



Arts and Dementia WARWICKSHIRE

Arts and Craft resource



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Art instructions

We have created a range of art, craft and drawing activities so you can continue to be creative at home linked to our themes of:

Food and drink

Celebrations

Holidays

Going out

School days

Fashion

Just follow along!



Warm up drawing games



Check out my videos on YouTube for lots of drawing videos.

Follow the link for drawing games <https://youtu.be/paQ4lDfRaoU>



Continuous Line Portrait

Draw a portrait without taking your hand off the picture.

Take a pencil for a walk

Draw a map like image and think about what the ground looks like in different areas. For example, draw hills, water, steppingstones and pathways. What kind of pattern can you create?



Holidays

Holidays can inspire so many ideas, from copying old photos or posters in crayon, paint or line drawings, to making mini beach huts out of paper.

Here are a few ideas to get you started.



Wave inspired artwork

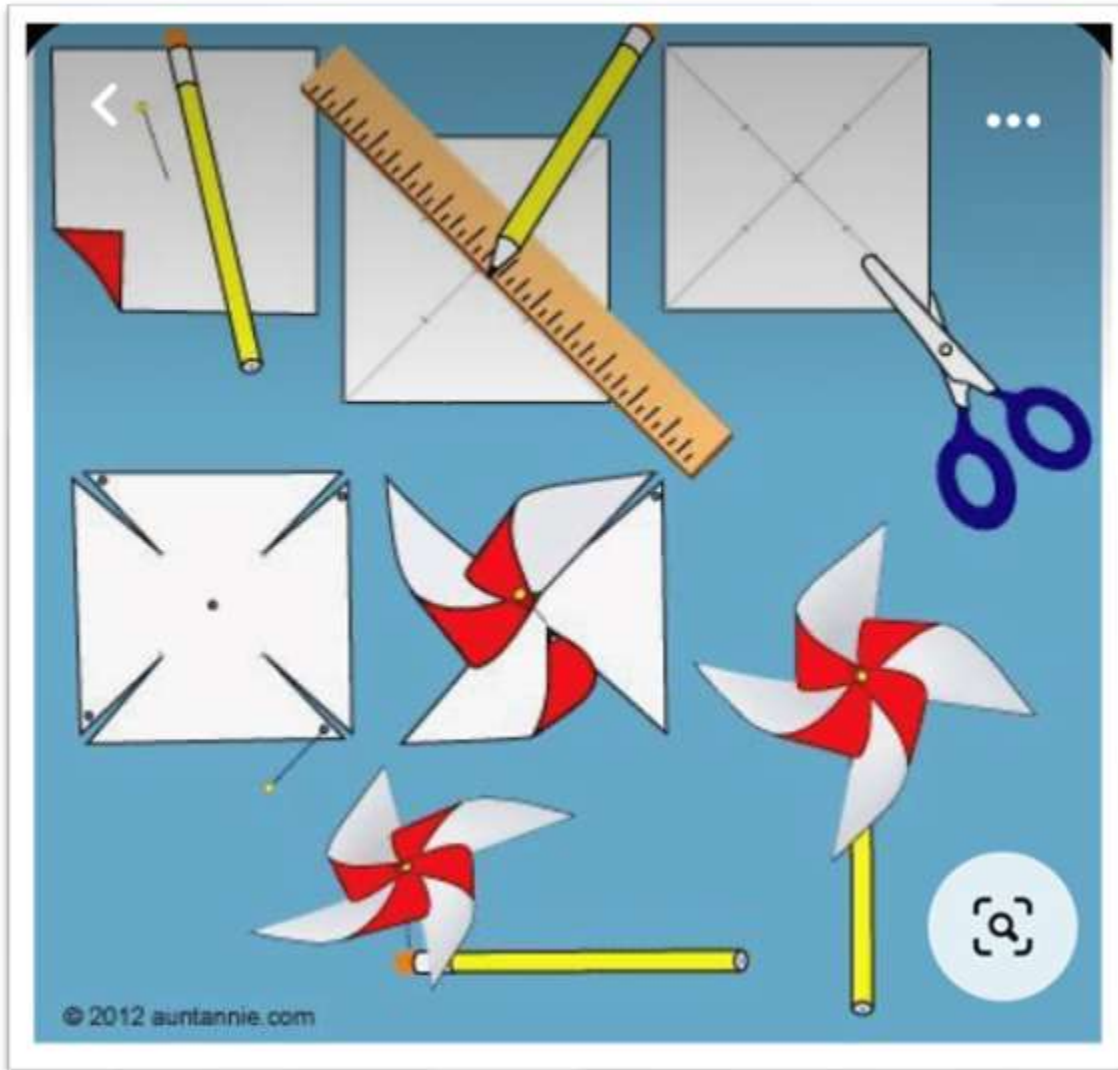
Using either paint or oil pastels, select a few different shades of blue. Starting in the middle of your paper with one of the blues begin to create wave shapes. Next take another shade and follow the last previous pattern. Continue by repeating the shapes with each colour.



