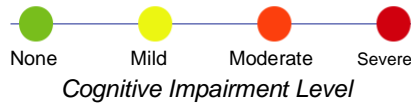


Art Activity

Painting/Drawing to Music

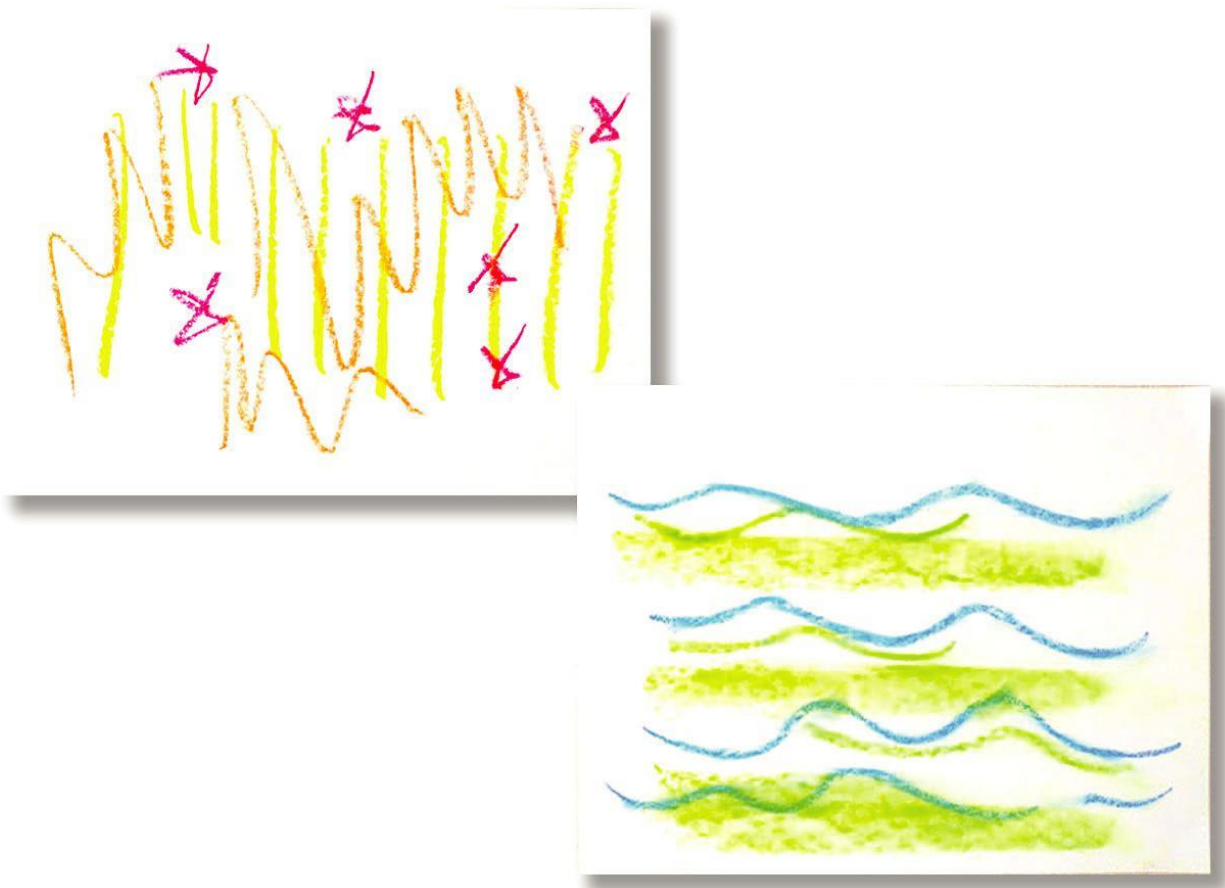


Summary:

Residents listen to a variety of brief musical selections and translate their internal experience by “dancing” with markers and/or paint on paper.

Objectives:

- Promote reminiscing
- Bypass verbal communication de icits
- Relax/improve mood
- Aid in expressing emotion
- Facilitate decision making/power of choice



Supplies:

- White drawing paper
- Markers (variety of colors)
- Acrylic Paint (variety of colors)
- Paint brushes
- Water (to rinse brushes)
- Paper palettes or paper plates (1 per resident)

Room Set Up:

- Position residents at tables
- Play soft, instrumental music:
See the Musical Selections list on page 5 or

iN2L Health & Wellness > Physical Fitness > Exercise Videos > Conductorcize



Facilitating the Activity

Procedure

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

Say:

“Music, movement, and the visual arts can be used to help us develop an understanding of patterns and feelings. Music, like drawing and painting, can make people feel different emotions. Music can also inspire movement and drawings. Today we are going to dance on the paper with our markers or paint.

