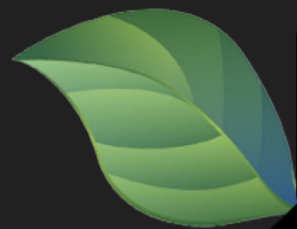


STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



STAY HEALTHY AT HOME WEBINAR SERIES



Handmade Tale: DIY Gift Making Guide

NOVEMBER 17, 2020 FROM 2 - 3 PM

INTRODUCTIONS

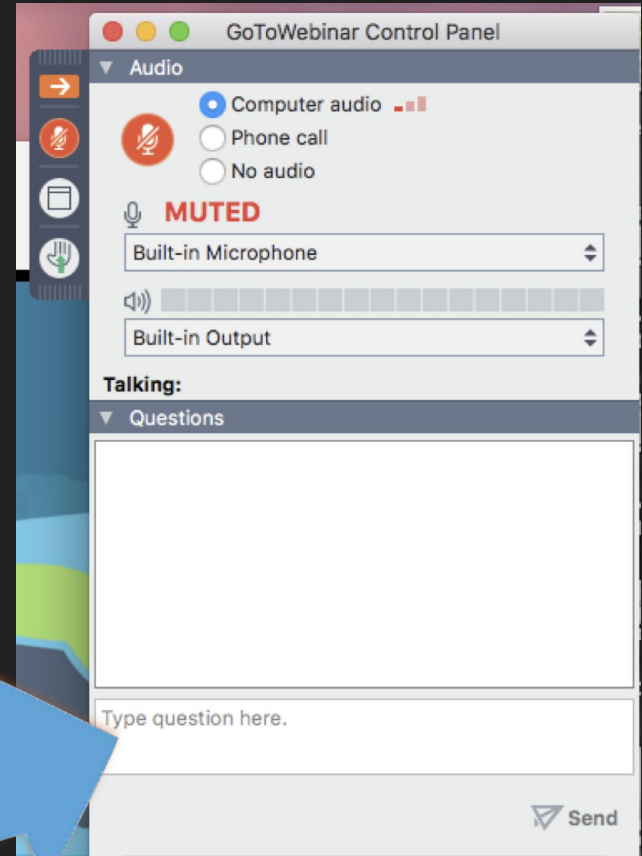
Erin Smithers, the Information/Referral Coordinator, NJ Self-Advocacy Project (NJSAP)

Frankie Bayak, Media & Communications Coordinator, NJ Self-Advocacy Project

Ashley Ritchey, Director, NJ Self-Advocacy Project

- NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

Type your
questions,
comments,
feedback in the
questions box



STAY HEALTHY AT HOME SERIES: EVERY TUESDAY AT 2
PM



Register [here](#).

TODAY'S TOPICS:

- "Do It Yourself" (DIY) methods to make amazing gifts for your loved ones during the holidays!
- Benefits of DIY gift making
- 3 how-to videos





What is 'DIY'?

Do It Yourself

The activity of decorating, building, and making repairs at home by oneself rather than employing a professional

DIY can reduce holiday *stress*

- Save money by making it yourself

- Save on shipping costs and worrying about delays

Bonus: No shipping means no extra packaging waste

- DIY gifts can be more eco-friendly

- You can give personalized & more thoughtful gifts, tailored to the recipient

- You can get creative with your ideas and be more original than a mass-produced item

DIY Gift Ideas

- Repair something important that broke
- Make something useful
- Potted plants & herbs
- Homemade 'coupons'
- Candles, soap, lotion, jewelry, cards
- Photo items like a photobook, canvas, blanket, shoes...

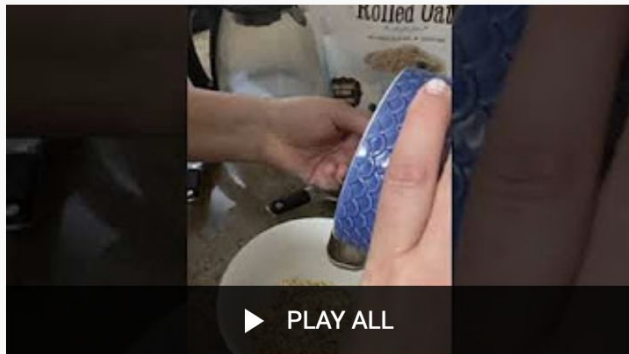


DIY Gift Ideas Continued

- Glassware you can make at a studio: plates, cups, wine glasses
- Beauty items like lip gloss, lip scrub, face scrub, face masks
- Artwork: canvas, pictures, sculptures
- Customize mugs and bowls: Kits available craft stores and Amazon



at



DIY: Pamper Yourself at Home

3 videos • 1 view • Last updated on Apr 29, 2020

Public ▾






No description



New Jersey Self-Advocacy Project

☰ SORT

-  **Homemade Moisturizing Face Masks**
New Jersey Self-Advocacy Project
3:20
-  **Homemade Hair Masks**
New Jersey Self-Advocacy Project
2:34
-  **DIY Vanilla Lip Scrub**
New Jersey Self-Advocacy Project
1:01

Visit the NJ Self-Advocacy Project's
YouTube channel:

<https://www.youtube.com/playlist?list=PLtVYXyDznmZk3eWCqwbhNNfragSpaAZe>

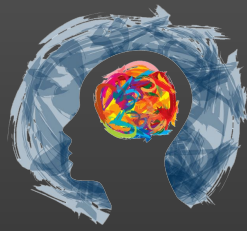
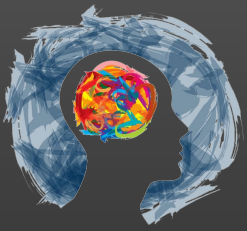
Learn To DIY!

