

Creating abstract cards

Art and crafts

20-30 minutes

You will need:

Postcard-sized cards
or A6 folded blank cards

Coloured pencils or felt-tip pens

A collection of small 'bits
and bobs' that can be placed
on the cards, such as small
stones, shells, leaves, lollipop
sticks or twigs

Scissors

Pencils

One-to-one
Dementia-friendly



Tactile
Imaginative
Relaxing

This creative pattern-making activity is a tactile way of making unique cards to share with all. It is a relaxing activity, almost doodling, either for a group supporting each other or to do one-to-one.

To prepare:

Set out the resources on the table, and a card for each participant.

You may also want to make your own card in advance so that the people you are working with can see what they are working towards.

To begin:

Invite your group to explore the materials and choose three or four items that they like and think complement each other. Participants then place the chosen items on the postcard and draw around them loosely in pencil making an outline. They could also choose just one item and repeat the shape across the card.

They could also work in pairs supporting each other by holding the pieces so everyone can be involved.

Then:

Decorate the outlined shapes with felt-tip pens or pencils, using coloured lines to connect the shapes in different directions. Participants can use as many colours as they wish to make unique patterns.

Explore ways to make new patterns. *Why not try drawing small circles, dots, squares, squiggles or doodles and see where the lines and marks take you?*

To finish:

When all of your cards are finished, you could lay them out to look at the different designs you have created. *How have different people created their cards? Which techniques do the group like? What moods are captured in the different cards?*



Credit:

Tara Dean / cARTrefu
Age Cymru.

