

Sun Catchers

Care Home Friends and Neighbours Case Study

Caritas Plymouth is working with ten schools from across the RC Diocese of Plymouth to support new links to develop between schools and Care Homes as part of a national initiative. We love to share good practice and this case study shows how easy it is to make some lovely sun catchers to send as a gift to the care home.

Year 6 at St Mary's RC Primary in Swanage reflected on the fact that due to Covid, many residents in care homes spend more time in their rooms often looking out of the window. They thought it would be nice to create some sun catchers for the residents to hang in their windows to brighten up their day and to let them know that the children are thinking of them, even if they can't meet up yet.

The following are some suggestions for making sun catchers:

What is a sun catcher?

Sun catchers act like stained glass windows, with the sunlight shining through the bright colours in a frame. They are often hung from trees or in windows.

What materials are needed to make a sun catcher?

You will need:

- Pre-printed pictures on tracing paper
- felt tip pens
- scissors
- glue stick
- coloured tissue paper
- laminating pouches
- a laminator
- hole puncher
- string or ribbon

How to make a sun catcher:

Picture method

1. Colour a pre-printed picture on tracing paper.
2. Cut out.
3. Laminate in a laminating pouch and attach a loop of ribbon or string for hanging.

Tissue Paper method

1. Open a laminating pouch.
2. Place different coloured squares of tissue paper onto the open pouch.
A very small dab of a glue stick can help keep pieces secure before laminating.
3. Carefully close and laminate
4. Cut out the laminated plastic into desired shapes.
5. Attach a loop of ribbon or string for hanging.

This method can be adapted by using cut out frames to fill with tissue paper.

The picture below shows the beautiful sun catchers made by the children at St Mary's Primary in Swanage, Dorset.

