



Prioritising Wellbeing

Top Tips for Weekly Arts & Crafts Activities Family Carers and Friends

There are many ideas for weekly arts and crafts activities. Here are just a few.
You could identify a particular day of the week and time for an art and craft sessions.

Creating pictures

Drawing and painting could take many forms such as still life, abstract or based on a memory or event and can use different materials such as watercolours or acrylics, pencils, or charcoal. Your relative may enjoy taking photographs as an alternative.

For still life, people could draw or paint various items from around your relative's home. These could include a view from a window, some flowers from the garden, or an arrangement of objects.

Using Technology

Many Apps have been developed for creating art work that can be deleted or saved and printed. Some software programmes can be used on larger screens like wall mounted TV's that offer exciting and different ways to create artworks.

'Failure free' abstract painting with no defined outcome is appropriate for individuals with dementia.

This can be done in many ways such as:

- Printing using sponges, potatoes, or any other suitable object
- Splodge painting – by placing splodges of paint on a sheet of paper then folding it in half and pressing smooth. When unfolded, the resulting picture gives a multicoloured symmetrical pattern which generally looks very impressive. String can be used in a similar technique. Soak various thicknesses and kinds of string or thread in paint. Place them on one side of a sheet of paper. Fold the paper in half and press down then pull the string out from between the folded paper and you are left with an unusual pattern which could be turned into a card or framed as a picture.

Thumb prints

This is a great and very simple idea that can be especially useful for those with limited concentration. It involves making thumb prints on pieces of paper using coloured ink pads and then transforming them into something else by drawing additional bits. For example, a thumb print could be transformed into a fish by adding a tail, fins and bubbles from its mouth.

Or into a spider by adding 8 legs and a web. The possibilities are endless and only require a bit of imagination. This technique can be used for making pictures, cards, gift tags, name places, badges etc.

Collage

Collage is a very interactive and versatile form of art which lends itself well to many themes.

It can include anything that is capable of being stuck to a piece of paper, the more varied and bigger the better! This activity can really encourage people to use their imagination and can give a wonderful end result.

Seasonal collage – this could be used to help to orientate your relative to the time of year and displayed on the wall for the duration of that season.

Items which could be used on a collage include:

- Items from the garden such as leaves, seeds, twigs etc

- Food items such as dried pasta shapes, lentils, or split peas
- Sand to make a beach themed collage with tin foil or crunched up cellophane for the sea
- Pictures from magazines
- Household items such as string or wool, buttons, lollipop sticks, material, and lace

Art quizzes

This could involve 'guess the painting' by using pictures of famous paintings or by cutting up famous paintings (copies of them!) and asking your relative to put them back together. This could be followed by asking your relative if they have seen the paintings in real life and which famous galleries they have visited.

A quiz could be built around a famous artist including questions about their paintings and life.

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

