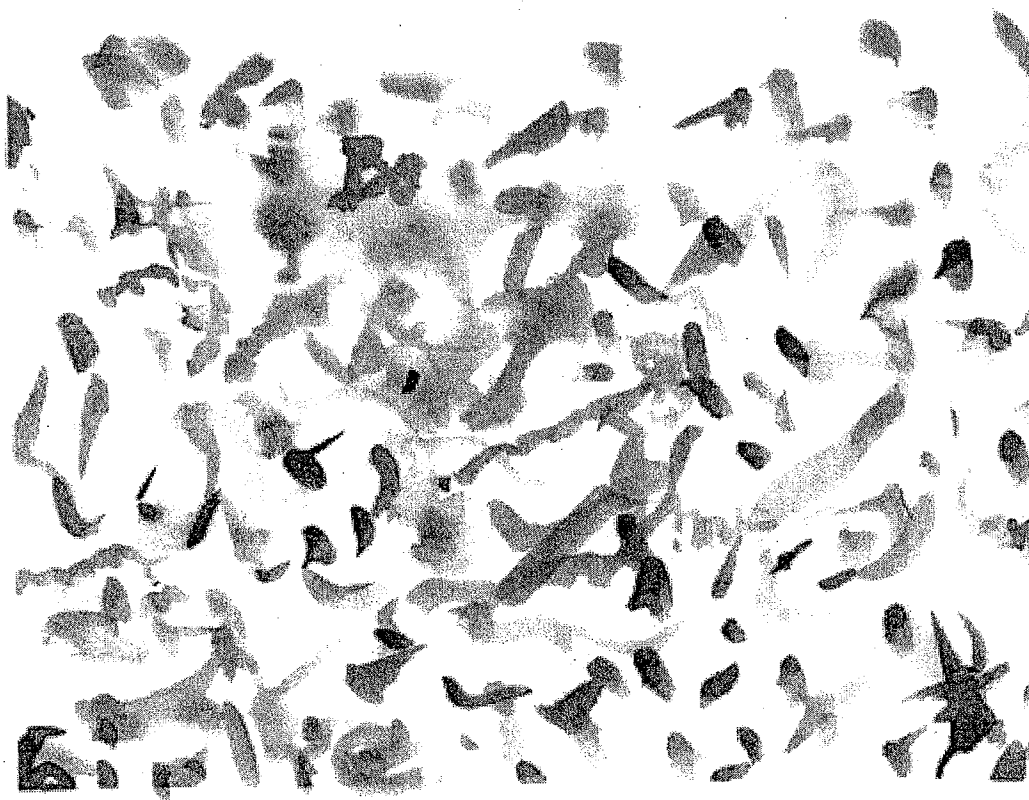


SPARK! Art Making

Paint What You Feel

SPARK! Participant Art Work



Process:

Allow 30-45 minutes

Direct participants to paint what they feel.

Making art can be an excellent way to release creative energy.

The depicted artwork, created by a SPARK! participant, suggests a powerful kinesthetic experience.

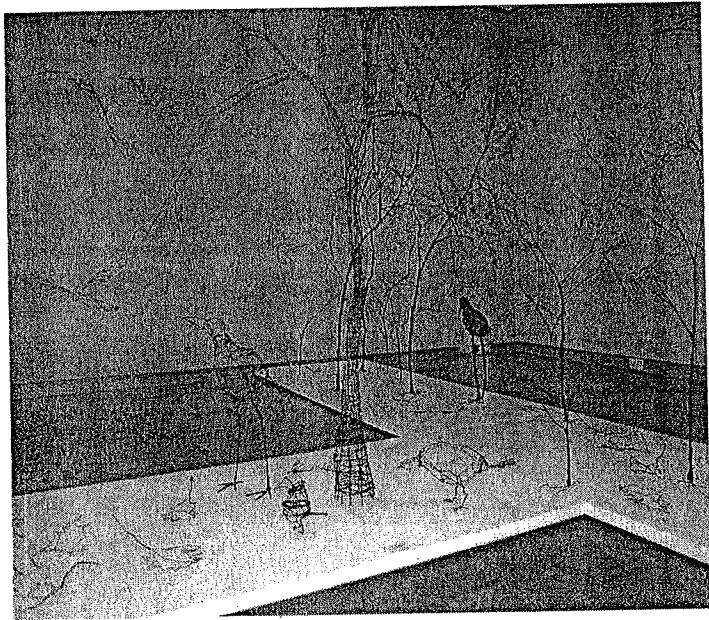
Materials Needed:

