



## Creative Aging Painting Signs of Spring Activity

In Creative Aging, art-making projects are designed to emphasize creative decision-making and the tactility of working with different art mediums. Such projects build self-confidence and foster a sense of play for people living with dementia. This activity is designed for a care partner to encourage creative exploration and experimentation and for both the person living with dementia and the care partner to discuss and make art. Note that this activity can also be enjoyed by all ages.

For this project, you will be asked to look for signs of spring on a walk and to collect some items from nature. Then, you will use these natural objects as inspiration for your own interpretations of spring.

### Materials

- Sumi brushes in a couple of sizes (or other types of brushes that you have on hand)
- Liquid watercolor paints
- Watercolor paper
- Small natural objects
- Paper towels
- Container for water
- Small plate

### Activity Instructions

- Take a walk with a friend around your neighborhood and talk about what you see. Do you notice any signs of spring? What colors stand out? How does the air smell? How does the breeze feel on your skin? Collect 3 small natural objects on your walk to use as inspiration for your art project—maybe a leaf, a small branch, or a blossom.
- Sumi brushes can create beautiful brushstrokes. Let's begin by playing with the brush to see what it can do. Try applying different amounts of pressure to create a variety of lines or experimenting with different amounts of paint to see its effects on color.
- Arrange your natural objects in front of you under good light. Focus on one element of your natural object to paint—perhaps the outline of a leaf becomes a repeated brushstroke, the line of a branch becomes a spot for a bird to perch, or a blossom is depicted in unexpected colors. Let your imagination roam.
- When you're finished painting, take a few minutes to discuss what stands out to you about each other's work. It's fun to see how two people interpret still life objects differently! Did your art partner paint from the same objects you did? How is their interpretation different? Similar? What do you enjoy about each other's work?