

Painting with the inspiration of music



Objectives:

- Promote creativity and self-expression among the elderly.
- Create a positive and enjoyable experience that promotes relaxation and well-being.

Description:

- This activity is intended to combine art with music to create an inspiring and entertaining experience for the elderly.
- Gather painting supplies: Paints, brushes, canvas or paper, water cups, cloths or newspapers to protect the working area.
- Create an inspiring environment: Play various musical pieces representing different time periods or genres in the background to inspire the paintings.
- Have some sample artworks or images ready to show the participants.
- Begin the activity with a brief presentation about the connection between art and music, and how music can be a source of inspiration for painting. Explain that the purpose of the activity is to encourage participants to create artworks inspired by music.
- Play different musical pieces and discuss participants' reactions. Ask them to choose the piece they feel most inspired by.
- Encourage participants to listen to the selected musical piece while painting. Let them freely express their feelings and associations in their artworks. It's not about painting something specific but expressing themselves freely.
- After the painting is complete, encourage participants to share their thoughts and feelings about their work and how the music influenced their creation. Allow time to observe and discuss the different artworks created.

- Create an exhibition of the participants' works or ask them to share their paintings with their family members.

Example of music to use:

<https://youtu.be/JVXUXfUFeWc?si=R-COTSxiftZAJldh>

<https://youtu.be/b-b62qPocU4?si=INmhtri341ZEYxDq>

<https://youtu.be/RU-EBPP-lcg?si=Uq83Us0TXa970q9k>

https://youtu.be/SjbyTORWDaU?si=89ZQ5_dUltZ4gyT2

https://youtu.be/JCbaIOz9NOA?si=gmxTUiqbaAh_Q7QZ

Time: Long



30 minutes or more.

Activity: Calming



Fellowship: Together



The activity is carried out in a group.

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