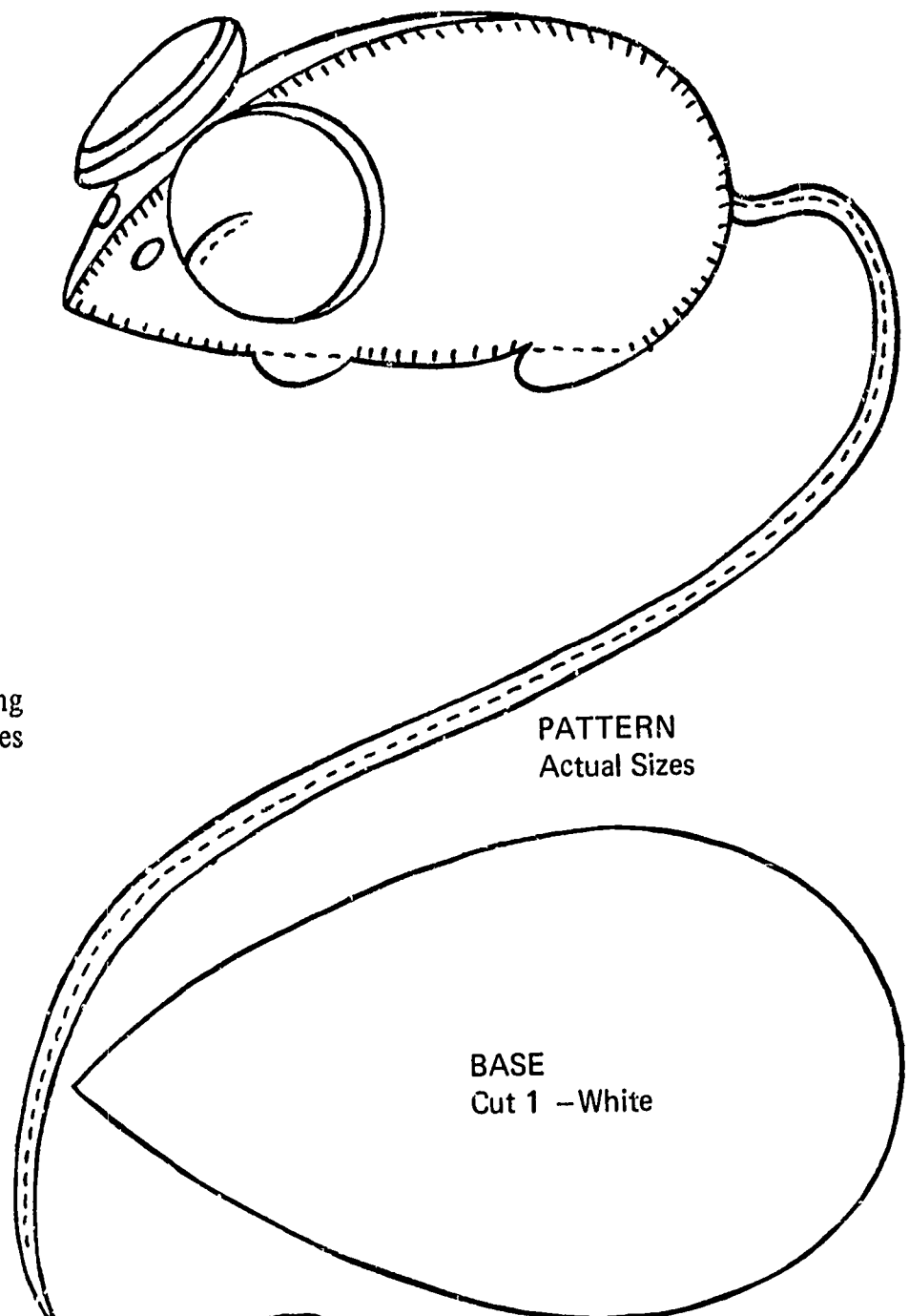
Folded Edge

Actual Size

RICE BAG TOYS

Gamma Theta Gamma,
West Los Angeles, California

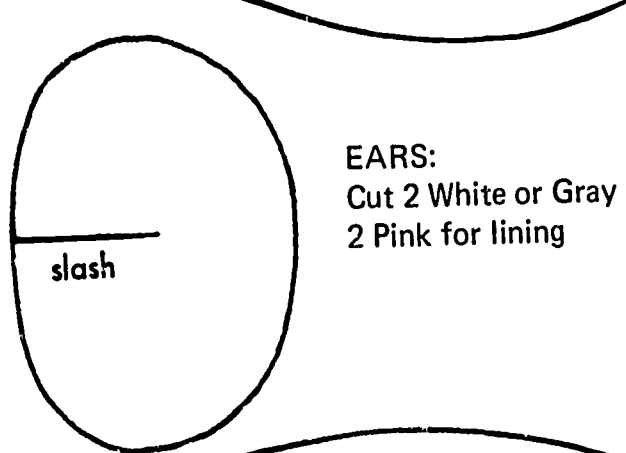
Value—For small children. Long appendages waving encourages them to reach and grab.

