

Paint and coloring



Goals:

- Promote creativity, self-expression and relaxation among elderly
- Create a positive and fun activity that promotes social interaction and fellowship.
- Provide an opportunity for elderly to develop their artistic skills and create something beautiful.

Preparations:

- Get the necessary equipment: paints, markers, colored pencils, brushes, canvas or paper, bowls for work, canvases or newspapers to protect the work surface, ready-made coloring pictures if needed. Website where you can find printable coloring pages for free: <https://seasonedtimes.com/coloring-for-seniors/>
- Create an inspiring environment with enough seating and good lighting.
- Have some sample artwork ready to show participants.

Introduction:

Explain that the aim of the activity is to encourage participants to express themselves through art and that there will be an exhibition of the artwork.

Choice of topic or theme:

- Suggest a simple topic or theme, such as nature, memories or holidays.
- Allow participants to also choose their own topics if they wish.

Paint:

- Encourage participants to paint freely and creatively.
- Allow time for artistic reflection and creation.
- Participants can also color ready-made coloring pictures.

Art exhibition:

Collect the artworks and create an exhibition or art gallery to showcase the participants' work. Ask permission from those who participated in the activity.



Time :

At least 30 minutes



Alone or in a group:

This activity can be realized as a group activity or individually with the elderly

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 ChatGPT's proposal