

S.P.A.

**Suggest. Prepare.
Admire.**

by: Haven Wright

Participating in SPA Engagement

<h2>Suggest</h2>	<p><u>Suggest</u> ideas for how the child can participate in group activities.</p>	<p>“Now’s a good time to sit with our legs crossed.” “It would be so cool if you raised your hand.” “We love it when you answer questions.” “You can always ask another kid to play with you.”</p>
<h2>Prepare</h2>	<p><u>Prepare</u> the child for what events are about to happen.</p>	<p>“We’re about to do something new in a few minutes.” “Soon you’ll have a chance to answer a question.” “Start thinking about your favorite animal.” “Other kids might join us in blocks soon.”</p>
<h2>Admire</h2>	<p><u>Admire</u> appropriate use of skills.</p>	<p>“Great job sitting in your spot.” “I’m so happy you raised your hand.” “I’m impressed with your answer.” “You’re playing so well together.”</p>

Use **prompting** and engagement coaching for group activities.

**Looks like it is time
to head to the park.
Let's get ready to go,
Honey.**



First, let's grab a pair of socks. Which ones do you want to wear?



“I want to wear my blue ones,” she says.

Then Dad asks, “Do you need any help putting them on?”

“No thank you. I can do it by myself,” she answers.



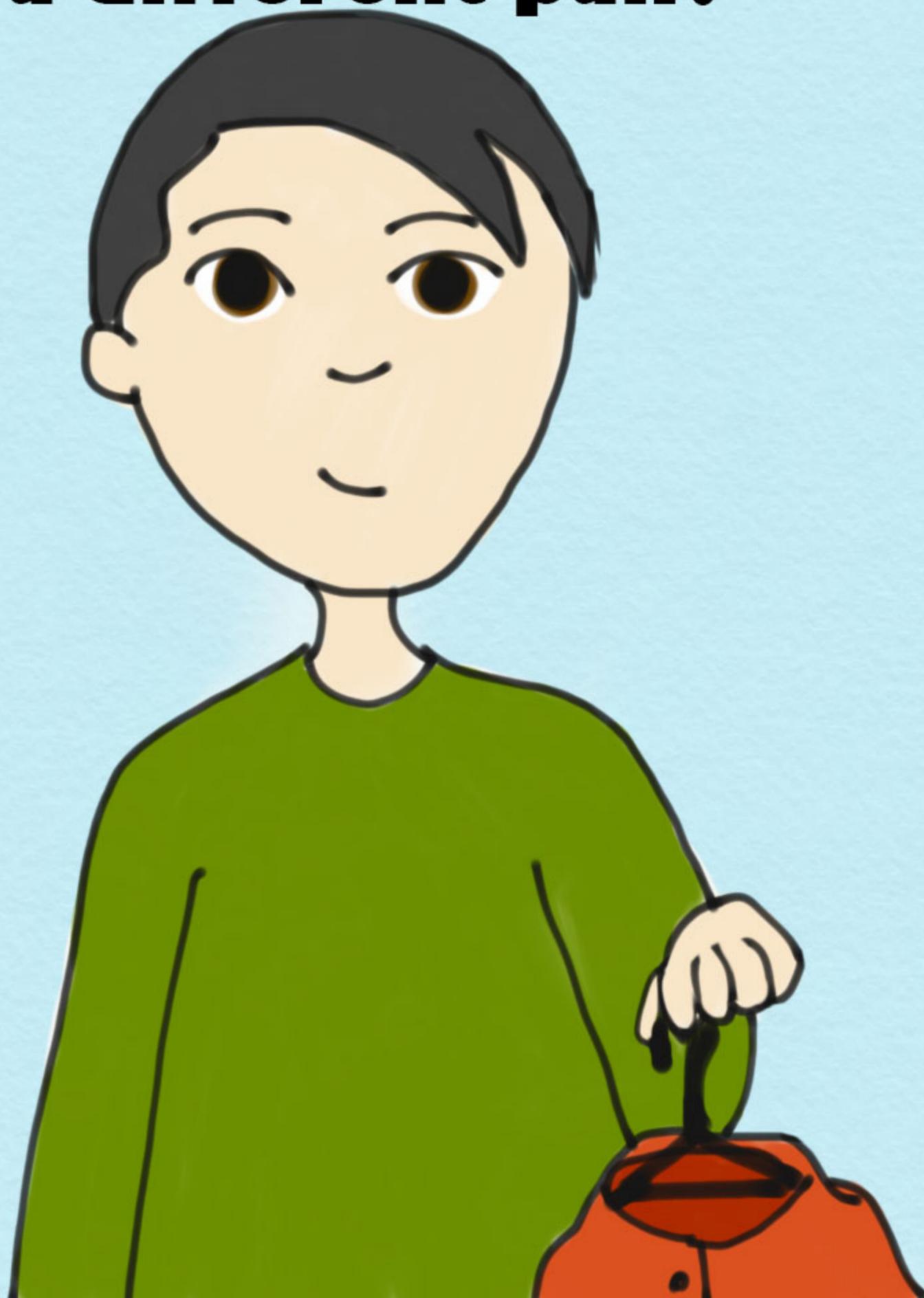
Dad goes to grab Ella's coat from the closet while she puts on her socks.



