

# Have a go at: Creating a Sensory Band

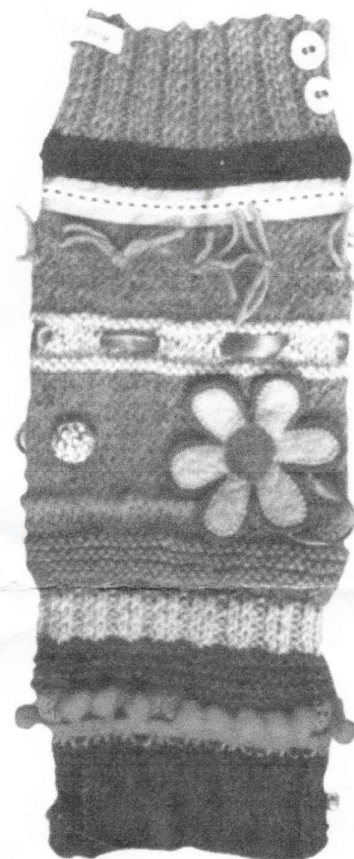
**There's no right or wrong way to make a sensory band. The aim of each one is to create something that will keep hands busy 'remembering.'**

**Many people with dementia often find comfort in having something for their hands to do, especially those staying in an unfamiliar environment, such as a hospital. Sensory bands can also provide constancy for patients and help calm them.**

**Since these interactive textiles are meant to stimulate memory, it is important that you trigger the senses by using different textures and embellishments as much as possible. You can create your own original sensory band or you can use the pattern below as an example.**

## Things to consider

- Think about the kind of texture you want to create with the fabric and pull together different thicknesses of wool and cotton.
- Colour is very important! Bright, cheerful colours are great, but consider contrasting colours as well. Mixing in a really bold colour amongst a muted pallet of colours will draw the eye.
- Don't neglect the inside of the band; attach buttons, hooks, pom poms, or beads to both sides.
- Consider alternating your stitches, mixing up knit and purl stitches can provide some really interesting patterns and textures.
- Make grooves for fingers to run up and down or create holes to insert ribbon or lace; this provides texture for inside and out!
- You can also add a scent to your band. A small fabric parcel attached with a popper so that it can be changed/washed is a good idea; you can insert lavender or scented rice if you wish.



## Sensory Band Guidelines

### You will need:

- Size 6 or 8 knitting needles
  - Selection of wools from DK, cotton and super fine
  - Selection of ribbons, buttons, name tags, length of pom pom trim, felt and poppers
- Cast on 70 stitches
  - Knit 16 row of rib in a DK wool (K2, P2)
  - Row 17 change colour and K for the next 6 rows
  - Row 23 change colour and knit 16 rows in stocking stitch (Knit one row, Purl one row)
  - Row 39 change colour knit 3 rows (Note you could insert eyelets here if you wish to insert ribbons)
  - Row 42 purl
  - Row 43 knit
  - Row 44 purl
  - Row 45 knit

- Row 46 knit
- Row 47 Change colour and knit the next 16 rows in stocking stitch
- Row 63 & 64 Knit a contrasting colour (in this case bright pink in DK)
- Row 65 Change colour and knit 5 rows in stocking stitch
- Row 70 continue in the same colour and knit for 5 rows
- Row 84 K
- Row 85 P
- Row 86 K
- Row 87 P
- Row 88 Change colour and knit in rib for 6 rows
- Row 94 Change colour and knit for the 8 rows
- Row 102 Change colour and continue in stocking stitch for the next 6 rows
- Row 108 Change colour and continue in rib for the next 8 rows
- Cast off