- Watercolor paper
- Watercolor paints and brushes
- Containers of water

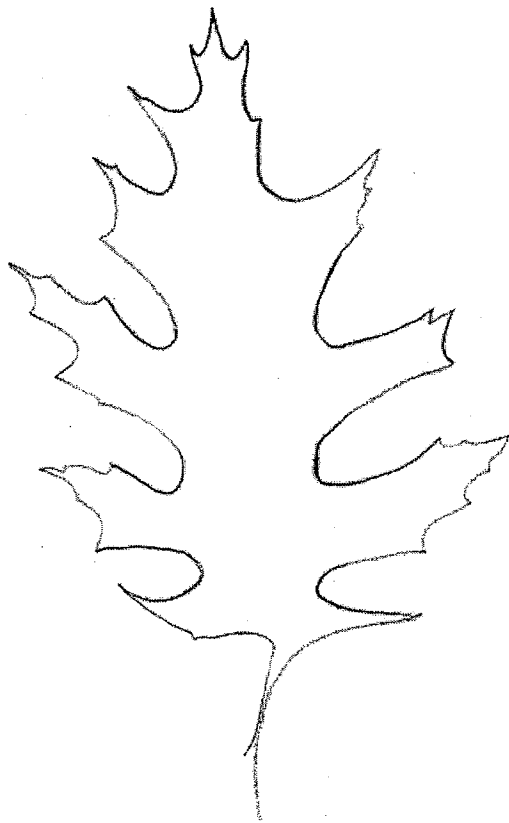
SPARK! Art Making

Observational Study

Artist in Residency Art Work



SPARK! Participant Art Work



Process:

Allow 30-45 minutes

Seated with participants, ask each to select a leaf from a pile in the center of the table.

Ask participants to look at their leaves and verbally describe them.

Set the leaf next to a sheet of drawing paper and ask each participant to draw the shape of the leaf. Details can be added later if desired.

The leaf is a highly successful shape for drawing and it also can become a topic of discussion. Discussions ranged from raking leaves and seasonal changes to the beauty of a single leaf.

Materials Needed:

- Drawing paper
- Soft graphite pencil
- Leaves or other simple forms

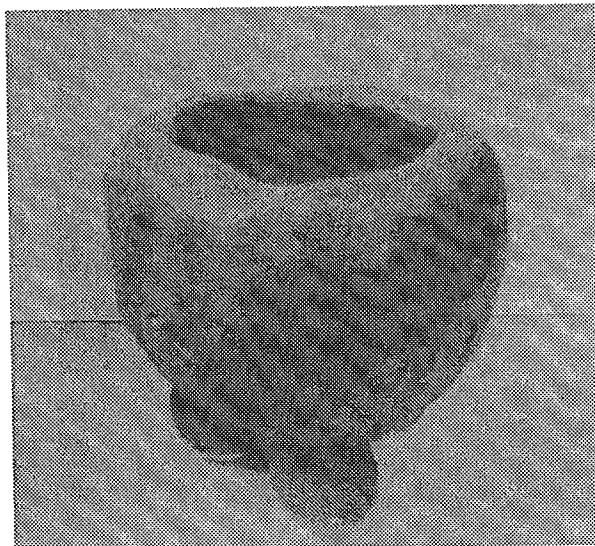
SPARK! Art Making

Clay Pinch Pots and Clay Tiles

Collection Art Work



SPARK! Participant Art Work



Process:

Pull a few different clay vessels from your collection or from your clay studio. It is nice to show the group different stages of clay: soft clay, green ware, bisque fired and glazed. SPARK! participants will create a clay pinch pot with feet and a clay tile.

Directions for Pinch Pots:

To prepare, museum staff needs to condition clay and roll into balls, enough for every person to have at least two balls to play with and conditions extra clay to use.

1. Have participants start with very soft piece of clay, molding and shaping to get a feel of texture and form. They can create small sculptures.
2. Have each participant take a ball of clay
3. While holding the ball in the palm of one hand, take the thumb of the other hand and make an indentation in the center of the ball.
4. Keep turning the ball of clay and pressing down with the thumb to within 1/2 inch of the bottom.
5. When the pot is the desired depth, rotate while pinching the sides with the thumb (inside) and fingers (outside).
6. Work from the bottom up until you have achieved the desired shape.
7. As the clay dries it may begin to crack. Keep dipping your fingers in the small container of water and wipe the surface of the pot frequently with damp paper towels.
8. Add texture and design by pressing objects into the clay or etch designs with tooth picks or skewers.
9. Create feet to the pinch pot by forming 3 or 4 small balls of clay (marble size), score the tops of each clay piece and the area on the pot where they will be attached. Use a little slip (water mixed with clay) and press the balls to the bottom of the pot.
10. Clay can be painted with an under glaze, if desired.
11. Have participants etch names into the bottom of their pots
12. Museum staff will have to see that they clay is dried and bisque fired (see Clay Tiles on next page)

SPARK! Art Making

Holiday Art Cards

Each of the SPARK! participants created a small watercolor resist painting that was produced into holiday cards that they could mail to their family and friends.

