

ACTIVITY MUFF INSTRUCTIONS

22 AUGUST 2025



OVERVIEW

A unique sensory item which fits snug around the hands. Made in various colours and textures, it provides comfort, enjoyment, and stimulation, being ideal for patients in hospitals or nursing homes who may suffer from dementia, nervousness, restlessness etc. Designing an Activity Muff is a wonderful way to be creative and a great opportunity to use all those “bits” that have been gathering around your house!

Before Starting Your Unique Activity Muff:

Please ensure that added items are very securely stitched on, especially to survive hospital laundries. Please ensure that no pieces on the Activity Muff will damage delicate skin. We have been asked not to put anything on the inside as it interferes with IV lines.

Guidelines:

This muff pattern is perfect for using up leftover and odd balls of wool. Can be knitted or crocheted with any stitch. PLEASE do not put anything on the inside of the Activity Muff as it interferes with IV lines.

Suggestions for Suitable Accessories:

- Buttons- preferably large and either in bags or well attached onto the muff.
- Textured fabrics- e.g. velvet, velour, fur, flocked, satin lace.
- Zips- either with a smooth ring or loop in the slide.
- Cotton reels threaded on tape or shoelaces (ensure there are no sharp edges).
- Velcro- with a ribbon loop to pull.
- Bouncy balls- in a bag.
- Small cat toy balls- in a fabric tube

Instructions:

Muff Body:

Can be knitted or crocheted. Using up oddments of various textures of wool (i.e.: chunky, mohair, ribbon) until work measures at least 30cm x30cm.

Inside:

Size to be at least 30cm x30cm. Please line with a material lining as they are cooler in summer.

Decoration and finishing:

- Decorate the muff body with beads, flowers, zips, loops etc. on outside only.
- Neatly join side sides together.
- Push the cuff up inside the muff body.
- Neatly sew together the two ends.