



# SUN CATCHERS

## Activity Guide

Creating sun catchers provides an opportunity for students to practice fine motor skills, explore new sensory input, and connect with you and each other through a meaningful, creative project.

### NEEDED MATERIALS

- Water
- Food coloring
- Ruffled paper coffee filters
- Small bowls

### INSTRUCTIONS

1. Pour water into several small bowls
2. Tint the water with drops of food coloring
3. Fold and scrunch coffee filter
4. Dip the filter at different angles into as many bowls of tinted water as desired
5. Open the filter to reveal a multicolored design
6. Hang the filter to dry
7. When's it dry hang the colorful creation in a sunny window where light can shine through it.

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## Therapist Tips

### Tips for Mental Health

- Complete this activity outside. Not only does it save a bit of the mess, getting outside is great for your mental health!
- Have students make 2 sun catchers - one to keep and one to give to someone.
- Hang sun catchers in the window. They will feel pride in their work and know that they created something that contributes to the classroom in a meaningful way.

### Tips for Sensory Exploration

- Encourage sensory exploration by asking them to feel the water in the bowl, feel the coffee filter changing texture, pouring the water, and squeezing, crumbling, and folding the coffee filter.
- Notice how the colors change as it dries and when you hang your sun catcher in the window.
- How do students respond to the textures of the water, coffee filter, etc? Do they need gloves to tolerate the feel?

### Tips for Communication

- Ask them to label the colors before and after mixing together. Talk about age appropriate concepts such as wet/dry, light/dark.
- Narrate what you and your students are doing. This increases their exposure to vocabulary.
- Work on memory & recall skills by pairing up with a younger class and having your students teach a partner how to complete the project, using theirs as a model.

### Tips for Fine Motor

- Allow students to complete the steps on their own if possible including pouring the water in the bowl, squeezing in the food coloring, and pinching the sides of the coffee filter to dip them.
- Pay attention to if they are able to vary the pressure they use when squeezing the food coloring or coffee filter.