Process:

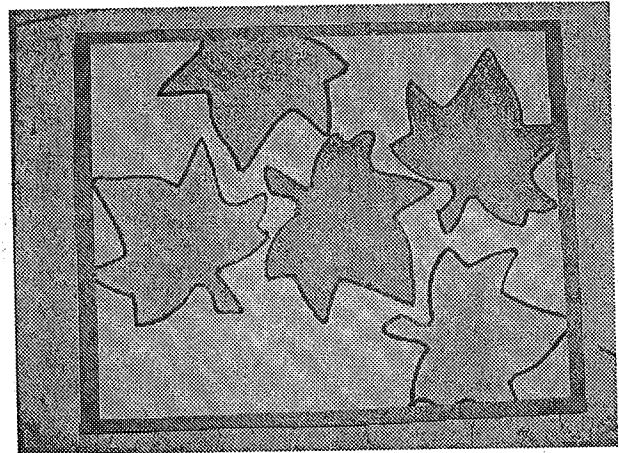
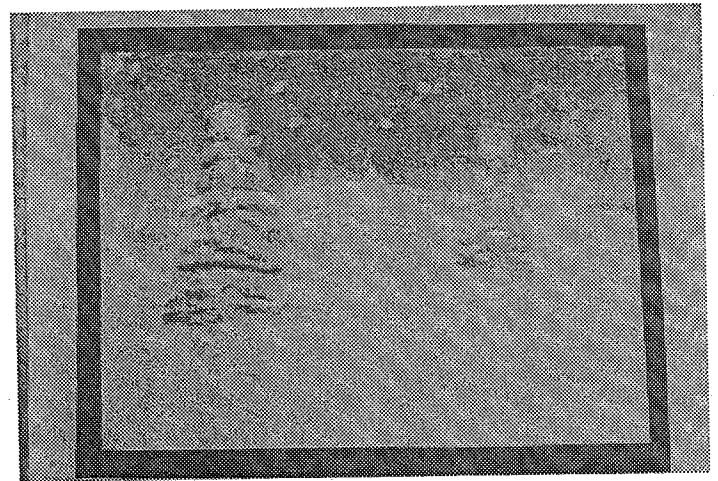
Present a variety of holiday cards to inspire the group. This project can be done for any holiday—but RAM did a winter holiday inspired project

1. On small sheets of watercolor (8x10 or smaller), draw a Christmas tree with green crayons for the branches and brown crayon for trunk.
2. Add lights on the tree with bright crayons.
3. Using a white crayon, loosely color snow on the ground. It is hard to see the white as you are drawing, but show up nicely when you add the watercolor.
4. Draw snow in the sky with dots of white crayon and draw stars in the sky with dots of yellow crayons.
5. Use a dark or turquoise blue watercolor paint, and paint a wash on top of the crayon drawing. The crayon will create a resist and you will have a lovely painting.
6. Once dry, you can add details with a thin sharpie.
7. Once dry, museum staff can take the paintings to print shop to have them scanned and reprinted on card stock in a 3x5" or 4x6" folded format as cards. Or do this in house with a scanner and color printer, to save money.
8. Print a dozen for each person, and package together with envelopes. You can also stamp a message inside if desired.
9. These will have to be mailed or delivered to each participant.

This is a really nice gift for your participants- to send their own holiday cards that they created in the SPARK! program. And can be done for any holiday/season!

Racine Art Museum

SPARK! Participant Art Work



Materials Needed:

- Watercolor paper, 8X10" or smaller
- Crayons
- Watercolor brushes
- Blue Watercolor Paint
- Water/Water Containers
- Paper Towel
- Thin Black Sharpies
- Envelopes

*This project can easily be done as a fall card, by drawing pumpkins or leaves with crayons or using watercolor pencils.

SPARK! Art Making

Silk Painting (Silk Round Wall Hangings)

SPARK! participants can create a hanging silk painting and a wearable silk scarf or two.

Process:

Show examples of silk paintings that are both wearable and traditional silk wall hangings.

Directions for Silk Paintings on Rounds:
Paper tables...this gets messy!

1. Let the participants choose from a selection of photocopy designs, made in a circle shape.
 2. Place the circle design under silk round. Trace the pattern or shape with a pencil. Or draw your own design with pencil.
 3. Trace over pencil designs with fabric crayon. They can use one color or multiple colors. Using white will leave a white space.
 4. Education staff or volunteers can iron crayon designs to set them. Make sure you have two or three irons, and have paper under the circle round and on top of the circle round, to keep it from bleeding onto the iron. You will notice that once ironed, the crayon leaves a wax ring around each color.
 5. Have each participant choose two or three silk dyes, in liquid format. Put them in either paint palettes or small containers. You do not need a lot of dyes.
 6. Paint in your silk round with watercolor brushes and/or bamboo brushes, in a variety of sizes. Have paper or paper towels under to absorb excess dye. The dye spread quickly and easily.
 7. Set aside project to dry or dry with a hair dryer.
 8. These make lovely window hangings, using small wires to hang
- (Silk Scarf painting on next page)

SPARK! Participant Art Work



Materials Needed:

- Jacquard Silk Dyes (green label)
- Habotai Scarves, either 11'x60' or 8"x54" (scarf lesson)
- Silk Stretched Hoops, 10" (silk round painting lesson)
- Dharma Dye Fixative
- Watercolor brushes, multiple sizes
- Bamboo or Sumi brushes (if you have them)
- Dye Sticks (Pastel Fabric Fun Dye Sticks work great!)
- Heavy Duty Aluminum Foil (scarves)
- Paint Palettes or small container for dye
- Large buckets or bins (to soak scarves)
- Paper and Paper Towels
- Sharpie Markers

SPARK! Art Making

Silk Painting (Scarves)



Process:

Directions for Silk Painting on Scarves:

SPARK! participants can design one or two scarves, using a variety of techniques.

Education staff should wet scarves in advance and cut large pieces of industrial aluminum foil, one for each scarf.

1. Give each participant a piece of aluminum foil, a wet scarf, brushes and dyes. Have each participant pick two or three dyes
2. Mark initials on tag with sharpieCrinkle, twist and fold the scarf onto the aluminum foil.
3. Paint in blotches or long strokes onto the scarf, using a larger brush full of dye.
4. Encourage participants to allow dyes/color to blend and run together. Try to fill the scarf with color.
5. Let the scarves dry overnight. Submerge them in fixative and fabric softener and rinse them out. They will have to be delivered or mailed to participants, once dry.

Materials Needed:

See materials on Silk Round Wall Hangings.

This project can be a little expensive but is well worth the money spent! For a program with 16 participants, plan to spend roughly \$150.00, to do both projects (two scarves each and a silk round). The best place to purchase silk scarf products is Dharma Trading Company, dharma-trading.com

Date/Time _____ Facilitator _____ Location _____

Number of Participants: M _____ F _____ Referred/Initiated M _____ F _____

Art Project/Activity:

Materials Used:

Minimum modalities are **bolded**, circle all engagement that apply:

1. **Socialization** manners, conversational turn-taking, having good personal hygiene, making eye contact, hospitality, greetings, respecting personal space, sharing and give compliments, other _____.
2. **Movement**-stretching, coordination, exercises, cutting, throwing/catching, imitation, fine motor skills, gross motor skills and manipulation of one's body or objects other _____.
3. **Communication**- listening, expressing, making requests, processing/repeating, writing, identifying objects, current events and reality orientation other _____.
4. **Sensory Integration**- Stimulation of all five senses, understanding emotion, colors, lighting, and music and experiencing different environments; other _____.
5. **Cognitive Stimulation**- Reading, memory activities, current events, sequencing, weather awareness, matching, following instruction, community skills, computer technology, money management, job skills, phone usage, following a schedule and telling time, other _____.

Suggestion/Success (What did you learn; what would you do differently/the same?)

Notable behaviors at beginning of contact:

Notable behaviors at end of contact:

Facilitator Signature _____ Date _____

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Light a candle



REST your legs up on a wall



Let out a sigh



Watch the stars



Learn something NEW



Listen to a guided relaxation



50 Ways to

sit in NATURE



Write a Letter



2x Move twice as slowly

Take Deep Belly Breaths



MEDITATE



Take a

Call a friend



Meander around Town



WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing scent



WALK outside



Go for a run



Create your own coffee break



View some ART

Eat a meal in SILENCE



Turn off all electronics



Go to a park



pet a furry creature



Examine an everyday object with fresh Eyes



Drive somewhere NEW



Go to a Farmers Market



Forgive someone



read or watch something FUNNY



COLOR with Crayons



Make some MUSIC



Climb a Tree



Let go of something



Engage in small acts of KINDNESS

Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry



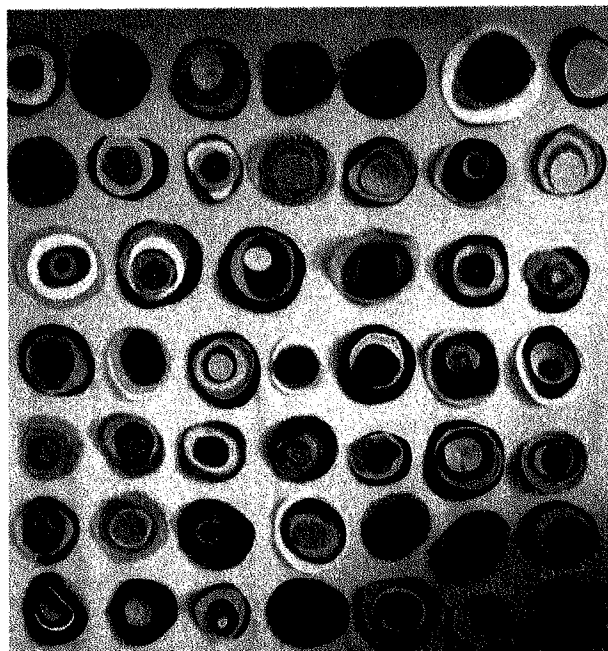
Put on some music and DANCE



Say THANKS

Kandinsky's Felt Quilt

Appropriated from Wassily Kandinsky's color studies, this fiber art project allows exploration of color theory with participants.