Oh no!



Dad looks down at the hole in Ella's sock and says, "It's okay honey, you have other pairs of socks. Let's just throw those in the trash can and pick out a different pair."



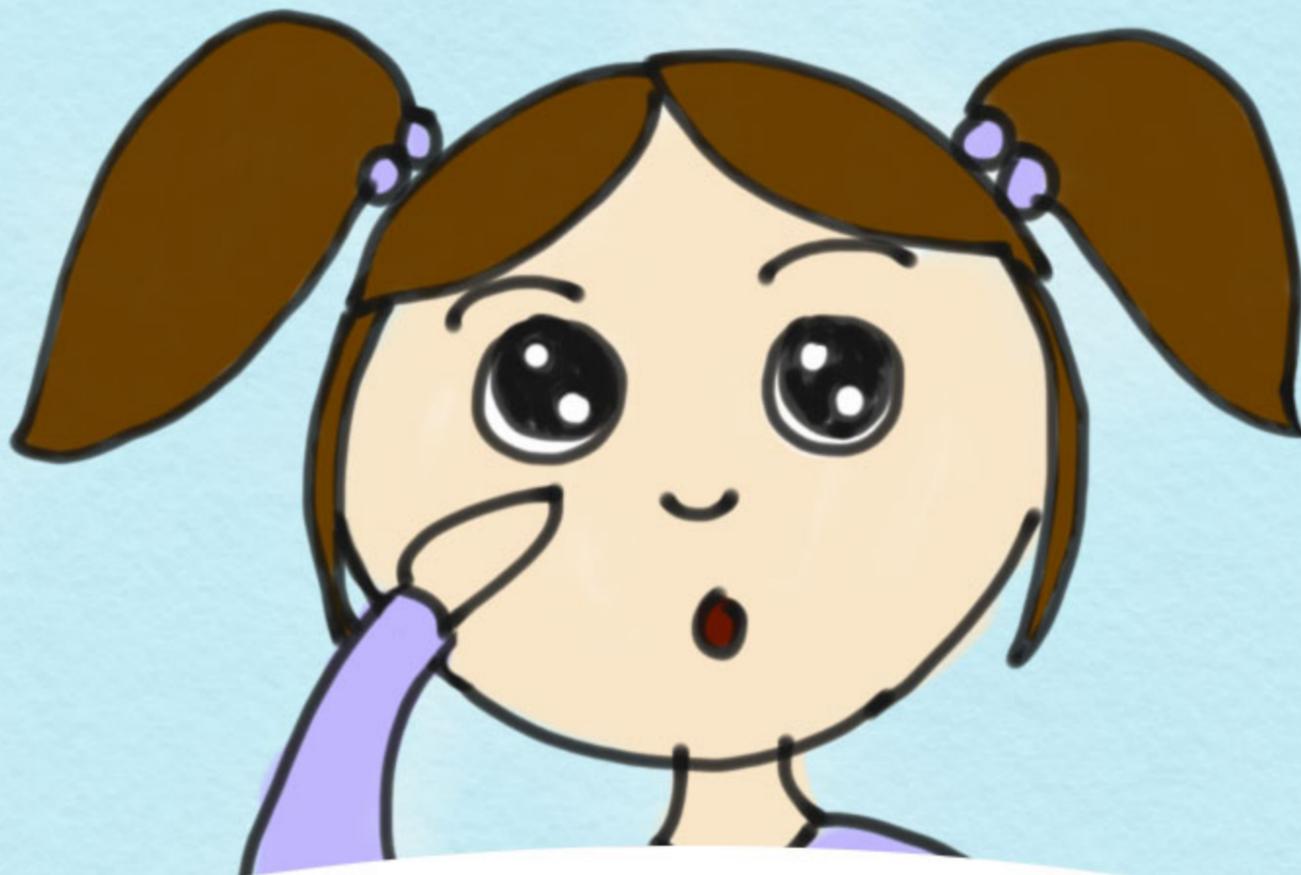
But... but, I love these! They were from Mamaw. I don't want to throw them away!



