



Presents

# *A Therapeutic Art Series*

## *Prescription Art*



### **Session 4: Tryptych**

*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 exploring our thoughts and feelings of living through a pandemic.

**Main phases of this creative session:**

1. Gathering supplies/objects
2. Brain dump
3. Highlight
4. Create
5. Share your experiences
6. Taking a picture and share 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:**

- Lined paper and pen
- 8 x 10 art paper
- Small plate for tracing
- Black marker
- Colours (pencil crayons/pastels/paints)
- Pencil and eraser
- Scissors (optional)

**1. Gathering:**

Gather your supplies. When choosing your paper, keep in mind what medium you will be colouring with, and if you'd like to display it when its done. A nice multi-purpose art paper should do the trick, you could also use regular printer paper if you are just using pencil crayons.

**2. Brain Dump:**

As a warm-up for this Art Exercise: Please think about your personal experience of Isolation as we work to prevent the spread of the coronavirus. Think about your "bubble": who is in it? How often you are with them?

Please write freely, whatever comes to mind for yourself, to be read by no one else but you, for 15-20 minutes. Don't edit, keep your pen moving; if you get writer's block, write "tick tock Tick Tock" until other words come to mind. Cultivate a curiosity to know what is on your deepest mind about the experience of quarantine, no matter whether it is subtle, complex and difficult.

**3. Highlight:**

With a colour, go through your writing and highlight words that are important to you. Write your key words in a light colour on your page in your circle.

**4. Create your 'bubble':**

Trace a small plate on to your page with a black marker. Fill in your bubble with colours, textures, shapes, symbols and patterns that come to your mind. Draw freely, don't judge, don't think a lot about what it means before your circle is filled.

**5. Share your experience and reminisce:**

- Talk about what you thought about while you wrote and drew/painted in your bubble. What memories, feelings and ideas came to you?
- Who is "in your bubble"; who is not that you miss?
- Do you have other memories of quarantine?
- What have you learned about life from this time of lockdown?

**6. Burst your Bubble:**

If you are making your art with a group, they share your bubble. Using scissors, cut up your bubble into pieces like a pie: one piece per person in your group and trade so that you have a piece of each person's 'bubble'. Piece together the slices of pie in a way that looks best. Notice similarities, differences and coincidences, and tell them to your group. Even if some members of your 'bubble' are not here while you make your art, please share this video with them and you can trade pieces on a visit, and see how your 'bubble pictures' fit together.

**7. Snap a photo:**

Share your creation with us. Snap a photo and send it to [willow.foundation@halton.ca](mailto: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.

**About this video:**

The Bubble is the last video in this series, thank you for participating. The other titles are available on The Willow Foundation's website at [www.willowfoundation.ca/library](http://www.willowfoundation.ca/library) under therapy.