

Creative Aging Tool Kit:

How to lead a Collaborative mural session

Materials

- Plastic table cloths
- Small plastic plates or palettes
- Variety of brushes
- Variety of paints
- Cup of water for rinsing
- Masonite Board from Home Depot - they can cut into equal sizes for you
- Design/Drawing you'd like to copy
- Paper towels

Duration

PREP: 60 MINS

PAINTING: 45 MIN - 1 HOUR

TAKE DOWN: 20 MINS (ASK SENIORS TO HELP WITH SET UP AND TAKE DOWN)

Simplify it!

Buy the masonite and do not cut it up. Draw a design on the board and have seniors paint on the mural together.

Key: they do not have to follow particular colours unless they want to. Its freestyle! Just stay within the lines of the design.

Directions

- Go to Home Depot and purchase a piece of Masonite Board that can be cut up into equal sizes. We suggest cutting the boards into
- 1 foot x 1 foot size.
- At home, lay out all the pieces into the size of the mural you want, and then trace or draw on the design you would like. You may ask an artist or one of the seniors in advance to come up with a theme or design they like.
- Each senior will paint one tile not knowing what it will contribute to.
- Number the backs of the tiles so that when you piece it together, it will be easier.
- On the day of the event, have all the supplies that each participant will need laid out in advance of their arrival
- All materials can be purchased at dollarama - quality is good and budget friendly
- Cover the tables in plastic tablecloths or garbage bags (tape them down to the table so they are stable).
- Allow the seniors to paint whatever style, the colour they want. They can decide. And let them know that at the end of the session, we will piece it back together to reveal a larger mural.
- If people just want to watch and not paint - that's ok too!
- It might take your seniors a couple days to finish all the tiles. Feel free to spread it out as a weekly evening or weekend activity.
- Once the tile is all dry, you can mount it onto another piece of masonite and then attach it to the wall with velcro fasteners.

Thank you to Artist Jane Finlay for the guide!

Questions?

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