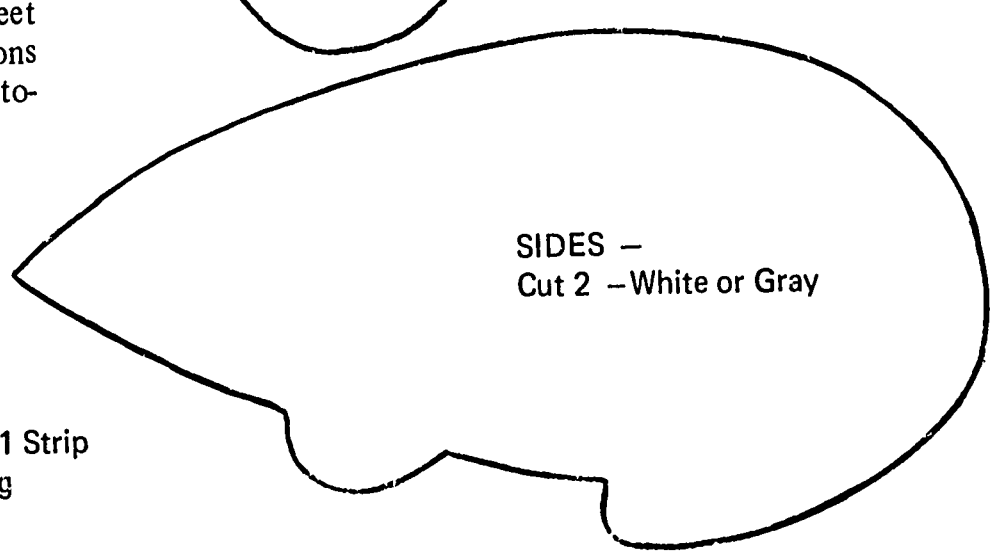


FELT MOUSE

Directions

Fold tail strip. Stitch as narrow as possible, tapering at the end. Trim off excess edges. Blind stitch lining in ears and overlap slash to get curving shape. Finely blanket stitch sides together from nose to tail. Sew on ears and eyes. Blanket stitch base from tail around nose to tail, let feet overlap. Stuff with 2 teaspoons of rice. Insert tail and sew together. Embroider eyes.



