



Presents

A Therapeutic Art Series

Prescription Art



Session 2: Treasured Objects

A video and hands-on workshop developed by Sarah Brodie and Arne Rickert of The Arterie

Facilitator's guide for:

- Caregivers
- Staff in Long-Term Care facilities
- Retirement Homes
- Adult Day Programs

In this episode, we're inspired by the treasures we have around us, we all have one or sometimes many. Homes and shelves can be speckled with the kind of treasures we are choosing for this art session. To set up a little still life on a table, leaving enough room to sketch or write or both. If you have the pleasure of company, we have included questions that will spark reminiscence.

Main phases of this creative session:

1. Gathering supplies/objects
2. Sketch a picture
3. Reminiscence
4. Writing a letter (optional)
5. Taking a picture and sharing it with us

Decide what will work best for you and your group. You may want to enjoy the video first and then get started on the activity, or you may wish to start watching and pausing the video at certain times as you complete each step.

Supplies:

- One treasured object (or perhaps two or three)
- Drawing and/or painting supplies
- Lined paper and pens for journaling
- Envelopes and stamps if you want to mail your picture

1. Gathering:

The first step is to choose one, two or even three objects that are meaningful to you.

2. Sketch the picture:

With your objects in a nice arrangement, begin drawing them. You can use anything you have on hand - a pencil, markers, pencil crayons, paint. Anything with work for this project.

3. Reminiscence:**Questions to encourage reminiscence.**

- Where did the item come from?
- How long have you kept it?
- What comes to mind as you look at it?
- Did you choose more than one item? Are the objects related to each other? Different parts of life, different people?
- Is there a special meaning for you today that comes from this object or group of things?
- Share a story that came to mind while you looked/drew/wrote about your treasure

- What time of life comes to mind when you look at this treasure?
- What would you call that time of your life? What special quality does the time of life bring to mind: resilience? Love? Good hard work? A journey? What did you learn then that you live by now?
- Is a loving relationship something that makes this your real treasure? Speak about a unique quality about that particular relationship.

4. **Writing**

You may choose to write about your experiences of looking and drawing your treasure. You can make this a letter, or just free writing. The act of writing freely brings things from the depth of your mind into consciousness and, if you have the pleasure of company, writing is the best way to prepare for telling a story to good company.

5. **Taking a picture:**

Feel free to share it to willow.foundation@halton.ca. Note that sending your photo provides consent for it to be used for promotional purposes by The Willow Foundation and/or The Arterie.

Please keep in mind:

In this time of public health crisis, we are all shaken and unsure of our footing. Sometimes, ironically, it is when we relax that we get most in touch with our fears. This can make you or your participants avoidant, or rushed, or disengaged, or overwhelmed by their fears. That's the fine print "warning" for this Prescription Art – the worst-case scenario is that this creative activity be meaningless or procedural – which isn't such a big bad worst case in this rough world. Maybe though, these words here can help you to carve out an hour for yourself and a senior (or even a group, if such a gathering is permitted), that is fortifying for you all.

About this video:

Treasured Objects is the second of four videos, to learn when the next one becomes available, follow us on Facebook: <https://www.facebook.com/willowforseniors/>. They will be available on The Willow Foundation's website at www.willowfoundation.ca/library.