Shell art

Using either card or a canvas as a base. Glue shells into a shape such as a heart or star. Think about the which colours look good together.





Pin wheels



Pinwheels are often used for sandcastles and spin by catching the wind. Create your very own to add to a flowerpot in your garden. Start with a square piece of paper and draw two diagonal lines through the centre. Make a small hole in the middle and measure 5 cm from the hole on each line. Next, cut from the outside corners to the 5cm mark. Now hole punch in the left side in each edge (see image). Take a split pin and put it through the first corner hole, now take each corner and fold into the centre. When all corners are folded, open the split pin at the back. Add a straw or stick at the back to stand it up.



Night out

Evening of collage

Find your favourite photo from your past night out. What made it so special?

Can you create a collage to represent the different elements of the evening? Take a photocopy of the photo and find magazines which you can cut interesting images, logos, text and icons and arrange on your photocopy. When you are happy with your arrangement, glue each piece down.

Paint splat music notes

You will need a canvas or paper, poster paint and a black pen. Begin by choosing 3 colours and watering each down. Now take a thick paint brush, dip it into the paint. Splat it onto the canvas by flicking the brush. Repeat with the other colours. Once dry, draw music notes across the middle of the paper to complete the look.



Listen to music and draw how you feel

This is a good warm up exercise to show how you feel. Play a range of music from jazz, classical, rock, pop and rave. Close your eyes and using a pencil and paper move your hand to the sound of the music. You may move quickly or slowly to depending on the music and the marks you make will represent that.



Night out

Wine bottles

Having a few drinks is often a key part of a night out. Here are a few ways to decorate wine bottles, transforming them into decorative items for display.

Collaged wine bottles [decoupage]

Thoroughly clean and dry the bottle. Next select a range of papers, magazines or tissue to decorate your bottle with and rip them into smaller pieces. Using PVA glue, stick the small pieces of paper onto the bottle, overlapping each so there are no gaps. When the whole bottle is covered, water down some of the PVA and paint a thin layer over the top.



Painted wine bottles

Thoroughly clean and dry the bottle. On a piece of paper design the pattern or picture you would like to create. Now, using glass paints and a brush, try to recreate the artwork onto the bottle. Remember to keep it simple.

Why not add a tea light when it is complete.

Food and shopping

Food still life



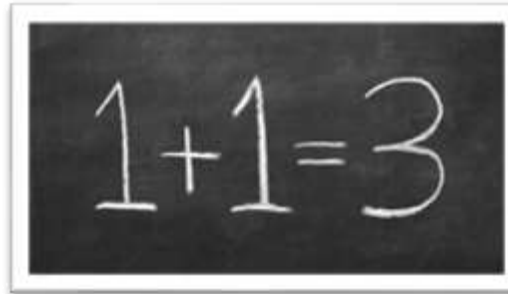
Be inspired by food cans or interesting shaped food such as mushrooms and set up a still life to draw from.

Print with foods

It doesn't just have to be potatoes! Explore your cupboards and look for interesting textures and shapes to create an abstract piece of work.