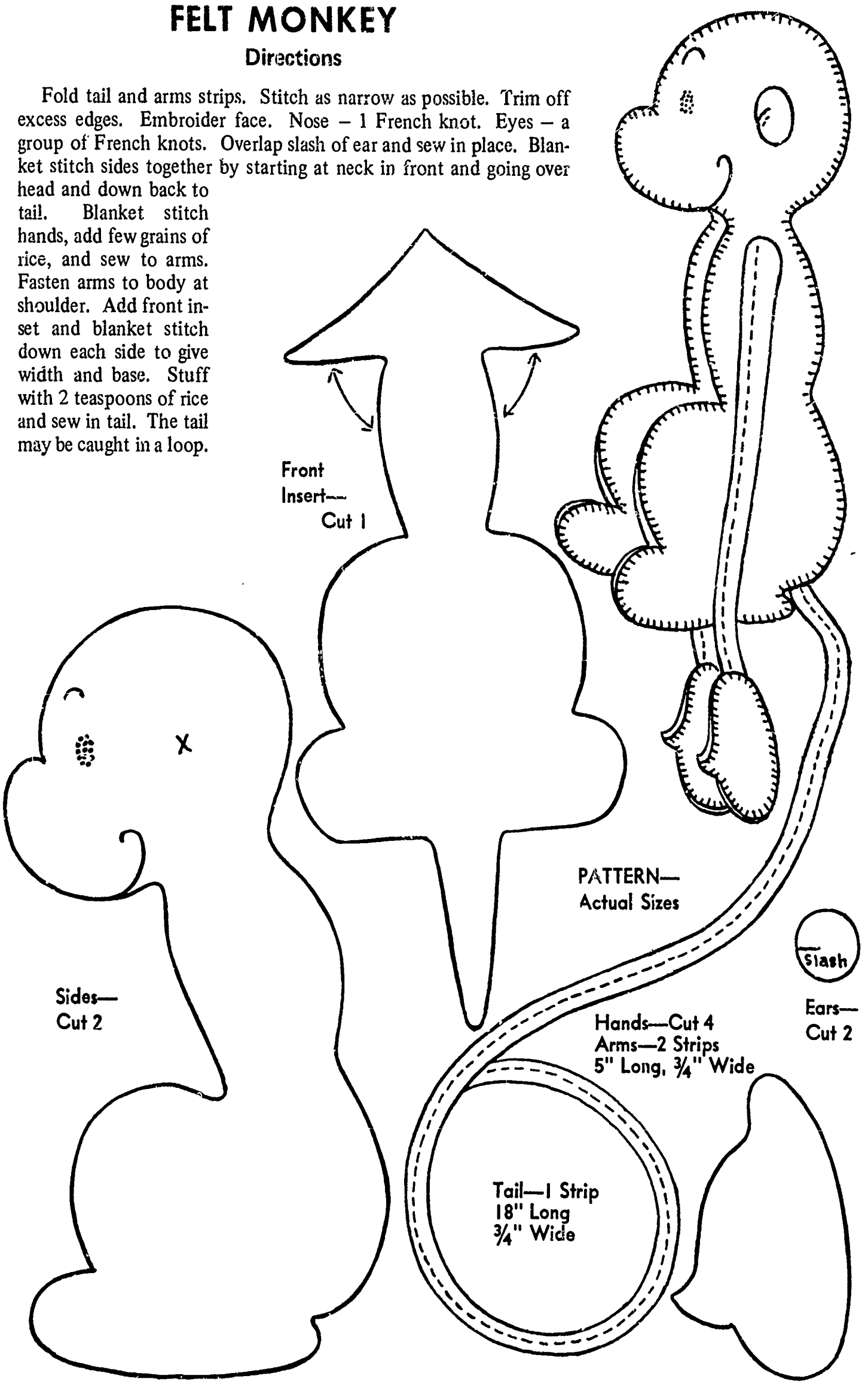


TAIL —1 Strip
12" Long
¾" Wide

FELT MONKEY

Directions

Fold tail and arms strips. Stitch as narrow as possible. Trim off excess edges. Embroider face. Nose – 1 French knot. Eyes – a group of French knots. Overlap slash of ear and sew in place. Blanket stitch sides together by starting at neck in front and going over head and down back to tail. Blanket stitch hands, add few grains of rice, and sew to arms. Fasten arms to body at shoulder. Add front inset and blanket stitch down each side to give width and base. Stuff with 2 teaspoons of rice and sew in tail. The tail may be caught in a loop.