[YouTube.com](https://www.youtube.com)

[Meetup.com](https://www.meetup.com)

Classes





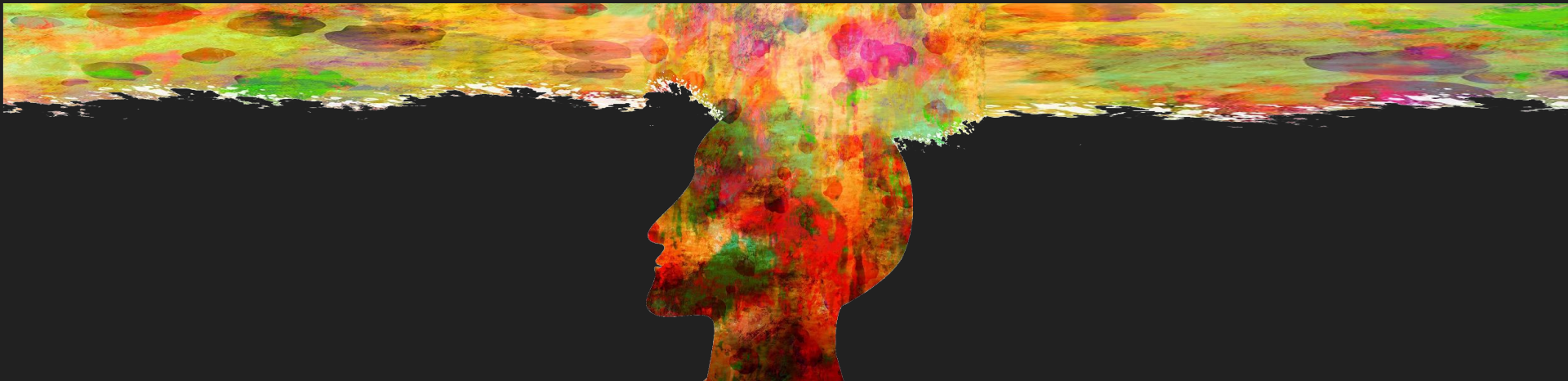
Psychology of Handmade Gifts

- Handmade goods or hand-me-downs can express love and care
- Family heirlooms hold symbolic value that people cherish.
- If you love to create, giving a gift will bring as much joy as receiving a gift.
- Handmade gifts are one of a kind.



Color Psychology

- Color Psychology: the study of hues as a determinant of human behavior.
- How color influences individuals may differ depending on age, gender, and culture.
- Colors are often used as a way to market a product.
- We use color psychology in our everyday lives, such as when choosing an outfit or redecorating a room.



Color Moods

- RED: love, warmth, comfort, energy, excitement, intensity, life, blood, anger
- ORANGE: happiness, energy, warmth, enthusiasm, wealth, sophistication, change,
- YELLOW: happiness, laughter, cheer, optimism, intensity, frustration, attention
- GREEN: natural, growth, money, health, envy, tranquility, harmony, calmness, fertility
- BLUE: calmness, serenity, cold, uncaring, wisdom, loyalty, truth, focus, un-appetizing
- PURPLE: royalty, wealth, sophistication, wisdom, exotic, spiritual, respect, mystery
- PINK: romance, love, gentleness, softness, compassion, nurture, sensitivity, sweetness
- BROWN: reliability, stability, friendship, warmth, comfort, security, natural, organic,
- WHITE: purity, innocence, cleanliness, space, neutrality
- BLACK: authority, power, strength, intelligence, slimming, death, mourning

<http://www.arttherapyblog.com/online/color-psychology-psychologica-effects-of-colors/#.X666qy9h3jA>

An “Oddly Satisfying” Journey

- #oddlysatisfying is a hashtag describing a recent genre of videos that has spread across social media.
- They are often repetitive, simple, and soothing.
- Real-life examples of this type of activity include mandalas and rock gardens.
- Humans enjoy beautiful aesthetics and feeling like a task is “complete”.
- Even if you don’t consider yourself an artist, the art process can be meaningful and soothing.



