

Seaside collage postcards

Art and crafts

45 minutes

You will need:

Firm card, blank postcards or cereal packets to cut to size

Glue sticks

Scissors

Pens and pencils

Paint sticks

Examples of seaside postcards

Seaside music, shanties, seagull, foghorns and wave soundtracks

An audio device

Assorted coloured papers, such as wrapping paper, tissue papers, envelopes

Old magazines, such as holiday and gardening brochures, National Geographic

A couple of examples of completed postcards

Optional:

Ice cream and/or ice lollies for a refreshment break

Dementia-friendly



**Gentle
Absorbing
Calming**

An absorbing and gentle visual arts session using collage techniques to capture people's experiences and thoughts of holidays. It provides an opportunity for people to be creative, explore their imaginations, and create a postcard to share.

To prepare:

Set up the activity area with your materials and seaside-themed items. Have your soundtrack playing in the background.

To begin:

Introduce the activity to the group. Look at the seaside postcards together and then talk about trips to the beach, fish and chips, holidays at the coast and postcards that you have sent home. *What could they write on a seaside postcard?*

Next:

Make sure everyone has a blank postcard, collage materials, scissors and glue stick. Explain that you are going to begin by creating your cards – it helps if you have a couple of examples to show people.

Start using your materials to create your cards. They work best if you keep the overall design large and simple. For example, a bucket and spade work well, or a lighthouse or an ice lolly. Don't try to do too much on each card. Choose your designs, then cut out simple shapes from magazines using coloured areas on the pages to create them, and then glue these to the postcard. Finally, add details to the basic shapes, e.g. stripes and a door on beach huts or windows for the lighthouse.

Don't worry if you don't get everything finished in one session. You could always add details as a follow-on activity at another time, depending upon the energy level of your group.

You could also:

Is the postcard going to be sent to anyone – perhaps to grandchildren or family members? Think about adding a message to your postcards and provide stamps and a post basket.

If your group enjoyed this activity, why not adapt it to a different theme?

Credit:

Equal Arts / Rosi Thornton.
Developed in partnership with
Ambleside Residential Home.