GRIP BALL

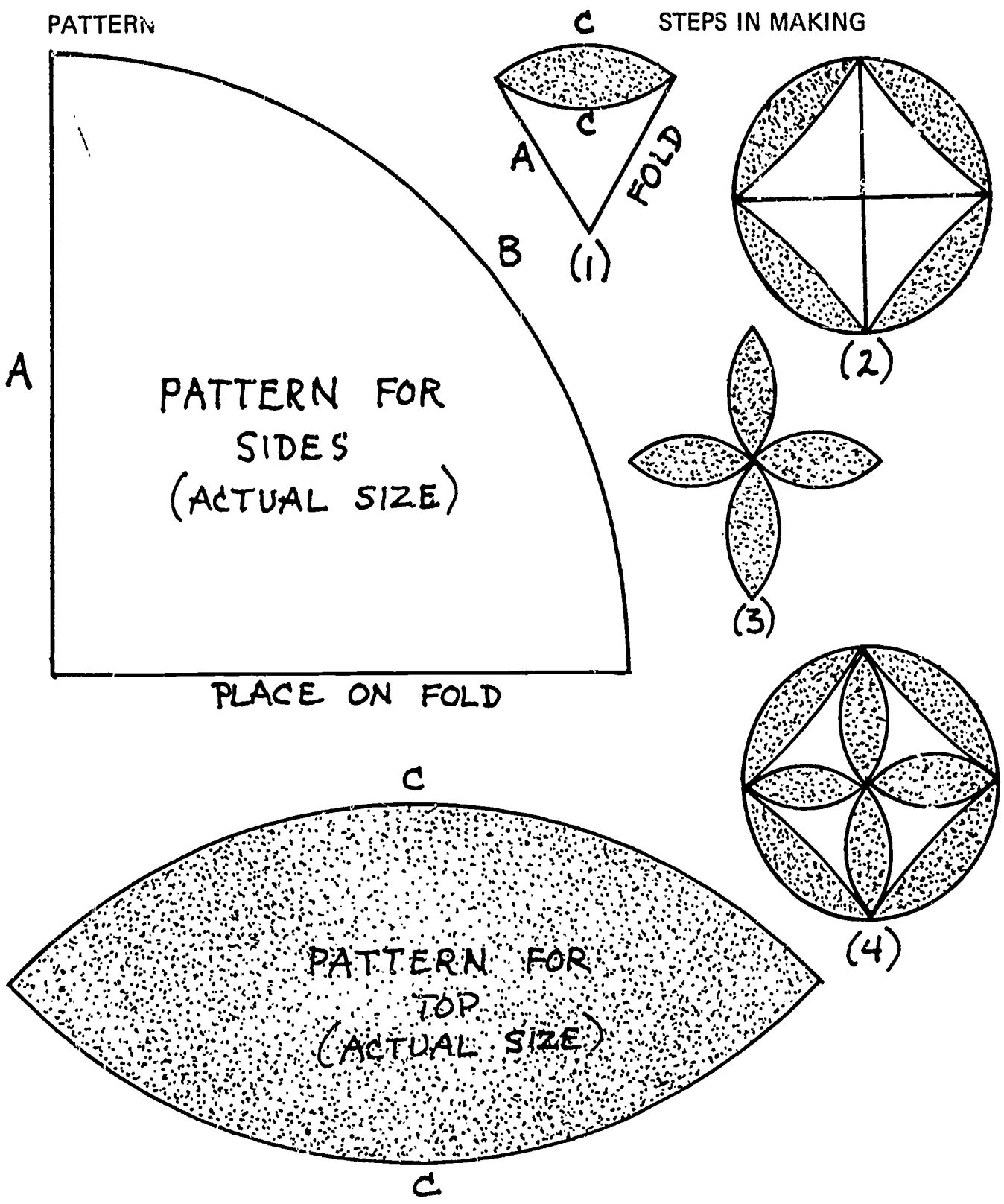
Lambda Lambda, Grand Rapids, Michigan

Cut 12 pieces of each pattern. (Sides can be of one color and tops of another.)

With right sides together, sew top and side pieces together, matching "C" and "B." Turn and stuff with kapok, old nylon hose, or shredded foam rubber and sew "A" sides together by hand. You will now have 12 stuffed triangles. See (1).

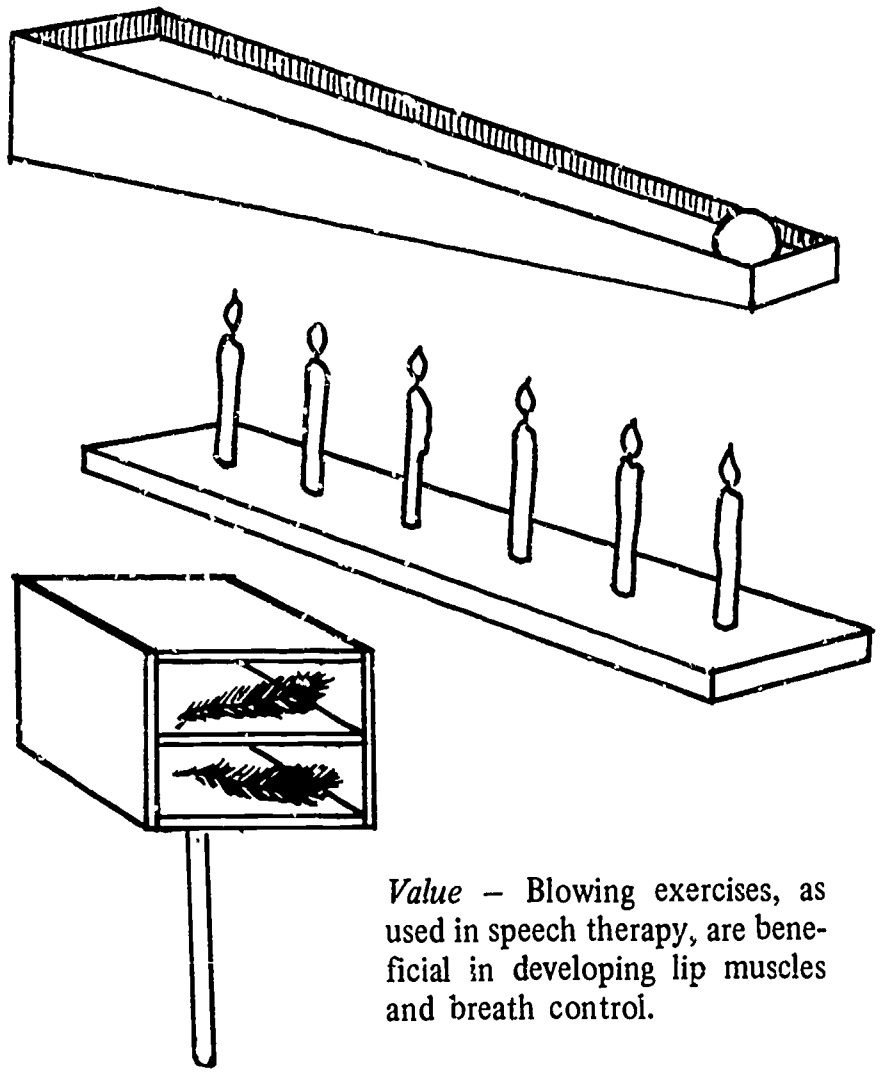
Now to assemble the ball: Join four triangles together on the "A" sides and the fold sides to make a flat circle, like figure (2) with all points in the middle. Now join four triangles together as in figure (3) by sewing along "A" sides and this will make one side of the ball. Duplicate this procedure for the other side of the ball. Sew one of these sets, along fold sides, to each side of the flat circle to form ball as in figure (4). The finished ball will have the points of all 12 triangles in the middle.

Value – To improve a child's grip as his fingers will extend into the ball.



BLOWING EXERCISE TOYS

From First Edition



Value – Blowing exercises, as used in speech therapy, are beneficial in developing lip muscles and breath control.

