

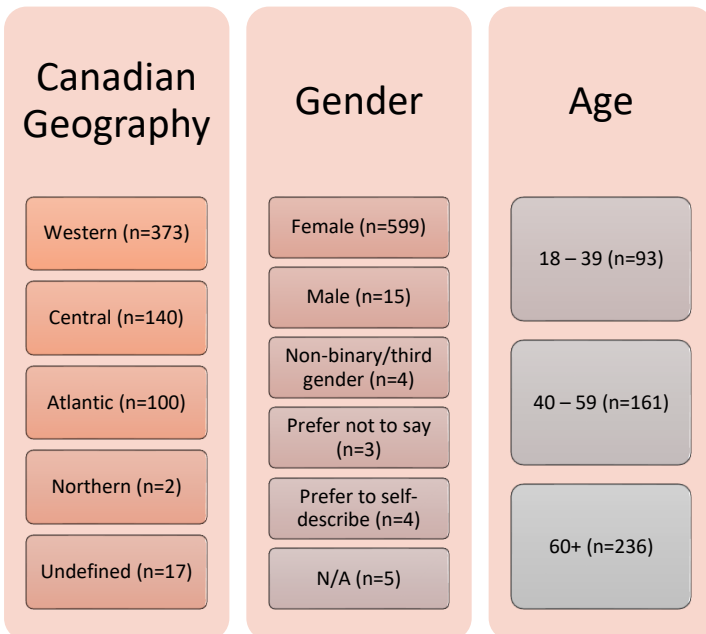
Crafting Leisure Activities During COVID-19 Physical Distancing

Thank you participants!!

In the late winter and early spring of 2020 Canada experienced the COVID-19 pandemic where the Federal Government of Canada along with the provinces encouraged residents to socially distance and non-essential businesses to close. Canadian participants completed an online survey about their crafting and how crafting was impacted during COVID-19 restrictions. The participants explained how the restrictions provided opportunities and constraints during the first wave of the pandemic. Crafting provided escape from stressors and worries often providing pleasure and social connections and even learning opportunities. As a leisure activity crafting contributed to their perceived well-being during the time of the research.

Research Results: A Summary

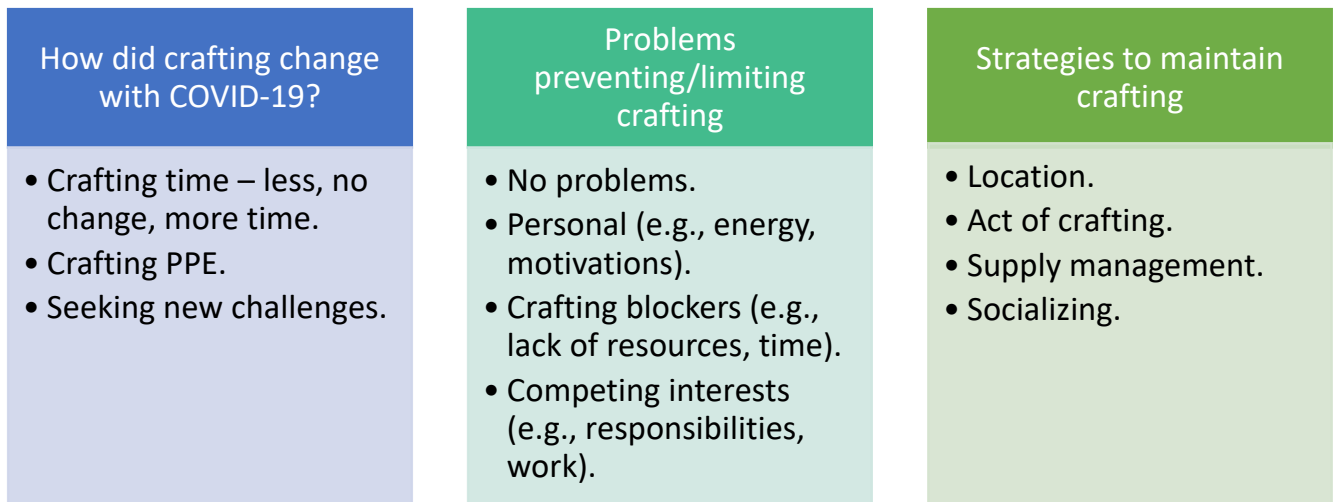
633 Participants



Participants' Top Activities



Crafting Related Constraints and Opportunities



Research distribution as of August 30, 2023

- Genoe, R., & Kulczycki, C. (published online August 23, 2023). "I really don't know what I would have done without it": Crafting as a means of managing stress through COVID-19. *Journal of Leisure Research*. <https://doi.org/10.1080/00222216.2023.2237504>

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- Kulczycki, C., & Genoe, R. (2021). Stitching our way through COVID-19: Constraints and opportunities for crafting during the pandemic. In S. Kono, S. Barrick, J. Leighton, N. Yan, & F. Yuen (Eds.), *The 2021 Canadian Congress on Leisure Research (CCLR) book of proceedings May 30th to June 1st, 2021 virtually organized* (pp. 169-171).
- Kulczycki, C., & Genoe, R. (2023). Finding a place for leisure time crafting during COVID-19: Exploring place meaning. In T. Ritondo (ed.) *Program Guide and Book of Abstracts 17th Canadian Congress on Leisure Research A Half Century of Canadian Leisure Research: Towards a More Inclusive Future, University of Ottawa, May 23-26, 2023* (pp. 154-155). https://canadianleisurestudies.ca/ws/media-library/9acfe7bd0d13484a82afd12ab6641c1/cclr17-book-of-abstracts_2023.pdf