Dad says, “I can see that these are important to you. I can try sewing them up later or we could try to think of another way to use them.”



What do you mean Dad?



Well, there's lots of ways people can reuse things when they aren't ready to let go of them. We just have to get creative!

Dad says, “People can make an old pair of pants into a new favorite pair of shorts.”



“Turn old t-shirts into blankets

or use leftover fabric to make scrunchies.”

Dad says, “We can look around online for more ideas when we get to the park, but for now let me help you put on your coat.”





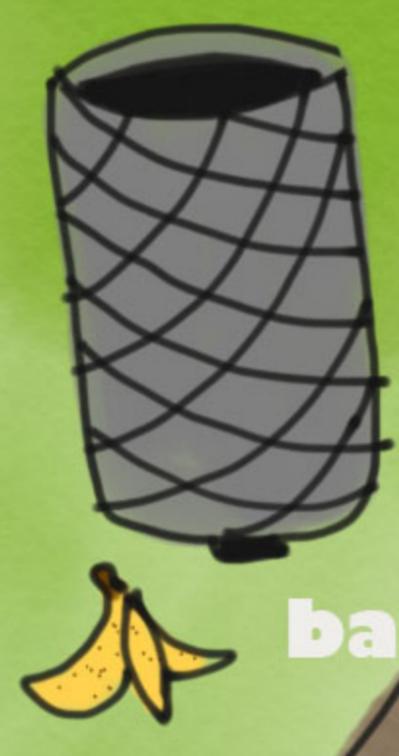
sun

ribbon and bow



**1... 2... 3...
4... 5!**

**pistil, the center
of a flower**



banana peel

Dad says, “How about we play our walking game while we head to the park? How many yellow things can you find?”



Now that we're all together let's see what we can find.

Oooh, I like that one!

Great choice, we can work on it when we get home.

Do It Yourself
(D.I.Y.)



Sock Monkey

After finishing at the park the family heads home.

Mom and Dad gather all the supplies they will need including Ella's beloved socks.

Then they all gather around the dinner table together to get started on the sock monkey.

Mom marks the pattern on the socks and cuts them out.

Dad does the sewing and then passes the monkey to Ella for stuffing.



Once the monkey is all stuffed and the last stitches are sewn, Ella raises the finished sock monkey up in the air and says, "We did it!"

“I love it,” Ella says. She gives her sock monkey a tight squeeze. Now she can have Mamaw with her all the time.



“You did a great job honey,”

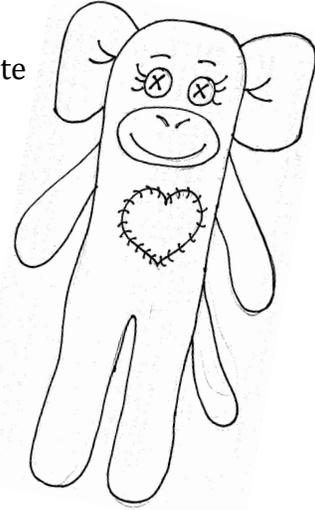


“but most importantly, we are so proud of you for speaking up about something that meant a lot to you,” says Mom and Dad.