Directions

The divided box for feathers is made with 3 pieces 3½" x 3½" and 2 pieces 3½" x 3" for the sides. A 6" dowel is screwed to the center of the underside as a handle. The partition is inserted in the middle. The child learns to blow away the lower feather, while leaving the upper one undisturbed, by breath control.

The candle board is made of a 4" x 12" piece of ¾" lumber with holes drilled every two inches for the candles. The child tries to blow out one candle at a time.

The ping-pong ball rise requires an incline 24" x 2", a wedge 1⅛" x ⅝", one end piece 2⅜" x 1¼", the other end 2⅜" x 1⅞", and two sides 24" x 1½" x ⅞". The rise can be marked into "zones" by numerals cut from a calendar, giving the child goals to pass.

A clown's face is painted on a piece of plywood ⅜" x 12" x 16". Back support board ⅜" x 10" x 13". Make hole in center of mouth on board so that such visual aids as a bubble pipe, feather mustache, small balloon, or whistle can be placed in it. Professional clinic or center will attach the aids to rubber tubing which the child will blow through for breath exercise.

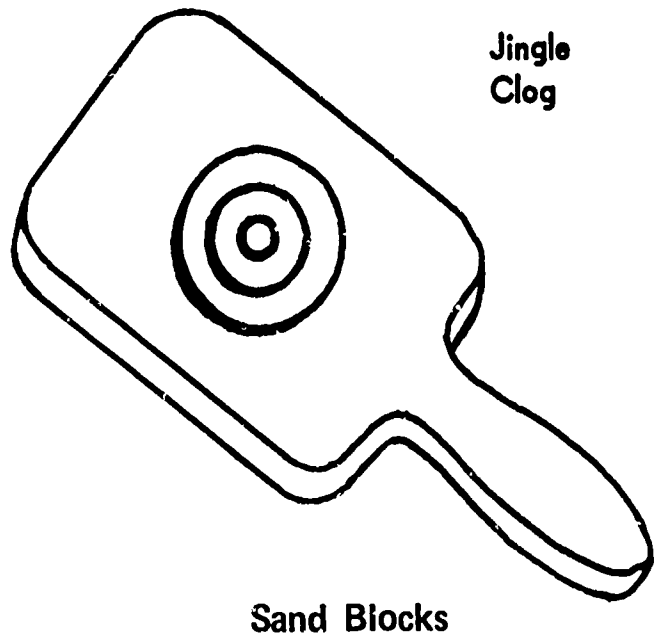
RHYTHM BAND

Beta Iota Beta, Lansing, Michigan

How to Make the Instruments

Jingle Clogs

Saw a banjo or shovel shape from a 3" x 8" x ¾" piece of plywood or solid wood. Sand and shellac. Put a long large-headed galvanized roofing nail through four metal washers in two sizes, and pound nail into center of the board. The hole of the smaller washer must be smaller than the head of the nail.



Jingle Clog

Tambourines

Use a round metal lid from cooky or candy box. Drill 4 holes in top of the lid, 1" from edge and large enough for the small end of a copper rivet. Drill out centers of 8 roofing caps (also called shingle tins) so they will slide loosely on rivets. Place 2 tins and a rivet washer on a rivet, insert rivet in a lid hole, and pound rivet with a hammer so that it spreads out and is secure over hole.

Sand Blocks

Sand and paint (or varnish) two wood blocks approximately 1" x 3" x 5". Staple a 5" x 5" piece of coarse sandpaper to each block. Staple or nail leather or rubber strips for hand straps.

Maracas

Drill hole for a small round head screw in center of lid of Kodak 35mm. film can. Attach lid with screw from the inside, to a handle of ¼" dowel; first drill the end of the handle with a fine drill to prevent splitting. Sand and shellac handle. Fill can with about 12 B-B shots and screw can together.

Jingle Bells

Remove all bristles from the wire frame of an old vegetable brush. Paint handle. Wire six Christmas trimming bells to the frame.

Rhythm Sticks

Cut broom handle into 10" to 11" lengths. Paint each pair a different bright color.

Drums

Remove top of a No. 10 can with smooth can opener; leave bottom on. Paint the can a bright color. Stretch thin inner tubing or discarded drum hide over opening and tie tightly. Make drumsticks of 8" to 10" pieces of ¼" dowel, inserted into rubber ball washers (called fuller balls).

Drums or bongos can also be made of the new type coffee cans (3 lbs.) with plastic lids to beat on. Drumsticks can be Tinker Toy sticks with knobs.

