

# KNITTING =

## PATTERNS OF MOVEMENT

- Bilateral
- Coordinated
- Cross Midline
- Repetitive
- Rhythmic
- Automatic

## HAND POSITION

- Increases Personal Space
- Provides a Buffer

## ENRICHED ENVIRONMENT

- Creativity / Imagination
- Meditation
- Relaxation
- Calm / Self Soothing
- Enjoyment of Solitude
- Flow
- Mastery of a Skill
- Regular Novelty
- Reward / Success
- Fun / Play / Exploration
- Contribution / Giving
- Refocusing Attention
- Control
- Meaning / Purpose
- Visual Stimulation
- Tactile Stimulation
- Emotional Stimulation

## SOCIAL ENGAGEMENT

- Community
- Friendship
- Support
- Belonging
- Touch
- Easy Banter
- Raucous Laughter
- Fun / Play with Others
- Experiment / Explore
- Eye Contact... or Not
- Communication
- Language
- Mutual Learning
- Perspective
- Giving / Sharing
- Confidence
- Identity

# + PORTABILITY