The End

Sock Monkey Instructions

By Renée S. D. Tate



Materials Needed

- 2 calf or knee length socks
- embroidery thread
- embroidery needle (size 1-5)
- 2 buttons
- scissors
- stuffing (i.e. Poly-fil)
- extra fabric scraps for embellishments

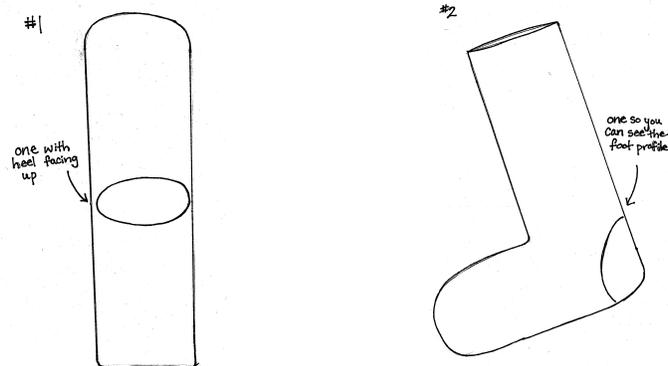
Definitions

- *Whip stitch:* over and under/loop stitch; the needle goes through one side of the fabric, you bring the thread over the top of the fabric, and put the needle through the opposite side and pull through to complete the stitch
- *Whip stitch knot:* make a whip stitch and insert the needle through the loop to create a knot; do this two times (use this knot to tie off every time)
- *Chain stitch:* looping stitch that makes a connecting chain

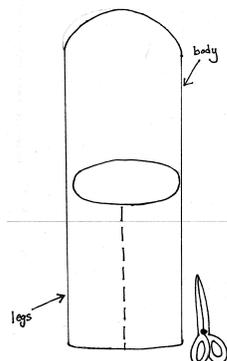


How To Make A Sock Monkey...

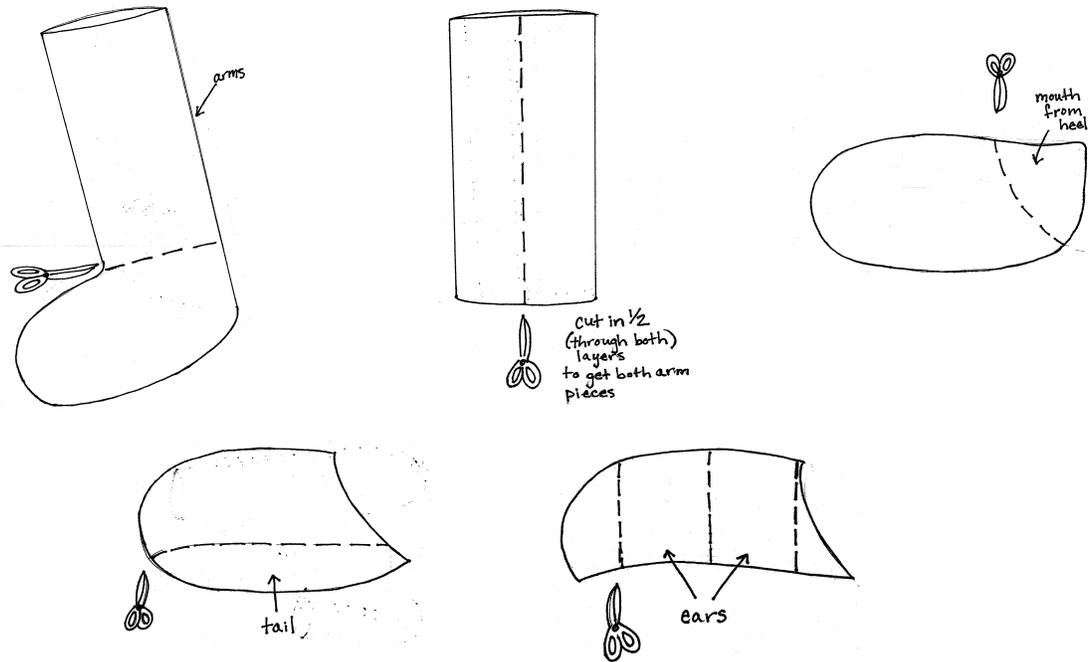
1. Choose two socks (think about color, design, length)
2. Turn both socks inside out
3. If you want to make the arms and legs shorter, cut 1-2 inches off the end of each sock



4. Take the sock with the heel facing toward you (#1) and use scissors to cut vertically (up and down) toward the heel. Stop right underneath the heel.