School days



School days still life

Set up a still life of old school memorabilia, from school ties, books, stationary to skipping ropes. Arrange items in the middle of the table to create a still life and draw the objects using a pencil or charcoal. Look carefully at each object, think about its shape and which direction the light is coming from.



School photos collages

Do you still have school days memorabilia you don't know what to do with it? Why not create a collage and put it in a frame?

Use those newspaper cuttings, papers from old schoolbooks and photos, and arrange them in a nice order.

Water painting in sunny weather

Take a cup of water outside on a sunny day and using a paint brush paint something that reminds you of school. Start simple, such as shapes and letters and move on to more complicated images, such as flowers, people and houses. Watch how quickly the sun dries out your drawing and it disappears!

Letter Art

Create your very own letter art.

You will need:

- Poster paint and a brush
- Paper
- Card
- Scissors

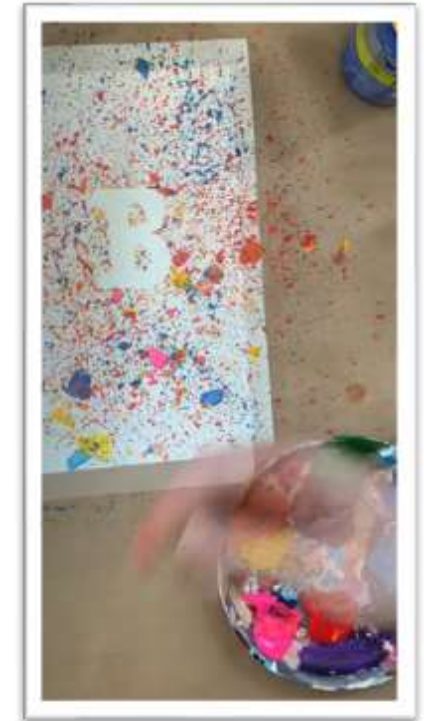
Optional: stencil

Step 1: Draw a letter in bubble writing or use a stencil onto card and then cut it out.

Step 2: Place the letter onto the middle of a new piece of paper. You can use a little bit of blue tac to make sure it doesn't move.

Step 3: Next water down your paint and beginning to splat it onto the paper, changing the colours as you go.

Step 4: Peel off the letter and there should be a white letter space underneath where your letter was. Your artwork is complete!



Games and Entertainment

Games and entertainment have changed over the years, but some things will always remain, such as snakes and ladders and bingo!

Here are a few activities to try.



Weaving

Take a Hoola hoop and wrap wool all the way around the outside of it. Next attach string from one side to the other (see above.) When complete you can begin to weave. Use ribbon or string and weave in and out up and under all the way around until the whole hoop is filled. These are lovely to display in the garden.



Make a Maze

Create your maze by cutting straws into different sizes and then gluing these into the lid of a shoe box.

Use the different sizes to help you create a pathway and make sure you create dead ends to make it more difficult. Use a marble to navigate the maze!



Create your own bingo game

Choose a theme for your game, it could be simple, like colours, shapes or family members.

Make sure you have multiple copies of each image (photocopies.) You then need to create the games cards and caller cards.

To make the game cards, draw a rectangle with 8 squares onto it, next glue 8 of the images, one in each square.

Create a few more game-cards with different images on them.

Fashion



Fashion can be such a personal choice and tell us a lot about your personality too. Here are a few activities inspired by pattern, clothes and accessories.



Canvas bag decorating

Using fabric paints, create designs inspired by your favourite patterns. The brighter the better! Look at certain eras for inspiration.

Why not glue additional fabric or gems to enhance your design?

Decorate a character

Either draw or print out a person and decide how best to dress them.

Cut out shapes from scrap materials and create a fantastic outfit to fit the person. Why not mix and match colours and patterns?

Colouring sheet



Links

You can also find more colouring in sheets on my website www.jessicahartshorn.com and drawing activities on my YouTube channel. [Jessica Hartshorn - YouTube](#)

You can also find more activities here <https://www.southbankcentre.co.uk/creative-learning/resources/artbypost-resources>