Materials:

Assorted felt, chalk, scissors, heavy-duty needle & thread, ribbon, wooden dowel

Directions:

1. Draw or trace oval and circle shapes (fist size or smaller) onto felt with chalk
2. Cut out shapes.
3. Participants arrange stacks of 3 – 6 felt shapes and discuss color relationships.
4. Tack onto larger felt backing by sewing "x" in center
5. Iron if necessary
6. Sew ribbon loops along edge, insert wooden dowel, hang on wall

Sanford Arts Vermillion

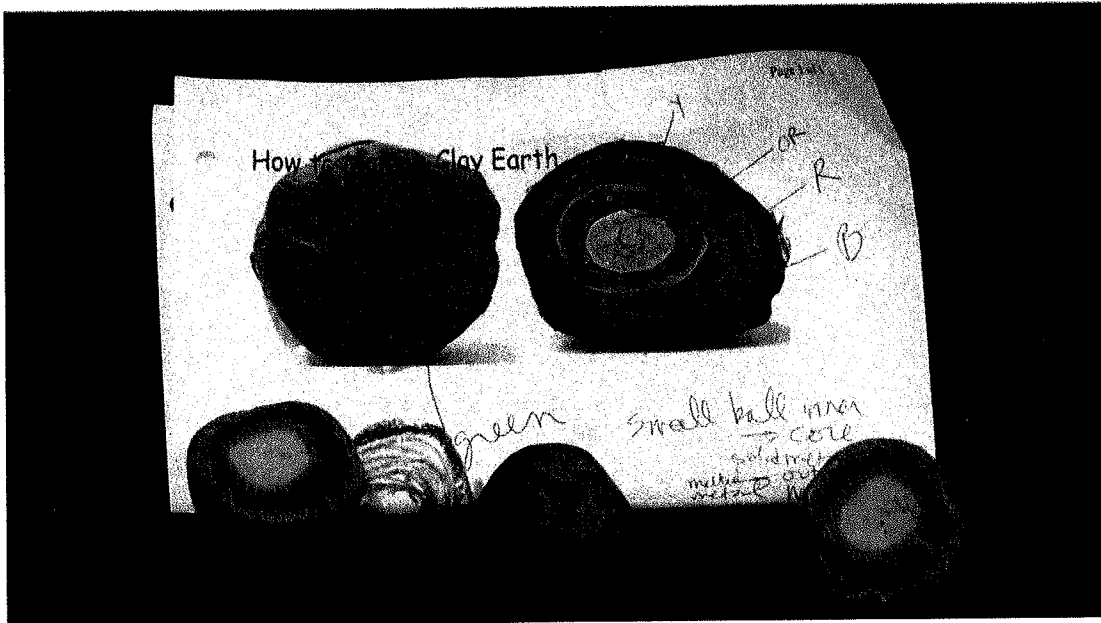
Ari Albright, MFA
20 South Plum Street, Vermillion, SD 57069
Office: 15 S Plum Street
(605) 638-8580 / Fax: (605) 624-8684

Ariadne.Albright@sanfordhealth.org
Sanfordvermillion.org

SANFORD
Vermillion

Clay Earth

Hold the whole world in your hands with this fun and rewarding clay project.



Materials:

Blue, green, red, orange, brown and yellow modeling clay.

Directions:

1. Roll together a small yellow ball of clay to represent the Earth's inner core.
2. Surround this yellow ball with flattened orange clay, like covering a snowball. Repeat with colors as follows.
Yellow = Inner Core; Orange = Outer Core; Red = Mantle;
Brown = Crust; Blue = Oceans; Green = Land
3. Green clay to represent the continents/landscape will be patchy.
4. Cut this ball in half to see the Earth's layers. (optional)