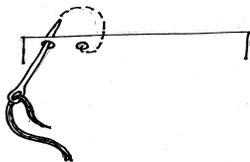
- Take the second sock (#2) with the foot in profile and make cuts to get the arms, mouth, ears, and tail



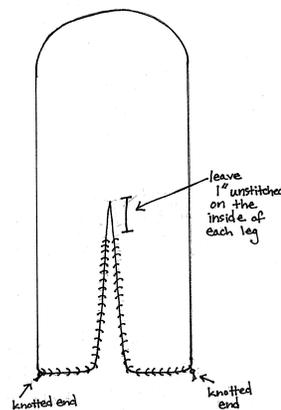
- After all your pieces are cut, put all the pieces except your body and legs sock (#1) into a bag so you can keep track of them
- Thread an embroidery needle with embroidery thread and tie a knot at the end (choose a color based on if you want it to stand out or blend in with the sock)



- Take sock #1 (still inside out) and use a whip stitch to stitch from the outside of the leg. Leave one inch at the top (between the legs) so that it can be turned inside out to be stuffed

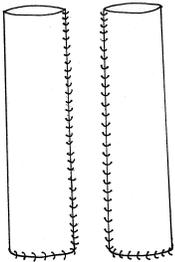
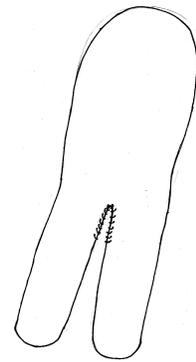


- Do the other leg and leave one inch at the top
- Turn sock right side out



11. Stuff body and legs with poly-fil or pillow stuffing (make sure to stuff the heel area for the sock monkey bottom)

12. Sew area between the legs closed using the whip stitch and use the whip stitch knot

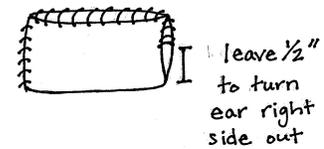


13. Use the whip stitch to sew arms together. Leave an opening at the top so it can be stuffed and attached

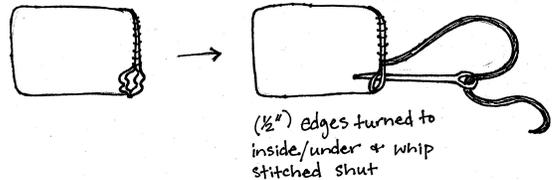
*make sure the fabric is inside out before starting to sew

14. Turn arm pieces inside out and stuff (put back in bag)

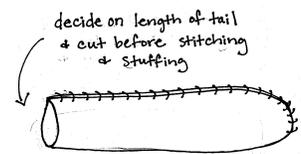
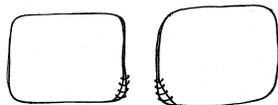
15. take two ear pieces, fold so sock fabric is inside out, and sew closed with whip stitch. Make sure to leave 1/2 inch on the third side to be able to turn the ears right side out



16. after sewn, turn right side out and stuff



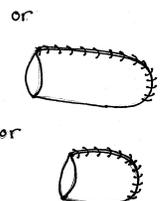
17. sew up the open hole in each ear by turning the open edges under (to the inside) so you have a finished edge; sew each ear closed.



18. Take your tail piece, fold it so the fabric is inside out, and sew closed using the whip stitch; leave the top open so it can be turned right side out and stuffed

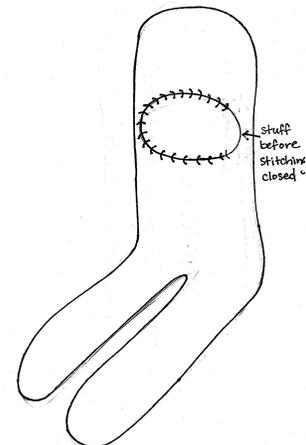
19. turn the tail right side out and stuff

*Remember that you can make your tail long or short by the length you choose to cut it to get the desired look

