

# Teacup collage

## Art and crafts

**30 minutes**

### You will need:

A4 cardstock (white or ivory)

Scissors

Glue sticks

Selection of images, such as magazine clippings, clipart, old greeting cards

Variety of mark-making tools, such as felt-tip pens, crayons, colored pencils, oil pastels

**Optional:** Glitter glue, stickers, feathers

**One-to-one**

**Dementia-friendly**



**Gentle  
Engaging  
Calming**

This is a fun, dementia-friendly exercise which can help you get to know a person's interests and passions. It can also work well as an intergenerational activity.

### To prepare:

Draw or print the outline of a teacup at the bottom of each piece of card. At the top of the same piece of card, write or print: *'What fills your cup with joy?'*. Repeat this process so you have at least one card for each participant – it is a good idea to make a few extra just in case.

Lay out materials needed including the prepared cards, mark-making tools, glue sticks, scissors and a selection of images.

### To begin:

Explain the activity you are going to do, starting with the following prompt: *'What fills you (and your cup) with joy?'*

Invite your participants to choose materials they like to add to their teacup, for example, pictures of things they like, their favourite colours, words that reflect their personality, etc. They can also choose any mark-making tools they would like to use to add further decoration. It can help to show an example of a finished teacup for reference at this point so that people know what they are working towards.

### Next:

Give your group as much time as they need to complete their teacups. Generally around 30 minutes is sufficient but you may find that you need more or less time depending on your group's needs.

You might like to play some calming background music as people make their collages, and to move around and provide support to people if they need it. You can even chat to people to ask what they are choosing or to help them choose things to add to their collage.

### To finish:

When all participants have finished, set aside time to look at all the different teacups that have been created and to discuss and praise each other's work.

You could lay out all of the finished cups and talk about which ones people like, unusual techniques that people have used, and the items that they have added.

### You could also:

Use the activity as a starting point for the group to create and host their own tea party.

### Credit:

Sue Holmes,  
Independent Activity Coordinator.



What fills your cup with joy?