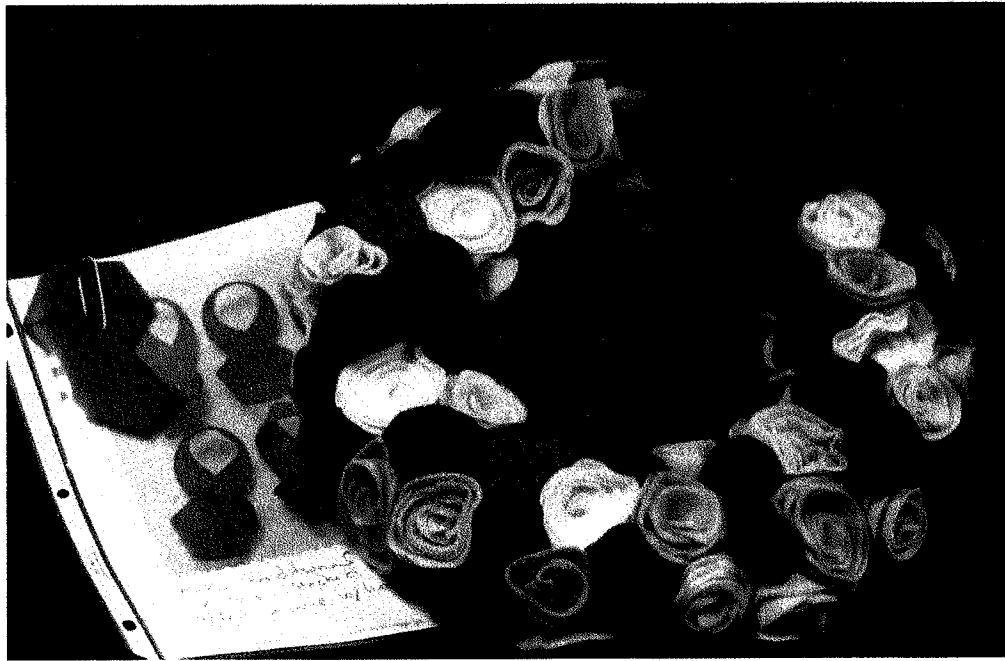
Sanford Arts Vermillion

Ari Albright, MFA
20 South Plum Street, Vermillion, SD 57069
Office: 15 S Plum Street
(605) 638-8580 / Fax: (605) 624-8684

Ariadne.Albright@sanfordhealth.org
Sanfordvermillion.org

SANFORD
Vermillion

Felt Rose Wreath



Materials:

CD disk, scissors, felt, hot glue, white chalk, Styrofoam wreath, yarn

Directions:

1. Trace CD circle shapes on felts with chalk.
2. Cut out circles and cut spirals into circle.
3. For gift bow: trace 8 rectangular shapes and hot glue into figure 8', stack and glue in layers to form a gift bow.
4. Wrap wreath form tightly with colored yarn.
5. Roll spirals into rose shapes, hot glue on wreath. Repeat.
6. Add bow and leaves to finish wreath.

Sanford Arts Vermillion

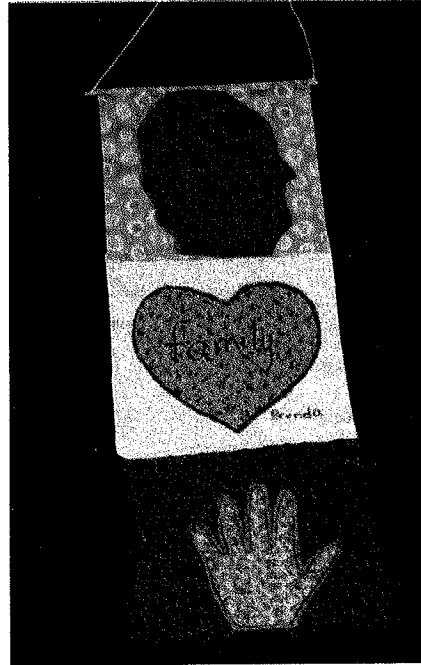
Ari Albright, MFA
20 South Plum Street, Vermillion, SD 57069
Office: 15 S Plum Street
(605) 638-8580 / Fax: (605) 624-8684

Ariadne.Albright@sanfordhealth.org
Sanfordvermillion.org

SANFORD
Vermillion

Heartfelt Quilt

This craft displays the personality of the person who makes it with charming fabric and glitter.



Materials:

scrap cloth, hot glue, yarn, glitter glue, sharpie, small wooden dowel

Directions:

1. Ask residents to select three large squares of fabric, and corresponding fabric pieces in other colors.
2. Lay the three square pieces of fabric end to end so they form a long strip. Hot glue the ends of the fabric together on the back of the cloth.
3. Trace the participant's hand onto a piece of fabric. Draw their profile onto another piece of fabric, and trace a heart or other shape onto one in a different color. Cut these out and arrange them in the center of each large square as desired.
4. Glue each symbol onto the cloth square and then outline with glitter. Ask participant to write something "close to their heart" inside the heart in marker.
5. With the cloth turned over, place the dowel on the end of the top square. Fold over and glue so that the quilt has a rod to hang on.

