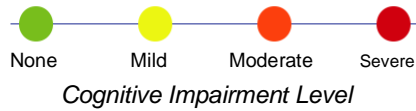


Art Activity

# Clay Exploration



## Summary:

Residents explore the properties of clay and create various forms that speak to them.

## Objectives:

- Promote release of anxiety and stress
- Bypass verbal communication deficits
- Relax and improve mood
- Aid in expressing emotion
- Facilitate a meaningful experience of creating something out of nothing, and transforming the product into different forms



## Supplies:

- Clay, plasticene, modeling dough (non-toxic), Play Doh (remove from plastic tubs and place in ziploc bags-tubs are too child-like)  
**Note:** You may use ingestible dough with lower functioning residents
- Clay tools, materials for sculpting/imprinting, rolling pin, cookie cutters, etc.
- Wet-wipes/paper towel/water to clean hands as needed
- Optional: lunch tray to work on provides a sense of containment/concrete boundary which may comfort some residents



## Room Set Up:

- Position residents in chairs at tables.
- Small balls of clay can be prepared on a tray (e.g., lunch tray) in front of each resident .
- Play soothing music (Coro sun downing music is appropriate).  
*Music, TV & Film > Jukebox*

# Facilitating the Activity

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## Procedure

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1. Introduce the activity: (Residents with severe cognitive impairment may not require verbalization—simply place clay in their hands or hand over hand use, allow resident opportunity to experiment and play with the clay).

**Say:**

*“Welcome! Today we are going to have fun creating and experimenting with clay. You can decide if you want to simply explore the clay by rolling, pinching, pounding, smoothing, or creating a pattern with the tools, or we can work together in making an object, like a pinch pot, vase, animal or person. Either way, we will give our hands good exercise and enjoy ourselves in the process.”*

**Note:** Some residents might express reluctance at working with a medium such as clay that may seem messy. Reassure them that they will get their hands cleaned as needed.

2. Invite residents to begin experimenting with the clay by rolling, pinching, smoothing, pound-ing, etc. Assist as needed.

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## Processing

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Invite resident(s) to compare/contrast their experience with the clay (was it soothing, difficult, frustrating?).

**Ask:**

*“Did you enjoy this activity? Would you like to do this again?”*

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## Adaptations/Modifications

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Cognitive Impairment: None to Mild

- Encourage creation of an object (vase, pot, animal). Higher functioning residents may prefer production of a product vs. a sensory experience.
- Provide multiple colors of plasticene/clay.
- Provide multiple types of tools for imprinting clay, molding/sculpting the clay.
- Encourage residents to create scenes and tell stories with their clay.



## Cognitive Impairment: Moderate to Severe

- Place a small ball of clay directly in their hands.
- Watch for residents who may attempt to ingest materials.
- Prompt/cue/hand-over or under to facilitate.
- If a resident doesn't respond to the art material after a period of time, switch to massaging their hands/fingers then try again.