

Create a flower meadow

Art and crafts

A series of 1-hour sessions

You will need:

Pre-made framework
(canvas, card or wallpaper),
large enough to accommodate
everybody's work

A range of tactile materials,
in different patterns, textures
and colours

Scissors

PVA and fabric glue

Coloured paper,
cut into 15cm x 15cm squares

**Coloured tissue paper
and pipe cleaners,**
in baskets of the same
colour if possible

**Coloured images of flower
meadows and butterflies**

**Origami diagrams with
instructions: easy tulip, tulip
stem and easy bird** (available
free online, printable)

Simple templates of butterflies
(available free online, printable)

Optional:

Pre-cut leaf and flower shapes
in paper or felt

Dementia-friendly



**Tactile
Creative
Hands-on**

This activity is a social occasion and an opportunity for people to develop and tap into their creative skills.

Session one:

Lay out the materials you have collected on the table so that they are easy to see and reach – putting the materials in colour co-ordinated baskets will help make them more accessible and dementia friendly. Give each participant a picture of a flower meadow and ask them to look closely at the flowers. Talk about the flowers asking open-ended questions about them, discussing the details such as leaves, petals, shape and colour.

Explain to the participants that together they are going to create their own interpretation of a flower meadow. They will begin that process by using the materials on the table to create their own flower.

Make an example flower with the whole group so that they understand how the activity works, and to start getting participants warmed up creatively.

Invite participants to pick the items they would like to use to create their flower. Allow plenty of time for them to make their choices and change their minds.

Depending on the group's abilities, you may want participants to cut out and design their own shapes, or it may be more appropriate for you to cut them out in advance. If you are making them in advance, you will need to prepare enough flowers for each person in the room.

Once all the shapes are cut out, ask participants to arrange them on your canvas until they are pleased with how it looks, and then glue the shapes down. As a group, you can then glue all of the flowers that have been created onto your canvas.

Share and celebrate the work that has been created and thank the participants for their contributions. Talk about the different ways that people have used the resources. *Which elements of the flower meadow do they particularly like?*

Session two:

Print and hand out enough copies of the origami tulip flower diagram and step-by-step instructions. Spend time demonstrating step-by-step how to fold the paper correctly to make a tulip flower.

Invite each participant to choose a piece of coloured paper. Repeat the same tutorial step by step, allowing time for each participant to reach the same stage before continuing. Once each participant is at the same stage, continue with the next fold until the flower is complete.

Repeat for both the origami tulip stem and bird.



Credit:

Lincroft Meadow Care Home.



Once all the tulip flowers, stems and birds are made, invite each participant to arrange them on the canvas until they are pleased with how it looks and then to glue the tulips and birds down.

Session three:

In advance, put pictures of butterflies around the space so that the group can see them. Cut up your coloured tissue paper into pieces and put them into your matching coloured baskets. Lay out an assortment of butterfly templates.

Start by saying to everyone that they are going to make their own butterfly.

Complete an example butterfly with the whole group so they understand how the activity works. Demonstrate different ways to use the tissue paper, such as scrunching up the paper into a ball.

Each participant decides which butterfly template that they would like to use. Then invite the participants to choose the tissue paper. Offer a choice of colour, but don't over complicate things if it will cause confusion.

Using glue and tissue paper each participant creates their butterfly in their own way. Encourage participants to work freely and support their composition.

When everyone has finished making their butterfly, invite each participant to arrange theirs on the canvas with the flowers and birds from the previous sessions until they are pleased with how it looks, and then to glue it down.

Round off this activity by sharing the work that has been created; *what section of the artwork did they enjoy most?*

To finish:

Display the artwork in your setting for all to see.