“We will first listen to the music. If it makes us want to dance or move, we can.”
(Model dance movement and swinging/swaying your arms/feet, etc.)

“Then we will play the music again, and this time we will select a color or colors and dance on our paper until the music stops.”

3. Invite residents to listen to the first selection.
 - As the music plays, model, demonstrate, and facilitate expressive arm movements and mark-making.
 - Observe and encourage verbalization and positive social interaction, as residents react to the auditory stimulation of the music and make marks or draw.
 - The brief time between musical selections can be used to talk about the observations and changes in the music's beat and rhythms.

Ask

“Is the music fast or slow...loud or soft?”

“What did you imagine when you heard this piece? How does this music make you feel?” (Provide word bank of feelings by writing on a white board: Mad, sad, glad, scared, loved, excited...more complicated descriptors for higher functioning.)

“Does the music make you want to move fast/quickly/slowly...?”

4. Invite residents to listen a second time to the selection, this time using the art materials to “dance” on the paper (number the art to match the number of the musical selection on the back of the paper).
5. Continue with all musical selections. Monitor your group to see how long they can attend and modify as needed.

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.
- Offer positive, affirming feedback; validate all efforts.

Invite residents to compare/contrast their work (place all art created to selection 1 first, then selection 2—don't mix all together—you want to be able to notice patterns, trends). Examine the marks on their paper to see how they relate to the beat or rhythm of the musical selection; compare their own ways of creating marks with those of others (or compare art from one selection to the next if 1:1).

Ask:

“Do you see common colors, shapes, or types of lines (jagged, short, choppy, smooth, angular, wavy, horizontal, vertical)? Is the whole page used or just a portion?”

“What kind of feeling words would describe this picture?” (again provide word bank if needed).

“How are the pictures similar and different?” Notice warm (reds, yellows, oranges) and cool (greens, blues, greys, teals) colors. If color=feelings, the more colors used, the more feelings experienced.

“Did you enjoy a particular selection of music the most? Why?”

Adaptations/Modifications



Cognitive Impairment: Severe

- Use wider markers.
- Use smaller paper (8.5x11).
- Use no more than 3-4 selections of music and of shorter duration (monitor residents with severe impairment for engagement by eye contact, smile, physical movement).
- All expressions are valued!

Extensions



Cognitive Impairment: None to Mild

- Utilize larger/longer selections of music.
- Invite residents to categorize images (similar/very different regarding color choice, type of marks, amount of space covered).
- Invite residents to guess which art matches which musical selection.

Musical Selections

Earth Music

Albinoni: *Adagio for Strings and Organ*

This piece draws one into the inner world with pulling sounds; it can affect the awakening of memories, yet it tends to have a sad quality.

Beethoven: *Symphony No. 7, Movement 2*

This piece is often described as music with a heartbeat. This selection can awaken bodily responses.

Chopin: *Raindrop Prelude, Op.28, No. 15*

This piece is aptly named “Raindrop,” as it evokes imagery and feelings of a quiet, soft rain.

Beethoven: *Symphony No. 6, Movement 2*

This piece evokes the images of country pastures.

Saint Saens: *Symphony No. 3 in C Minor Movement 4*

This piece has a majestic, sweeping theme.

Rachmaninov: *Rhapsody on a Theme of Paganini, 18th Variation*

This piece is beautiful, with arching phrases.

Air Music

Bach: *Orchestral Suite No. 3 in D Major, Movement 2*

This is one of Bach’s most famous pieces—it has an opening quality that stimulates imaging.

Beethoven: *Symphony No. 9, Movement 1*

This piece has exhilarating and vibrating sounds; it is excellent for renewing energy and rejuvenation.

Berlioz: *Symphonie Fantastique, Movement 2*

This piece is described as celebratory; it is uplifting and moves into joyful sounds.

Prokofiev: *Classical Symphony, Finale, Molto Vivace*

This piece is lively and light.

Mussorgsky: *Pictures at an Exhibition IV. Il Vecchio Castello*

This piece is airy, with an ephemeral quality.

Fire Music

Bach: *Toccatà and Fugue in D Minor*

This piece evokes drama and power.

Stravinsky: *The Firebird Suite, Inferno Dance*

This piece evokes the hero Firebird, leading the spirits in a wild, fiery dance.

Brahms: *Symphony No. 3 in F Major*

This piece evokes sweeping emotions.

Wagner: *Flying Dutchman, Overture and Tannhauser, Overture*

Evokes excitement and passion, firing the imagination with images.

Holst: *The Planets: Jupiter*

This piece is jolly, energetic, and positive, with sweeping energy.