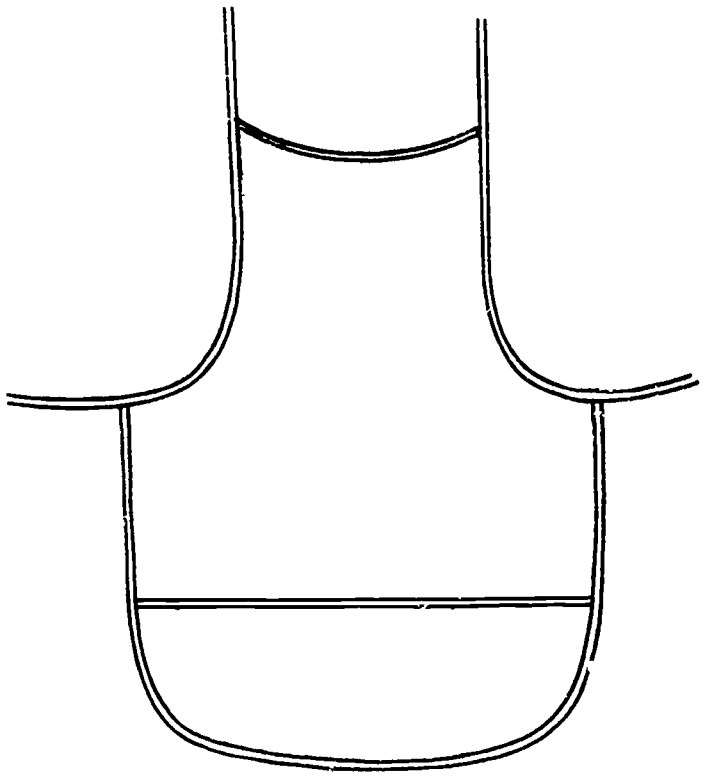
Triangle

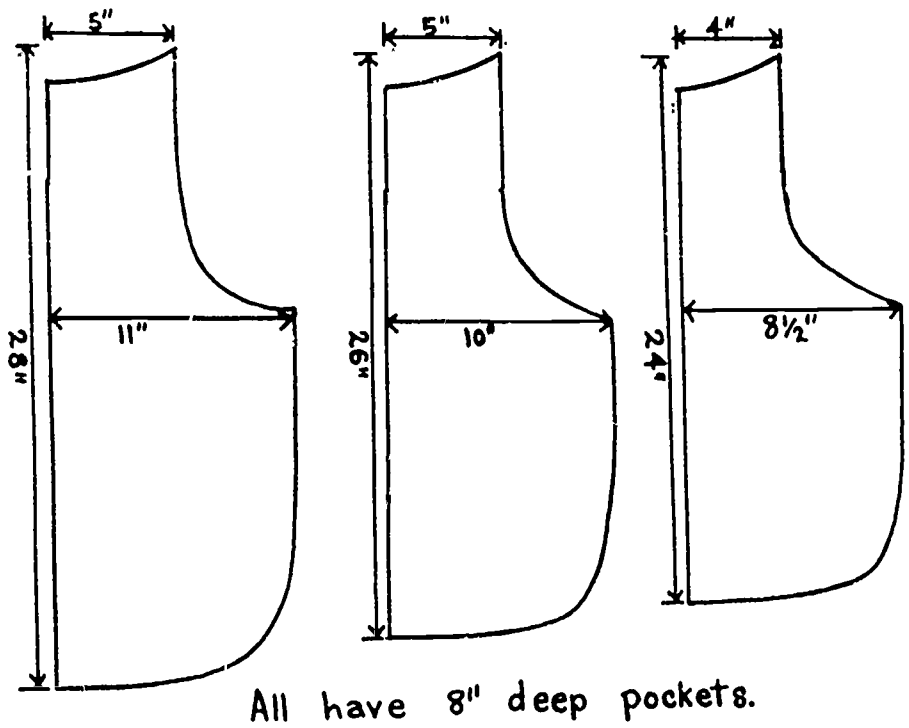
A thin metal tube, such as an old curtain rod, is bent into an equilateral triangle with sides approximately 6". This is best done by a welding shop. Use a 6" to 8" straight piece of the rod for a stick. Attach a handle of ribbon or braided yarn to the triangle.

Cymbals

Punch holes in old pan lids to attach leather strap handles.

OILCLOTH FEEDING BIBS





All have 8" deep pockets.