<https://www.livescience.com/62091-oddlysatisfying-videos-satisfying.html>

Paint Mixing: #oddlysatisfying



DIY Gift Idea #1

Paint Swirl Vase



Paint Swirl Vase

Supplies:

- A vase or another glass container such as a candle holder or ornament
- Acrylic Paint (in colors of your choice)
- Cup of water to dilute the paint if needed
- Rubbing alcohol or Vinegar
- Glitter (optional)





DIY Gift Idea #2
Bath Bombs

A bath bomb is an item you can add to your bath to create a relaxing environment.



Bath Bomb Benefits

- All Natural and Vegan
- Great Moisturizer For Your Skin
- Helps Clean, Deodorize, and Repair skin
- Uses Aromatherapy to Relax

DIY: Bath Bombs



Ingredients:

- 1/2 Cup Cornstarch
- 1/2 Cup Citric Acid
- 1/2 Cup Epsom Salt
- 1 Cup Baking Soda
- 10 Drops Essential Oil
- 2 1/2 Tablespoons Coconut Oil, Melted
- 1 Tablespoon Water

Supplies:

- Two Bowls
- Measuring Cups and Spoons
- Bath Bomb Molds
- Saran Wrap
- Flat Surface



DIY: Bath Bombs storage



Keep Bath Bombs dry, in an airtight container





DIY Gift Idea #3

Pressed Flower/Foliage Frame



Supplies:

- Picture frame of any size or shape
- Raw materials like flowers, clover, leaves, feathers, grasses, garden clippings
- A large, thick book or heavy paperweight
- Glass cleaner
- Glue (optional)
- Tweezers (optional)
- Wrapping paper, decorative paper, or fabric (optional)





DIY Gifting & Sustainability: Reduce, Reuse, Repurpose!

- Use repurposed packaging materials as gift wrapping
- If possible and safe, source any materials you are using from thrift & secondhand shops before buying new
 - Buying vintage or second hand items can help you create a one of a kind gift, and each piece has a unique history!
- Re-use the items you purchased for these items to create other DIY projects or recipes
- Re-use or find stones, gems, or metals from one piece and use them to make a new piece



**FREE
TRAININGS
FOR ADULTS
WITH
DISABILITIES**



NEW Request a training on the NJSAP homepage:

<https://www.arcnj.org/programs/njsap/trainings.html>

Healthy
Lifestyles
Project
LIVE 

Live Healthy,
Together



  
Horizon.
Foundation for New Jersey

Register [here](#).

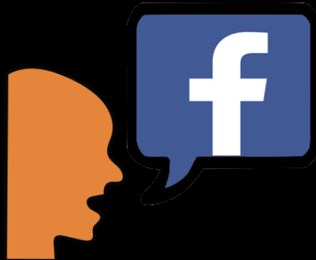
EVERYTHING IS AVAILABLE ON:



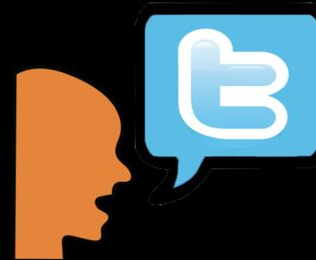
www.arcnj.org/programs/njsap/videos.html



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>

Questions?

Comments?



RESOURCES FROM WEBINAR RECORDED ON OCTOBER 20, 2020

The Arc of New Jersey: <https://www.arcnj.org/>

New Jersey Self-Advocacy Project: <http://njselfadvocacyproject.org>

Join the NJSAP email list:

https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H | 8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOqbl3eJPfej5_IYANtZZVdceO7DjpChIHrmdLyH8%3D

NJSAP Facebook: <https://www.facebook.com/NewJerseySAP>

NJSAP Twitter: <https://twitter.com/njsap>

NJSAP Instagram: <https://www.instagram.com/newjerseysap/>

NJSAP LinkTree: <https://linktr.ee/njsap>

NJSAP videos: www.arcnj.org/programs/njsap/videos.html

New Jersey Statewide Self-Advocacy Network: <https://www.arcnj.org/programs/njsap/nissan-advisory-board.html>

What is a DIY: <https://www.housebeautiful.com/lifestyle/a22567439/what-is-diy-meaning/>

Benefits of a DIY: <https://5000gifts.com/10-benefits-of-buying-handmade-gifts/>

DIY Gift Ideas: <https://www.popsugar.com/smart-living/Best-DIY-Gifts-32414022>

Psychology of Handmade Gifts: <https://www.countrybaskets.co.uk/inspiration/the-psychology-of-handmade-gifts/>

Color Psychology/Color Moods: <http://www.arttherapyblog.com/online/color-psychology-psychologica-effects-of-colors/#.X666qy9h3jA>

Oddly Satisfying Videos: <https://www.livescience.com/62091-oddlysatisfying-videos-satisfying.html>

Bath Bomb Recipe: <https://www.attainable-sustainable.net/homemade-bath-bomb-recipe/>

Bath Bomb Benefits: <https://www.bathbombfizzle.com/blogs/news/5-key-benefits-of-a-bath-bomb>

Free Art Classes: <https://www.michaels.com/classes>

Meet Up: <https://www.meetup.com>

Youtube: <https://www.youtube.com>

<https://www.arcnj.org/programs/njsap/webinars.html>