

Colouring to poetry



Goals:

- Promote creativity through painting.
- Stimulate emotional expression through poetry and painting.
- Create a relaxed and inspiring atmosphere.
- Promote togetherness by sharing poetry and artwork.
- Stimulate cognitive activity by reflecting on and discussing the poetry.

Description:

- **Time and place:** Choose a suitable time and place for the activity. A common room or activity room with good lighting and plenty of working space is ideal.
- **Materials:** Make sure you have enough painting supplies available, including paper, brushes, watercolors or other paints, and aprons to protect your clothes. You will also need a collection of poetry pieces for reading aloud.
- **Preparation:** Select some short poetry pieces that are suitable for reading aloud. It is important that the poetry is inspiring and emotionally engaging. Prepare workstations with painting supplies and place the poetry at each location.
- **Reading aloud:** Start by reading aloud from selected pieces of poetry while the elderly sit comfortably with their painting tools in front of them. Use a soft and empathetic voice when reading.
- **Painting and reflection:** After the reading, the elderly can start painting while letting the poetry inspire their artwork. Let them create at their own pace and express their feelings through their paintings.
- **Discussion:** After the painting activity, start a discussion about the poetry and the artwork. Ask the elderly about their thoughts and feelings related to the artworks created.
- **Exhibition:** If possible, create an exhibition of the finished artwork in a joint place in an elderly care center so that the elderly can share their creations with others.

What is needed:

- Painting supplies, including paper, brushes, paints and aprons.
- A collection of inspirational poetry pieces.
- Good lighting and comfortable workspaces.
- Staff who can read poetry aloud and support the painting activity.

Time: Long



From 30 minutes up to 1 hour

Activity: Calming



Fellowship: Together



This is a group activity.

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