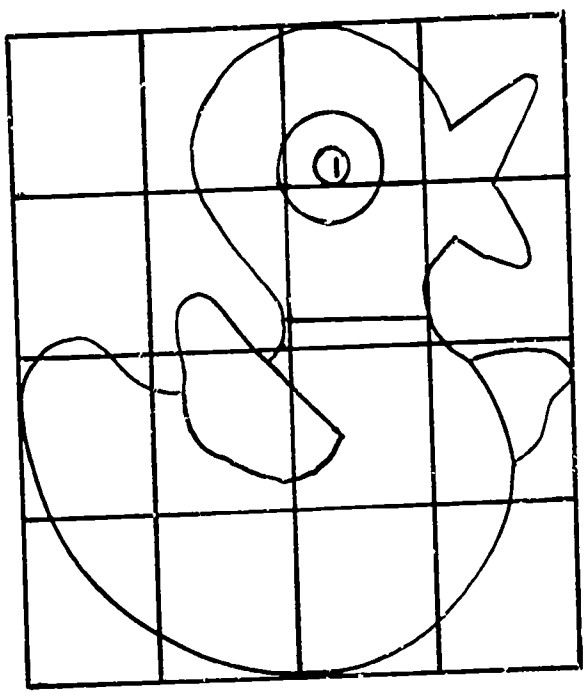
Directions

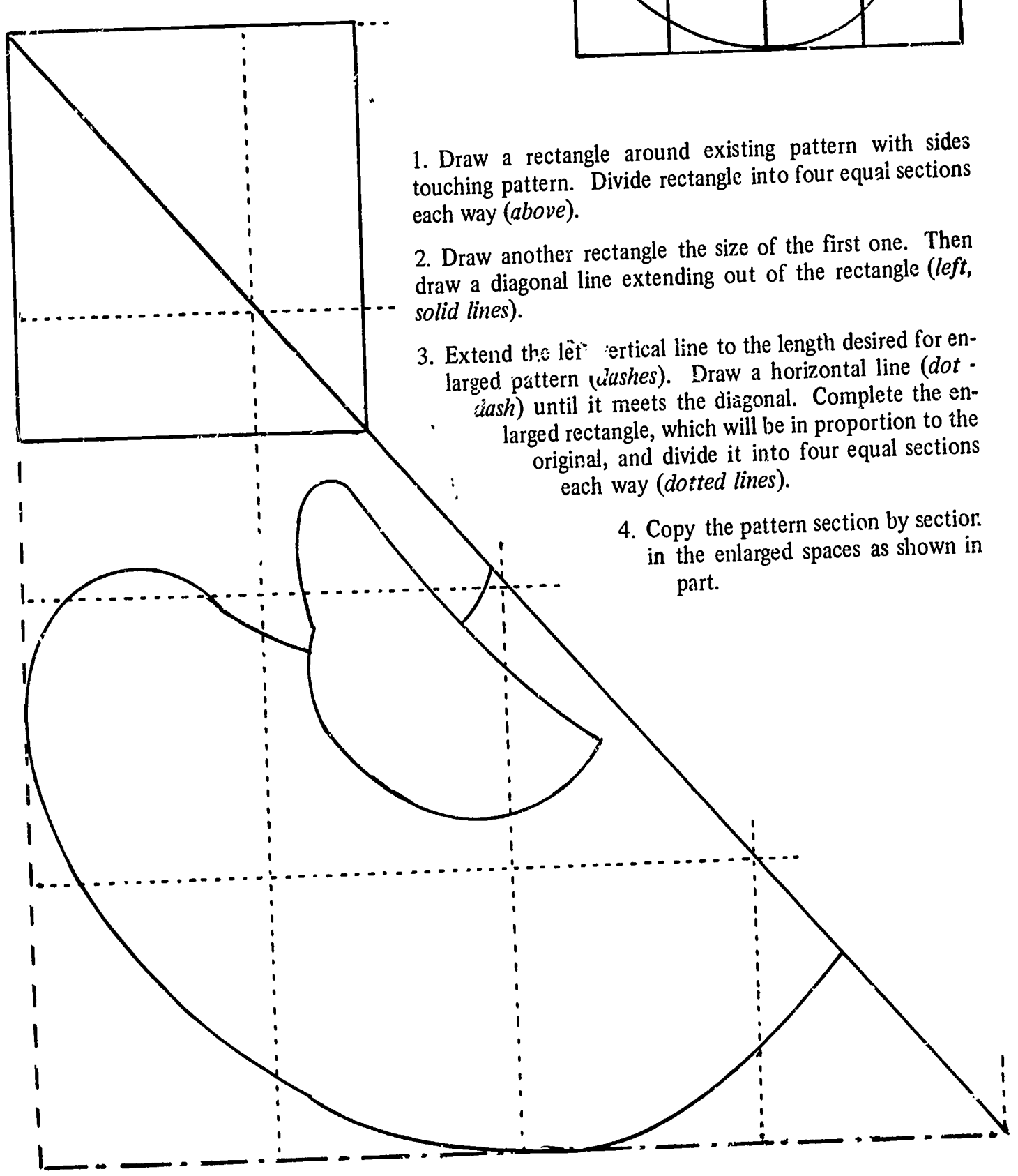
The bibs are made of colored printed oilcloth, and matching bias tape for binding and strings.

Bind the top of the pocket, which should be 8" deep and loose. Then bind lower half of the bib with the pocket. Then bind the neck. Last, bind the sides, leaving long ends of tape for ties at neck and waist.

Value – The bibs are made to cover children and adults when eating. The large pocket is spread open to catch spills. Larger bib sizes can be used for painting aprons.

HOW TO ENLARGE PATTERNS, DIAGRAMS, DRAWINGS





1. Draw a rectangle around existing pattern with sides touching pattern. Divide rectangle into four equal sections each way (*above*).

2. Draw another rectangle the size of the first one. Then draw a diagonal line extending out of the rectangle (*left, solid lines*).

3. Extend the left vertical line to the length desired for enlarged pattern (*dashes*). Draw a horizontal line (*dot - dash*) until it meets the diagonal. Complete the enlarged rectangle, which will be in proportion to the original, and divide it into four equal sections each way (*dotted lines*).

