

CREATIVE AGING TOOL KIT: HOW TO LEAD AN INTIUTIVE PAINTING SESSION

Materials

- Plastic table cloths
- Small plastic plates or palettes
- Variety of brushes
- Variety of paints
- Cup of water for rinsing
- Paper to paint on or canvases
- Soothing music (or whatever genre of music you'd like!)
- Paper towels
- Sample art work

Duration

PREP: 20 MINS

PAINTING: 45 MIN - 1 HOUR

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

Thank you to Tina Thrussel for this tool kit.

Tina was a facilitator at our 2016 CACS Symposium.

Directions

- 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 table cloths or garbage bags (tape them down to the table so they are stable).
- Set the tone for the painting session by assuring participants that everyone has some level of creative ability that appears in many forms - cooking, baking, sewing, problem solving, woodworking, etc.
- Remind them that to allow the paint to freely flow from their brush as a form of inner expression with no end product in mind.
- Encourage them to paint in absolute silence for 30 - 50 minutes.
- If people just want to watch - thats ok too!
- When people are done, have one person hold up their painting and share with the group what they see being expressed in their painting.
- Then ask that person if they are open to feedback from the group. Let each person in the group offer a share about what they see or feel from that person's painting.

The key to facilitating a successful Intuitive Painting session is to create a safe, comfortable, quiet and focused environment. Be open and encouraging. Assure them that their goal is not to be great artists, but merely to allow their intuition to speak through the paint and their paint brush.

Questions? Email Tina: info@shindao.com

