



Presents

A Therapeutic Art Series

Prescription Art



Session 3: Kindness Rocks

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 kindness of others. In the midst of this pandemic, painted rocks have become a representation of something that we can do for ourselves, but also for others. A creative outlet to inspire, to show appreciate and support for those in our community. During this episode, as we paint our rocks, we think of those that we appreciate and the kindness of others.

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. Paint your stones
3. Reminiscence
4. 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:

- Rocks
- Brushes
- Acrylic paint

1. Gathering:

Gather some paints and stones, small or large and join us. Your local Home Hardware store will have rocks if you need to purchase them. You might find individuals would like two rocks, one to keep and one to give away...or maybe more!

2. Paint:

As you paint, think about those you love or those who care for you. Paint anything that will represent your thoughts or feelings towards that person.

Another approach might be to think about something related to summer (or another season that you are currently in). What memories do you have of summer? Thinking of those times might also provide some inspiration.

3. Reminiscence:

Questions to encourage reminiscence.

- Who are you thinking about as you paint your stone? Say their name and something you love about them. Is there a story to share or to remember that well represents that person?

- Where would you like to put the stones you paint? Think about the meaning of it, or tell those around you about where and who will see it. What would you like others to feel when they see your stone?
- Do you have a story about the kindness of others?
- Are there summer memories that were inspired by watching the film? Do you remember being 10 years old on a summer's day? Let your mind wander to a perfect summer day. What about your favorite summer holiday?

4. **Taking a picture:**

Share your creation with us. Snap a photo and send 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 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:

Kindness Rocks is the third of four videos in this series. The remaining titles are available on The Willow Foundation's website at www.willowfoundation.ca/library under therapy.