Poetry

The Artist Inside by Tom Crockett and UF Shands Arts in Medicine Program

Part I. One- to-one or small group project. The facilitator asks the questions and writes down the answers to:

- If you were a season, you would be _____
- If you were a gemstone, you would be _____
- If you were an emotion, you would be _____
- If you were a musical instrument, you would be _____
- If you were an animal, you would be _____
- If you a fairy-tale character, you would be _____
- If you were an historical period, you would be _____
- If you were a kind of water, you would be _____
- If you were a color, you would be _____
- If you were a time of day, you would be _____
- If you were a kind of weather, you would be _____
- If you were a sport or game, you would be _____
- If you were a piece of clothing, you would be _____
- If you were a mythical creature, you would be _____
- If you were a tool, you would be _____
- If you were a physical sensation, you would be _____
- If you were a kind of tree, you would be _____
- If you were a scent, you would be _____
- If you were a geographical feature, you would be _____
- If you were a way of moving, you would be _____
- If you were a piece of furniture, you would be _____
- If you were an art form, you would be _____
- If you were a body part, you would be _____
- If you were a flavor, you would be _____

Part II Now, take eleven of the answers to the questions from above and weave them together into a poem or short paragraph that begins with the statement "I am". You can add connecting, amplifying or descriptive words. You can use more of the answers if you choose. It's okay to write long sentences. Some people write a series of short sentences, consider referring back to yourself by putting "I am" at the beginning of each one.

Here're two examples:

I am an island of shivering gardenias where a princess rolls down silk stockings to touch vanilla to the hollow behind each knee with the sun setting on a day between spring and summer beckoning her to dance recklessly into the obsidian night.

*I am a strong oak, having stood against every storm
I am the rainwater that slides from leaf to trunk to roots
I am the wind sounding like flutes weaving past tangled branches
I am the mountainside cloaked in bittersweet colors that cannot last
I am the hand of the little boy caressing the rough bark coat*

Part III Please email Sanford Arts Vermillion a copy of your "The Artist Within" poem at:
Ariadne.Albright@sanfordhealth.org

Sanford Arts Vermillion Ariadne.Albright@sanfordhealth.org

SANFORD
Vermillion

Visual Arts: 3-D Crepe Paper Flowers. This is favorite among all ages!

Materials: brightly colored tissue paper, scissors and 1 pipe cleaner per flower.

Select 2 – 3 different colored sheets of paper. Stack them neatly and fold, making 1.5 inch accordion style folds until the whole sheet is complete. Fold again in half. Wrap pipe cleaner around center of folder papers, twist snugly (not tight) at center. Trim off ends of paper in a petal shape. E.g. pointed ends=chrysanthemum, rounded tops = peony.

The flower 'blooms' when accordion fold is opened and each layer of paper is separated and scrunched towards center of flower. Slow, careful and patient fingers.

Mixed Media TIMELINE Project Adapted by Sanford Arts Vermillion

Materials: brightly colored construction paper (Dickblick.com), hole punch and brass brads, scissors, colored pencils or markers, extras: stickers, glitter glue

Directions:

The youth and the older adults decide on a common scale for their personal timelines—for example, a half inch equals one year (five inches per decade)

Cut colored paper to 3" x 5" rectangles. Use a different color for each decade.

(e.g. birth - 10 yrs white; 11 to 20 years orange; etc...)

Starting with birth, each person marks significant events in their life at the age they occurred or remember during that decade. Memories, pet names, family members, cars and quotes are encouraged.

On larger plain or decorative papers, trace and cut out two copies of your hand. We used black construction paper for the first hand. Write your name and decorate as you wish. The second traced and cut out hand is for the end of your timeline. We used colorful decorative papers and wrote wishes, hopes and inspiration on this hand. When assembling your timeline punch hole in each short end of paper and secure two pieces with brass paper brad.

When finished, they compare and contrast your timelines to discover the similarities and differences in our lives. They make cheerful, interesting wall hangings.

MUSIC BODY PERCUSSION by National Creative Center on Aging (NCCA) after

gentle stretching; energize, empower and rejuvenate with drumming.

Snap—snap your fingers. **Whap**—smack your belly.

Clap—clap your hands. **Slap**—slap your lap.

Tap—tap your toes/foot. **Yap**—use your hands as a megaphone and "Yap!"

Begin by having participants place their feet flat on the ground and a hand on their heart. Demonstrate each of the body names and their movements.

Call and Response: Practice as a group by calling out a body movement and have the group say it and play it three times. Listen and observe. Ask questions: What are you noticing? What is your favorite movement? Why? **Ask participants what their own rhythm would sound like. Have participants share their rhythm with a neighbor.**

Thank everyone in your group for their participation with a smile and handshake.

Visual Arts: 2-D Woven Watercolor Project: by SAV Intern Liz O.

