

Create a collage



Goals:

The aim of this activity is to give the elderly an opportunity to express themselves and explore their creativity by creating a collage. By combining images, colors and text, they can create a personal piece of art that reflects their thoughts, memories and feelings. The activity promotes creativity, self-expression and can serve as a relaxing and therapeutic experience.

Preparations:

Materials: Collect the materials needed to create a collage. You will need a writing pad, old magazines or newspapers, scissors, glue, pens and pencils. Make sure all materials are easily accessible.

Choice of topic or theme:

Ask the elderly if they want a specific theme for their collage. The theme can be something personal, like a special time in their life, a trip they took, or just something they like.

Choice of materials: Have the participants browse through newspapers and magazines to find pictures and text that fit their chosen theme.

Creating: Once materials are chosen, they can start creating collages on the pad. They can cut out pictures and text, arrange them on the pad and use the glue to attach them.

Reflection: After the collage is complete, you can together reflect on what is created. Ask about the choices of images and text, what are they trying to express and how they feel about the finished artwork.

What is needed:

- Writing pads or paper as a collage base.
- Old magazines or newspapers
- Scissors, glue and pencils
- Access to a quiet and comfortable place to work.



Time required :

The time of the activity can vary depending on the artistic pace and involvement of the elderly. Plan for the activity to take between 30 minutes to 1 hour, including time for reflection.



Alone or in a group:

This activity is intended to be carried out individually, to allow the elderly to focus on their creative expression and to experience creation as a personal and relaxing experience.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal