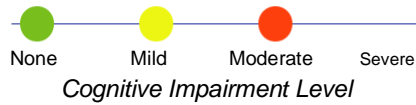


Art Activity

Ink Blot Art

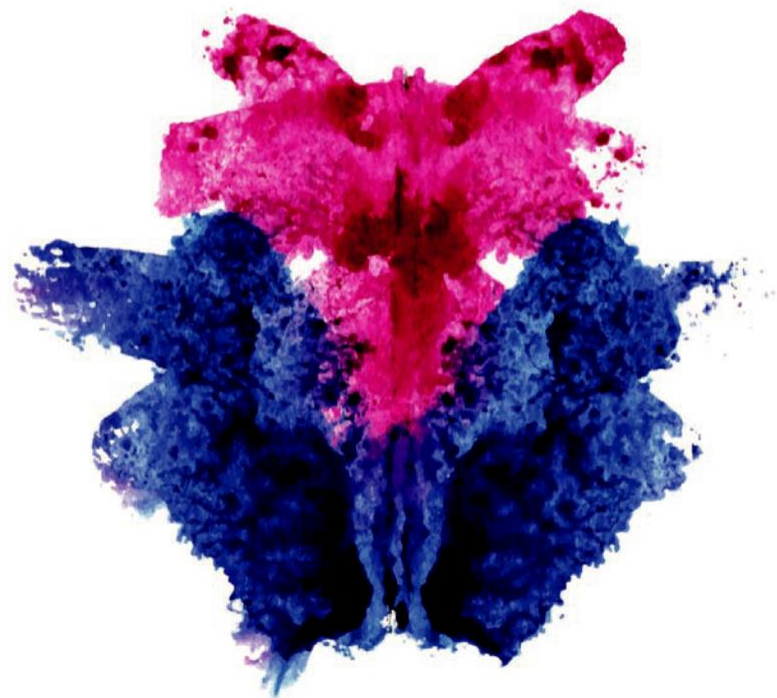


Summary:

Residents use the simple technique of applying paint to paper, then folding over to create symmetrical ink blot images.

Objectives:

- Foster creative expression
- Increase self-esteem/positive mood
- Promote pro-social interaction



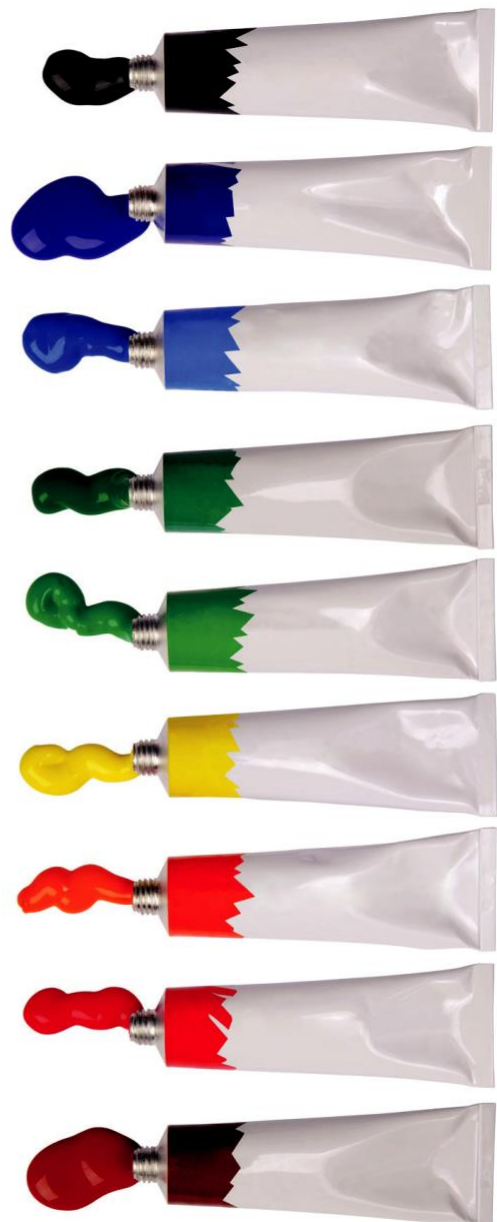
Supplies:

- Acrylic paints in various colors (residents will drop dots of paint onto their paper. You may want to provide containers they can squeeze small dots from or provide droppers and/or thin brushes that can provide this effect.)
- 11"x14" or similar-sized heavy, white paper, like painting paper—1 for each resident
- Medium-tip paintbrushes used to place droplets of paint onto the paper (see first bullet for other ideas)
- Water and cups to rinse brushes during activity

Room Set Up:

- Position residents at tables to work
- Soft, instrumental music in the background

iN2L Music, TV & Film > Jukebox



Facilitating the Activity

Procedure

1. Personally welcome residents to the group by saying each person's name and shaking each person's hand.
2. Introduce the activity:

Say:

"Welcome to our group today. I know we will have a good time! We are going to use paint and paper to make amazing art using a fun and easy process. I think you will be surprised by the results! Let's get started!"

3. Hand each resident a piece of heavyweight painting paper.
4. Demonstrate how to fold the paper in half and then open the paper back up.
5. Pass out paint to residents (use fewer choices for lower functioning residents, maybe 2-3 colors).
6. Invite residents to change their brush (load with small amount of paint) and place a few drops of each color onto one side of the folded paper.
7. Model folding the paper again, this time instructing residents to rub the closed paper (spreading the paint) with their hands and fingers.
8. Invite residents to open their papers and reveal their art.
9. Repeat as often as resident desires (use new, clean paper, or add to existing image).

Processing

Say:

"Thank you for joining us in our art activity today! I think we all had a good time."

Ask:

"Would anyone like to share their art with the group?"

Invite residents to share their pieces.

Ask residents to examine the ink blots—do the images remind them of anything?

Offer positive, affirming feedback. Validate all efforts.

Ask:

"Did you enjoy this activity? Would you like to try this again? Why or why not?"

Say:

“Thank you again for spending time with your friends in our art group. We will look forward to seeing you again soon.”

Adaptations/Modifications



Cognitive Impairment: None to Mild

- Encourage use of multiple colors of paint.
- Invite residents to generate a poem or story that describes their image(s).

Extensions

- Discuss Rorschach ink blots and their use.
- <http://theinkblot.com/>
- <http://psychcentral.com/lib/roorschach-inkblot-test/>