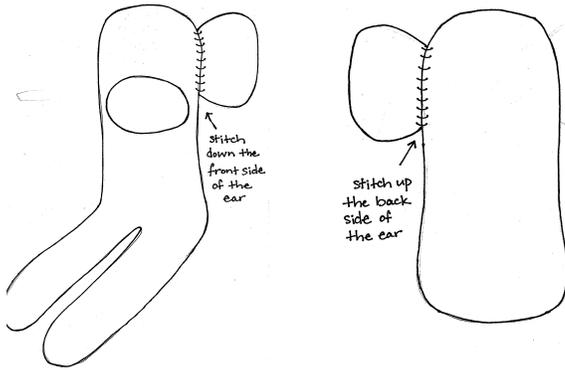


20. Sew the mouth onto the body; choose where you want it to be placed and use the whip stitch while turning the outer edge under as you sew so that the edge on the mouth is finished

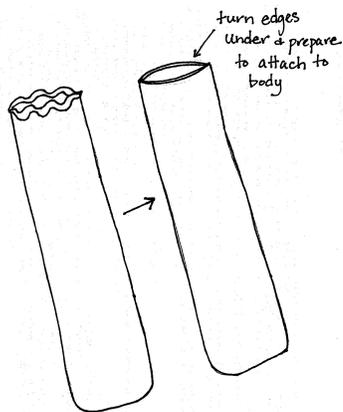
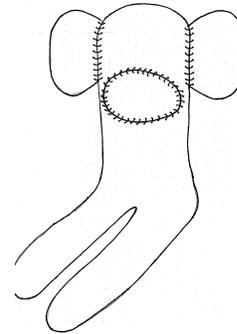
a. sew almost all the way around before stuffing and closing with the whip stitch knot



21. Sew the stuffed ears onto the body by placing them above the mouth on each side of the head. Make sure they are sewn all the way around the ear to firmly secure

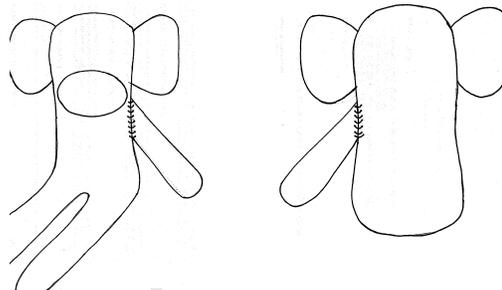


22. Repeat with the second ear

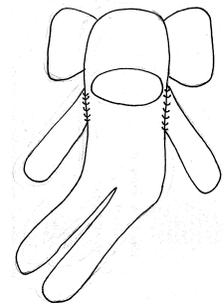


23. Take the stuffed arms and attach underneath the mouth on each side of the body. Find where you want the arms placed and sew one on at a time. Turn the edges of the arm opening inward to get a finished edge

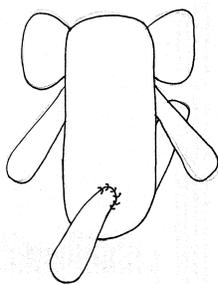
24. Sew all the way around each arm (front and back) to securely attach using a whip stitch and tie off with the whip stitch knot



25. Sew on the second arm



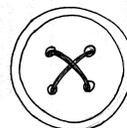
26. Take the stuffed tail and decide where you want to place it and sew on using the whip stitch. Sew all the way around it (like the arms)

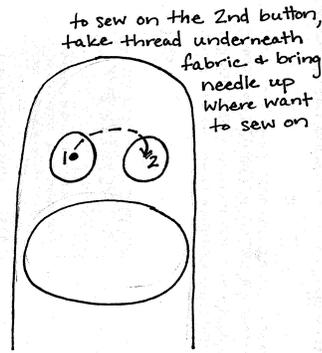


27. Choose two buttons for the eyes and sew them on. Decide where you want them placed and attach the thread underneath where the first eye will go.

28. Go through the button holes in a diagonal (criss-cross) pattern. Catch a piece of the sock underneath the button each time you take the needle to the back to fully secure the button

