

Weaving requires fine motor control, focus and patience. As an art teacher I am consistently observing the creative experiences that bring my students joy, excitement and also relaxation. Last year I collected cardboard and made weaving looms for my third grade students. This was not the first time I had done a weaving project with my students but this time I was keenly aware of their reactions. "This is so relaxing...This is so satisfying...Can we work on this again next week?" Students wanted to take their weaving home to work on. Some students asked if they could work on it at recess. I have been fascinated by my observations of my students, and of myself, as to why repetitive physical experiences are so relaxing. Students up through middle school grades love sticker mosaics, mandala coloring pages, stringing beads and they ask for them. I did a quick google search on the subject:

"Repetitive motion works in several ways. One is that it redirects our mental and physical focus away from the anxiety inducing stimuli. When we engage in the repeated actions, after a short while our minds slip easily from the conscious, active, aggravated state to a subconscious, passive, calming state. This is a naturally occurring phenomenon that many people have learned to take advantage of, including creative geniuses, common children and even ancient shamans. "Releasing Anxiety Through Repetitive Motion" The Center For Growth

I am applying for a grant that would help purchase different types of handheld looms for the art room, the maker space, and one large portable loom that could be used outside at recess, in the hallways as students are waiting for school to start, could be brought to individual classrooms, or to guidance. This year we have very limited outdoor space due to construction, therefore we will be using the maker space as a quiet recess space where having weaving as an option would be ideal. Looms in the art room would be used with structured lessons focusing on the historical implications of weaving, weaving as an art form, and weaving techniques. Outside of the art room looms would be used as a self selected relaxing activity.

Yarn needles: 5 packs 6.99 a pack = 34.95

https://www.amazon.com/18pcs-Large-Eye-Knitting-Tapestry-Sewing-Needles-Wool-Hand-Projects/dp/B0BMX4832R/ref=sr_1_4_sspa?keywords=metal+yarn+needle&qid=1699709931&sr=8-4-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

Wooden rectangular looms: 29.99 for 12 = 179.94 (72 needed for art room)

<https://www.discountsschoolsupply.com/arts-crafts/arts-crafts-supplies/fabric-felt-yarn/colorations-beginners-wooden-loom--set-of-12/p/24295?>

Circular Looms: 14.50 per loom: 25 looms= \$362.5 (for Maker Space)

Large Standing Loom:

\$476.24

\$392.90 (If I am able to apply BPS discount)

<https://www.schoolspecialty.com/harrisville-weaving-loom-415519>

Total: 1,053.63