

What is a Sensory Mitt?

A sensory mitt is a double thick mitt or muff made with embellishments attached inside and out in order to provide a stimulation activity for the restless hands of people with dementia, Alzheimer's or autism. Mitts and muffs can be sewn, knitted, or crocheted. The embellishments can be anything that's washable: dangling yarn or ribbon, buttons, beads, appliques, crocheted objects such as flowers or butterflies. Raid your junk drawer and let your imagination soar!

Who can make a Sensory Mitt?

Anyone! Whether you knit, sew or crochet, making a mitt or a muff is easy – we'll provide the pattern and examples to work from, yarn and embellishments if you need them. Novice, experienced or expert, every skill level is welcome. You can make mitts or muffs on your own time, but we will set aside a time when we can meet as a group of interested handicrafters, sharing ideas, techniques and fellowship. Attend the group whenever you're available.

Who are we giving them to?

We will distribute completed mitts to local nursing homes, hospitals and individuals in need.

Other ways to help

- Collect materials such as yarn and items for twiddles.
- Use sewing skills to assemble muffs.
- Sort, cut and wind yarn.
- Help with distribution

For more information, contact

Annette Bell

rannettebell@gmail.com



Sensory Mitts Ministry Get Together

Tuesday, Nov. 15, 6:30-8:00

Social Room,

Westminster Presbyterian Church

If you are a knitter or a crocheter, or even just a beginner, come share ideas, techniques and fellowship. If you want to learn basic knitting or crocheting, we can help with that. If you aren't into hand crafts, you can help by winding yarn or sewing on "twiddles.". We'll provide materials if you need them. Come and go anytime it is convenient.

Sensory Mitt Ministry



Touching Lives...
One Mitt at a Time

Westminster Presbyterian Church
17 William St., Auburn, NY 13021
315-253-3331
office@westminsterauburn.org

General Instructions:

The finished mitt consists of one long piece, about 23" long by 12" wide. Allow 11" for the inside, the cuff, and 12" for the outside, the muff. These measurements are just a guide; there is no perfect length or width that will suit everyone. Do the inside layer in a simple stitch, but let your creativity soar with the outside layer. Use different textures of yarn and different stitches for the outside.

Attach "twiddles." Embellish the cuff and the muff as desired with buttons, zips, beads and ribbons. Generally the recommendation is a minimum of 6 on the outside muff and 4 on the inside cuff. Ideas for twiddles include pom poms; knitted or crochet flowers, hearts, mini animals, etc.; braids, ropes, ribbons; beads, buttons, hair ties, fabric of different textures. Attach twiddles to the right side before joining.

Tip: Make sure the beads and buttons are large. All materials should be machine-washable. Twiddles should be securely attached. Leave long strands of yarn when changing colors or use strong, double strands of yarn to secure twiddles. Ends should either be woven in or, if loose, non-fray.

Crocheted Muffs

8mm (L hook) crochet hook or size required for gauge

Abbreviations:

- ch - chain
- sc - single crochet
- hdc - half double crochet

With worsted yarn and 8mm hook chain 36-40. Taking care not to twist the chain slip stitch into furthest chain from hook to make a ring.

Rnd 1 (RS): Ch 1 (does not count as first stitch), 1 hdc in same ch, 1 hdc in each ch to end of rnd, place marker if using..

Rnd 2: 1 hdc in each st to end, move marker to denote new end of rnd,

Rnds 3-to end: Repeat rnd 2 until the piece is 23" long.

Last Rnd: 1 hdc in each st until 1 st remains, 1 sc in next st, sl st in next st. Fasten off and break yarn leaving a long tail (at least 2 metres) for finishing up.

Fold the cuff inside the muff, right side out. Using 8mm hook and long yarn tail join the inner and outer sleeves together by working a round of sc, working into the starting chain of one layer and the final round of the other.

Knitted Muffs

6.5 to 8 mm straight or size required for gauge

2 strands of any wool -8 ply and upwards or 1 strand of thick chunky wool

Cast on anywhere between 38 to 45 stitches of double worsted yarn or 1 strand of chunky yarn. Work in stockinette stitch (knit one row, purl one row) until the piece is 23" long.

Add embellishments.

Fold the piece lengthwise in half with the wrong side out. Neatly join the long edges together.

Turn right side out and fold the cuff inside the muff body. Join the ends together.



Step 1: Make rectangle
23" x 12".
The inside part is plain.
Add twiddles.



Step 2: Join long sides
together, wrong side out.
Turn to right side out.



Step 3: Fold plain part inside
and join ends together.



Step 4: Completed
sensory mitt

Great ideas for twiddles can be found at
<https://www.facebook.com/groups/SensoryMitts/>

and

Twitter (either twiddle mitts or sensory mitts)