

# Decorative table balls



Co-funded by  
the European Union



Project No. 2023-1-LT01-KA220-ADU-000155789

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency. Neither the European Union nor National Agency can be held responsible for them.

# Learning Objectives

1. To enhance fine motor skills and to improve hand-eye coordination and dexterity through precise activities like putting together small components or painting fine designs on the table balls.
2. To foster creativity and self-expression by designing unique, personalized items, using color, texture, and material choices.
3. To strengthen social interaction through group activities like building a chandelier together (e.g., group chandelier-building) and sharing ideas, fostering teamwork and communication.
4. To raise/develop environmental awareness by repurposing recycled materials and discussing sustainable practices.
5. To improve problem-solving skills through thinking through challenges, by planning and creating items (like table lamps) that look good and work well (pretty and practical balancing aesthetics with functionality in table lamps)

6.

To boost confidence and accomplishment through the creation of tangible, decorative items that seniors can display, use, or gift, reinforcing pride in their work.

## Duration

Total duration for the activity is approximately 5-6 hours including preparation, assembling, drying, decorations and breaks.

## Group Size

The number of participants is not limited, it depends on the space for the activity available and group preferences. The recommended number is 8-10 participants for one workshop.

3.



# Materials Needed

1. Balloons – Different sizes and shapes for different products
2. Rope/String/Yarn/ fabric/yarn scraps,
3. Glue – Woodfix glue, quick-dry glue or homemade glue (flour + water paste as an alternative).
4. Scissors – For cutting the material
5. Vaseline/Cooking Oil – Helps release the dried shell from the balloon (optional).
6. Acrylic Paints & Brushes – For decorating
7. Embellishments – Beads, sequins, buttons, recycled bottle caps, or broken jewelry, decorative ribbons,
8. Clear Varnish – For sparkle and protection (optional).
9. Protective covering - for the working tables

## **Additional/alternative Items (Depending on item):**

- Newspaper, paper cover or recycled paper
- LED Fairy Lights – For illuminated table lamps or chandeliers.
- Wooden Stand – To stabilize table decor.
- Keychain Rings/Chains – If making keychains.
- Hanging Hook/String – For chandeliers or hanging lamps.
- Natural dyes (turmeric, coffee, or beet juice).



# Step-by-step Description

- 1. Prepare Your Workspace.** Cover the table with newspaper or paper cover for easy cleanup. Lay out all materials within reach (scissors, glue, rope, balloons, etc.).
- 2. Create/prepare the Balloon Base.** For Table Balls (Medium Balloons). Inflate the balloon to the desired size, (blow up or use a pump, e.g., grapefruit-sized for table balls). Tie the balloon securely. Tie the balloon tightly (double-knot to prevent air leaks). Optional: Lightly coat the balloon with a vaseline or oil for easier removal later.
- 3. Apply Glue and rope/layers.** Cut the rope strips if needed and cover it with liquid woodfix glue - layer them evenly over the balloon, leaving a small hole at the top. Depending on the design you can apply 3–4 layers of the rope around the balloon. Smooth out wrinkles as you go. Let dry completely (2-2.5 hours).
- 4. Remove the Balloon**
  - Once the shell is fully dry, carefully pop the balloon with a pin.
  - Gently pull the deflated balloon out through the hole.

3.

## 5. Decorate the Ball

- Paint: Use acrylic paints to add patterns, landscapes, or abstract designs.
- Embellish: Glue on beads, sequins, or recycled materials (e.g., bottle caps, buttons).
- Glitter: Brush glue on sections and sprinkle glitter for sparkle.
- Optional: Seal with a clear varnish for durability.

## 6. Final Touches

Depending on the use you can:

- Fill the hollow ball with LED fairy lights for a glowing effect.
- Add a wooden stand/base for stability.
- If the use is chandelier then put light bulb (electric or non-electric)

**TO BETTER UNDERSTAND THE WRITTEN EXPLANATION, WATCH THE VIDEO. [CLICK HERE.](#)**

3.



# Learning Outcomes

- 1.** Enhance Fine Motor Skills - Improve hand-eye coordination from precise activities like cutting strips, wrapping rope/yarn around balloons, smoothing layers, painting details and decorating the item.
- 2.** Foster Creativity and Self-Expression and increase creative confidence by experimenting with colors, textures, and designs. Boost Confidence and Accomplishment.
- 3.** Enhance problem-solving creativity when adapting ideas to different materials.
- 4.** Strengthen Social Interaction and improve communication skills through group discussions (e.g., planning a collaborative decorative table balls). Participants will collaborate, share ideas, and engage in conversations during the activity.
- 5.** Strengthened teamwork and empathy by sharing materials, ideas, or assisting peers with steps of the activity.

6.

Develop Environmental Awareness by repurposing materials, paper, fabric, or yarn scraps. Practical knowledge of upcycling; Increase motivation to reduce waste.

## Tips and Adaptations

To ensure accessibility and enjoyment for seniors of different abilities, here are practical adaptations for the activity:

- **Pre-cut materials:** Provide pre-cut rope strips, pre-inflated balloons, and pre-assembled bases for the items
- **Larger components:** Use thicker rope, bigger beads for easier handling.
- **High-contrast materials:** Use brightly colored rope, textured paints, or large beads for better visibility.
- **Verbal instructions:** Prepare written steps with clear, step-by-step narration.
- **Simplified, shorter steps:** Break activity into smaller and shorter segments with seated breaks
- **Pre-made samples:** Display completed examples
- **Tabletop setups:** Ensure all materials are within reach
- **No-pressure creativity:** Emphasize "no wrong way" to decorate the items
- Wear safety gloves to protect hands from glue.
- Work in an area with good airflow when using glue and allow all items to dry fully in a safe place, and ensure all materials

are on a stable surface.

# Ideas for Inspiration

- [Yarn + Ballon + Glue! EASY HACKS DIY #hacks #tricks](#)
- <https://www.youtube.com/shorts/RhvzkrQZio>
- <https://www.youtube.com/shorts/9b0AGQfgDpM>
- [https://youtube.com/shorts/tWjiLp9yHzQ?  
si=wJd7XAllFViFxKGi](https://youtube.com/shorts/tWjiLp9yHzQ?si=wJd7XAllFViFxKGi)
- <https://www.youtube.com/shorts/t8-x2hkvXTA>
- <https://www.youtube.com/watch?v=OKm9nPfqPs0>
- <https://www.youtube.com/shorts/LdyoH9a0ZxQ>

3.