4. Copy the pattern section by section in the enlarged spaces as shown in part.

Additional Suggestions
MORE TOYS TO MAKE

Gadget Boards – Fasten on 1" board 3 types of light switches, pull, push and rotary; or door-knobs, catches and latches; or locks and padlocks; two types of radio dials and switches; 3 types of window locks; a small window shade and a small venetian blind; faucets, vertical and horizontal; 3 types of stoppers and plungers, 4 types of doorbells; 4 types of door handles for cupboard doors; 3 types of window openers. Children learn by actually manipulating articles used in everyday living.

Crystal Orchestra – Use eight water glasses filled with water to the proper levels to make one octave. Tap the glasses with a pencil to get the notes. Then paint a ring around each glass (with bright nail polish) so they can be refilled with the right amount of water without testing every time. The values of a rhythm band of a crystal orchestra are much the same for the handicapped child as for any child – the delight of making music, co-operation, rhythm, and recognition of tones.

Felt Boards – Cover a piece of scrap fiberboard or plywood with felt; pull the felt over the edges and glue, staple or tack securely on the back. Cut out numbers, figures for counting, or parts for telling a story, from colorful felts. Some decals for felt boards are commercially available also.

Train – Make a small unpainted wooden train of cars and engine that hook together easily. Round all edges. This toy is good for floor, table or bed play.

Puppets – Make hand puppets in a variety of characters. Men's gaily colored, elastic-top cotton dress hose can be easily made into pirates, animal heads, Mickey Mouse, etc.

Mailbox – Make a street mailbox 18" high with circle, triangle, oblong and square openings; make one opening on each of the four sides. A set of objects to go into the mailbox should be shaped like the openings, but slightly smaller in size.

Triangles – Cut equilateral triangles from ½" wood. Paint with bright colors. They can be pieced together to make endless designs.

Numbers, Letters – Cut 5" numerals and alphabet letters from ½" plywood. Sand and paint in bright colors. These are useful in spelling and in number games.

Dice – Make large wooden dice, 2", for playing Parchesi and other games that require dice for scoring.

Cones – The large cone-shaped carpet warp spools, brightly painted (use an undercoat of filler) have many uses, limited only by the child's imagination as he stacks them, makes rockets, etc.

Kits for Play Activities

Doll Washing Kit – Washable doll, enameled pan for tub, wash cloth, hotel size soap; towel, bath blanket and nightie or pajamas.

Baking Kit – Wall paper cleaner for dough, a bake board, rolling pin, muffin tin, pie or cake tin; cake decorations; cookie cutters regular size.

Dress-Up Kits – Welcomed by therapists at schools for handicapped – Cowboy hats, bandana, holster, Indian head dress, fairy costume with crown and wand, any fancy dress-up costumes especially those equipped with large buttons; discarded service uniforms, army, navy, etc., beach slippers of scuff type, men or women's, scarves, old hats, old pocketbooks with many different

kinds of fasteners; ornate costume jewelry with large clasps; old belts with fancy buckles; aprons; artificial flowers.

Dish Washing Kit – Enameled pan, dish cloth or mop, plastic square to cover bed area if for bed patient; towels, plastic apron; plastic dishes, wooden box with two shelves to serve as cupboard.

"Let's-Make-It" Kits – Large size paper chain kits – paper cut for links, paste with brush. Let child decorate window with them.

Scrap Book Kits – Scrap book, blunt scissors, paste with brush, pictures to cut or paste, crayon for labeling pictures.

Spool Knitting Kit – Use largest size spools; large nails and include yarn and directions for spool knitting.

Store Kit – Make store of wooden box with shelves – supply very small-sized canned goods for food.

Sewing Kits – Sewing cards of heavy cardboard with large holes; pictures from paper nursery rhyme books can be pasted on the cards; big cords for lacing.

Sand Painting Kits – Fine sand, heavy paper or cardboard, powdered tempera in three or four bright colors to color sand, mucilage bottle with rubber tip with slit, shaker-top bottles to hold colored sands. A design is drawn on the paper with mucilage, then sprinkled with the sands and allowed to dry before the excess is shaken off.

Decal Kits – With objects to apply them on.

Horticultural Therapy Projects

Cigar-box gardens (especially nice for cardiac patients) – The box is lined in the bottom part with aluminum heavy duty foil before the soil is put in; jumbo size 25c scenic colored postal cards are pasted inside the box cover and the cover is left open to provide for a 3-dimensional scene. For instance an Arizona desert scene and small cactus planted and small figurine and cowboys (miniature) added to extend the scene from the box cover.

Story book characters like Mistress Mary's garden, Little Boy Blue, the Three Bears, etc., may also be done. Mary would be watching her garden grow. Garden with themes can also be made in aluminum foil baking pans or in milk cartons with the tops cut off. They are covered with foil and beans are good to plant in them as they grow fast; sticks are put in for the bean plants to lean on.

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