

WEAVING

To make a cardboard loom you will need cardboard (you can make any size, A4 is a good size), string, scissors, a ruler, pen/pencil and sellotape.

1. To make the loom:

- Draw a line about 2cm from the edge across the top and bottom of the card.
- Take the ruler and measure across the top every 1cm.
- Cut with scissors or craft knife along the top and bottom, using your 1cm marks as a guide. This will create tabs.

2. How to string the loom:

- Take the string and tape the end to the back of the card, somewhere near the top.
- Pull the thread down to the bottom and loop it round the first tab, then bring it back up over to the front, keep going till the whole card is strung. Tape the end of the string to the back of the card.

3. Materials:

- Collect any bits and bobs you have around such as wool, ribbon, fabric strips, tissue paper, tinsel and anything else you have to add interest.
- Start weaving your material (e.g. ribbon) behind and in front of the warp thread (the string you have wound around the card) and keep going till the card is covered.

4. To take the weaving off the loom:

- First, release the strings from the back of the card. Then remove the loops from the cardboard tabs, first at the top and then at the bottom of your weaving.
- Hold the weaving near the top, and pull up on the top loops. You want to pull the string through the weaving, so that the bottom loops are brought up to be flush with the bottom of the weaving, and the top loops gain extra length.
- Once the weaving has moved down to the very bottom of the strings, you can cut the top loops in the middle and tie those off.
- You will still have the two long strings at each end and you just need to thread them through the sides of the weaving to finish off.

The Whitworth Gallery in a Park was established in 1889 for *the perpetual gratification of the people of Manchester*. This mission is still at the heart of what we do today. Our Age Friendly work includes workshops and events as well as advocacy and research by and for older people aged 50+ and is a partner in Manchester's Age Friendly City Culture offer. For more information see:

<https://www.whitworth.manchester.ac.uk/learn/adults/agefriendly/>

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