

Make Your Own Elastic Board!

Adapted from a handout by Dr. Lilli Nielsen

Materials

To make an elastic board you will need the following supplies:

- Birch plywood – size can vary, but item shown below is 21x13
- Birch trim 1x1
- 1/8" elastic – minimal width, use larger widths

for children that have increased strength

- plastic tubing - optional
- loop turner – optional - available at JoAnn Fabric – for pulling elastic through tubing
- drill – to put holes in wood or items to be placed on boards
- Items to be attached to board
- router – optional to soften edges of board
- sander or sandpaper
- polyurethane



Figure 1 Elastic Board

Directions:

Cut plywood to appropriate length. Cut one inch trim to outline the plywood. Assemble board with wood glue and wood nails as desired. Allow to dry completely. Sand and polyurethane the board. Allow to dry and apply second coat as needed. Drill holes in sides of board.

Attach elastic to the end of the board. String or tie items to length of elastic. Once enough items have been tied or strung to the elastic – attach other end of elastic to opposite side of the board.

Notes

Caution must be used to determine appropriate items to be attached to the board. Do not use any items that pose a choking hazard, that are easily broken, or that have sharp edges. The builder is responsible for the safety of the child using the equipment.

The items placed on a board are determined by the developmental level of the child or children to play with the board. Evaluate items for sensory characteristics – visual, auditory, tactile, olfactory, and taste. Evaluate an item for the skill needed to manipulate it – pushing, batting, grasping, pulling, scratching, taking apart, putting together, etc. Ensure that items can be compared to others of size, weight, shape, etc.

A board that requires skills that are too developmental high or too low for a child will not promote active learning, and may result in limited or stereotypical activity or no activity at all.

Other Boards and Trays

Here are some pictures of other types of boards and trays you can make!

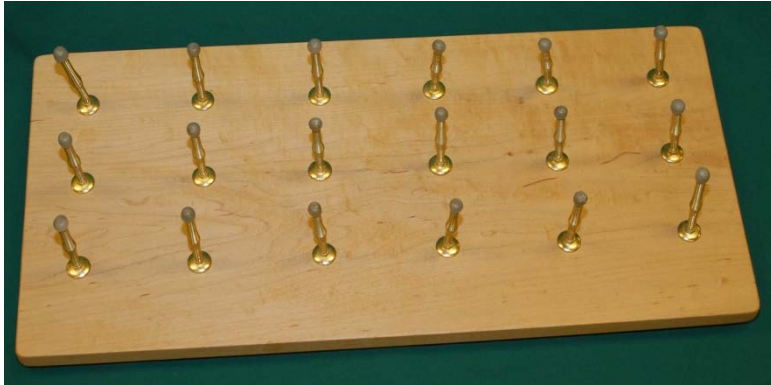


Figure 5 Door Stop Board



Figure 4 Magnetism Board



Figure 2 Bell Board



Figure 3 Tipping Tray