

# ACTIVITY RUG INSTRUCTIONS

4 MAY 2026



## OVERVIEW

Activity Rugs are unique sensory blankets with various colours and textures which provide comfort, enjoyment, and stimulation, being ideal for patients in hospitals or nursing homes who may suffer from dementia, nervousness, restlessness etc. The Activity rug is a suitable size to fit nicely over a patient's lap. Designing an Activity Rug 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 Rug:

- It is vital that all added items are very securely stitched on. Especially to survive hospital laundries.
- It is vital that no pieces on the rug will damage delicate skin.
- It is vital to ensure any items that could be a potential hazard are secured in a fabric bag (see through bags are great).
- Themed rugs are popular with homes and inpatient hospitals. (ie. Dogs, cats, gardening, sport, animals, beach or trades such as plumbing, FIFO and farming).
- Pockets are ok, plus an item that can be taken in and out of the pocket such as keys. Small fabric bags could also be used with filled with items.

### Guidelines:

**Size:** approx. 75cm (width) x 50cm (height)

**Fabric:** Fleece (fleece side up), or woven fabrics for the top. All blankets to be backed with heavier material than the front – please no stitching to come through to back.

**Edges:** Can be edged with an overlocker or zigzag stitch

### Suggestions for Suitable Accessories (No sharp or heavy objects):

- 5 different textures.
- 7 activity items.
- Textured fabrics- e.g. velvet, velour, fur, flocked, satin lace, ribbons.
- Buttons, shells, bouncy balls etc.- preferably large and encased in bags made from tulle, net, lace or onion bags.
- Cotton reels threaded on tape or shoelaces and secured appropriately for playing (ensure there are no sharp edges).
- Zips- either with a smooth ring or loop in the slide.
- Velcro- with a ribbon loop to pull.
- Bouncy balls (not too heavy) in a bag.
- Small cat toy balls- in a fabric tube.
- Small pockets with attached items that can be put in and out of pockets are popular.
- Square pieces of material (using Tulle, netting, or lace material) stitched on all four sides with buttons, shells etc. underneath that can be moved around but not taken out.
- Cord stitched on securely like a "curtain" style, for playing with (can be braided, pulled, twisted etc.)

### Instructions:

Once items are stitched on to the rug, back the rug with non-slip fabric (seams inside), then stitch edge through both layers to stabilize fabrics.