Supplies: Water, Watercolor paint, glue, watercolor **paper with picture drawn and outlined in sharpie**, scissors, ruler, sharpie, brushes

1. Draw multiple pictures that are the exact same. (Flower and butterfly in the same exact spot.)
2. Draw a 1.5 inch row at the top for the participants name.
3. Each participant receives two pictures.
4. Watercolor each picture.
5. Draw vertical lines on the back of one picture about 1.5 inches apart.
6. Do not cut the vertical strips completely apart. Leave the "name" slot uncut.
7. Draw Horizontal lines on the back of the other picture 1.5 inches apart.
8. Number the strips from top to bottom to keep track of the order once cut apart
9. Cut the horizontal strips apart completely.
10. Have the participants weave the horizontal strips with the vertical strips, lining up the picture as they go.
11. Once all the weaving is done, glue the ends of the strips so it won't fall apart.
12. Let dry

Contemplative

Mindfulness Exercise: By National Creative Center on Aging (NCCA)

I'm going to lead everyone through a visualization now, and to do this I am going to ask that everyone close their eyes. Okay, now that you have all closed your eyes, let's all take a deep breath in through your nose . . . and now let it out through your mouth. Let's do that again: breathe in as deeply as you can through your nose . . . hold it in . . . and now let it out through your mouth. One more time: breathe in through your nose . . . hold it in . . . and now let it out through your mouth. Okay, take a moment now to let yourself relax and become aware of the sounds around you. [Pause to let people focus on sounds.] With your eyes closed like this, sitting quietly, what sounds do you hear outside the room? Try to focus all of your attention on these sounds and on the rhythm of your own breathing.

Okay, now keep your eyes closed and focus all of your attention on your hands. [Pause to let people focus on their hands.] How do your hands feel right now? What sensations do you feel on your hands? Are they cold or warm? Do the muscles of your hands feel relaxed or tense? What are your hands touching right now: the fabric of your clothing, the chair you are sitting on? Now allow your hands to touch each other. [Pause again.] How does your skin feel? Notice how your hands feel different on the palms, the fingers, the back of the hand, the nails. Where are your hands rough? Where are they smooth? Are they moist or dry? Where are they soft? Where can you feel muscle or bone?


Now I am going to ask you to visualize your hands in your mind. See if you can imagine them in as much detail as possible. [Pause to let people visualize their hands.] What is the exact shape of your fingers? What are the different colors you can see? Where are their wrinkles, or birthmarks, or scars? If you want, you are welcome to open your eyes and look closely at your hands.

Now I would like everyone to close your eyes again and think about your hands. I would like you to think about all the things that your hands have done in your life that have brought you joy. [Pause to let people recollect.] What did your hands do to bring you joy when you were very little? What did your hands do to bring you joy recently? What is one thing your hands have done throughout your whole life that has brought you joy? Now think for a moment about all the things your hands have done to help you through challenging times. How have your hands helped you to survive?

Okay, now I would like you to choose one of the things your hands have done for you in your life. You may have recalled many memories: pick only one. See if you can remember this one specific memory, one specific occasion, when your hands did this thing for you. How old are you in this memory? Where are you? Who is there? What else can you picture in the memory? Try to recall it in as much detail as possible. How did it feel? What was its texture, temperature, weight? What sounds are around you in this memory? What can you hear? Are there any smells in the air? In a moment I am going to ask you to leave this memory and open your eyes. Before we do that, take a moment to finish experiencing your memory. [Pause to let people finish their memory.]

Let's all take a deep breath in through our nose together . . . and let it out through our mouths. It's time to open your eyes, so I invite you to do so whenever you feel ready.

Aware of your body; *relax; enjoy!*
Sitting Mountain- nose breath; hand

on belly 

Hands of Fire- hugs, crawl, neck to shoulders

Healthy energy!

Tap- circulation

Eye look- up, down, side-to-side, body follows

Conductor

Breath of Joy

Piano Player

Windshield wiper feet

Blowfish

Fist of goddesses- open close

Marching


Apple picking into bucket 

Pushing prayer with gratitude

Draw circles with toes

Roaring Lions- fists/face/down roar

Aware of your body; *relax; enjoy!*
Sitting Mountain- nose breath; hand

on belly 

Hands of Fire- hugs, crawl, neck to shoulders

Healthy energy!

Tap- circulation

Eye look- up, down, side-to-side, body follows

Conductor

Breath of Joy

Piano Player

Windshield wiper feet

Blowfish

Fist of goddesses- open close

Marching


Apple picking into bucket 

Pushing prayer with gratitude

Draw circles with toes

Roaring Lions- fists/face/down roar

Aware of your body; *relax; enjoy!*
Sitting Mountain- nose breath; hand

on belly 

Hands of Fire- hugs, crawl, neck to shoulders

Healthy energy!

Tap- circulation

Eye look- up, down, side-to-side, body follows

Conductor

Breath of Joy

Piano Player

Windshield wiper feet

Blowfish

Fist of goddesses- open close

Marching


Apple picking into bucket 

Pushing prayer with gratitude

Draw circles with toes

Roaring Lions- fists/face/down roar

Aware of your body; *relax; enjoy!*
Sitting Mountain- nose breath; hand

on belly 

Hands of Fire- hugs, crawl, neck to shoulders

Healthy energy!

Tap- circulation

Eye look- up, down, side-to-side, body follows

Conductor

Breath of Joy

Piano Player

Windshield wiper feet

Blowfish

Fist of goddesses- open close

Marching

Apple picking into bucket 

Pushing prayer with gratitude

Draw circles with toes

Roaring Lions- fists/face/down roar