29. Repeat criss-cross pattern 3-4 times

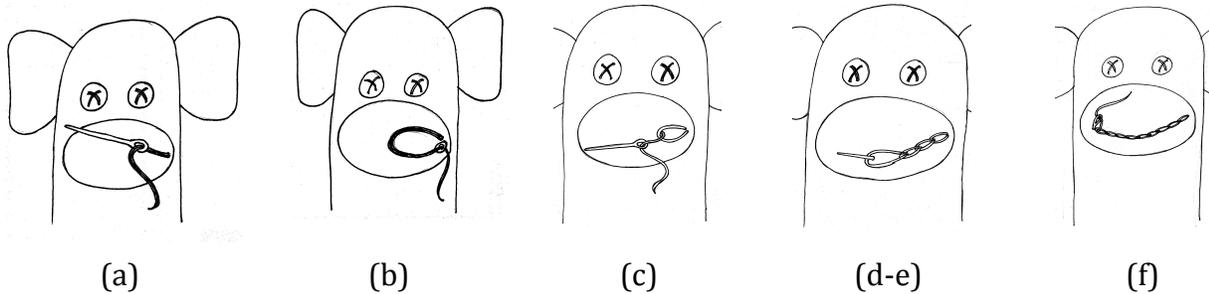




30. Then, take the needle underneath the 1st eye and put it through the stuffing in head (underneath the face fabric, but not all the way to the back—just through the stuffing in the middle of the head part) and bring the needle back up through where you want to sew the 2nd eye on (this way you don't have to knot the 1st eye or see extra thread)

31. Add the stitched mouth using the chain stitch

- a. Start by bringing the needle up through the part of the face where you want to start the smile part of the mouth
- b. Insert the needle back at the place where the thread is forming a loop
- c. Then bring the needle through the loop where you want it to finish the stitch
- d. To start the next loop, you always have to reinsert the needle into the end of the previous loop to continue the chain
- e. Repeat this process so that the loops forms a chain
- f. Finish off by inserting the needle into the fabric right after the last loop



32. Add nostrils for the nose and other facial elements (i.e. eyebrows, eyelashes) using embroidery thread

- a. “draw” with the needle by inserting the needle and making lines with the thread

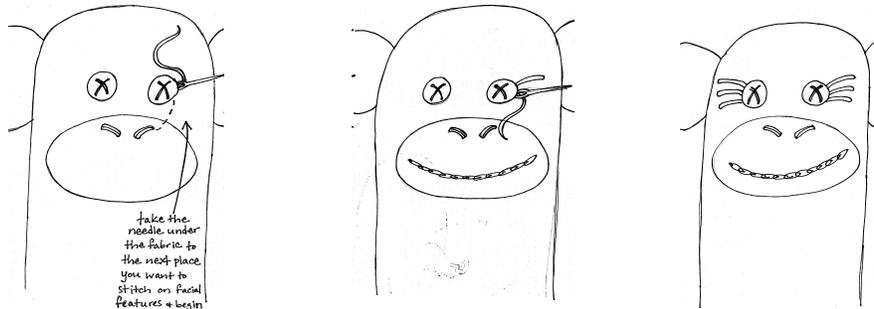
33. from the mouth, insert the needle through the head to where you want your first nostril

- a. bring the tip of the needle up and put back into the face where want the end of the nostril line to be
- b. go over this same stitch 2-3 times so the nostril will stand out

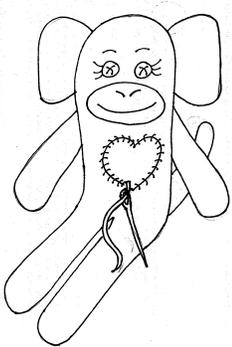
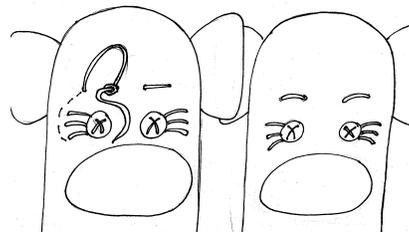


34. for eyelashes: go through the same process

- a. start with the needle under the button (so looks connected to the eye, and insert the needle back into the sock at the desired length)
- b. then bring the needle back underneath the button so can start the next one



35. Eyebrows are the same process as the nostrils; decide where you want them and make a stitch with the embroidery thread



36. Add embellishments such as patches with other fabric using the whip stitch (optional: these can be stuffed and closed)

37. Make repairs to any places where the stuffing is showing or where a body part does not seem firmly attached

38. Name your sock monkey and enjoy!

Other Resources:

- Here is a link to a youtube video that takes you through the process of making a sock monkey step by step
 - <http://vimeo.com/28869273>

***sock monkeys are a great handmade gift to make for others or yourself**

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