

“A Bit of Culture on Prescription”

Creativity applied to Sadness

CREATIVITY APPLIED TO SADNESS

1. NAME OF THE ACTIVITY

“A Bit of Culture on Prescription”

2. DESCRIPTION

The idea of the activity is based on the assumptions:

- art, culture, museums may have a positive impact on the seniors’ emotional condition, bring relief and deflect the focus of sad thoughts; on the other hand – may be content for interesting cognitive activity;
- it’s not always easy to go to the museum or gallery (organisation, may be tiring, need for special conditions in a place and on the way);
- project “Museums on Prescriptions” brings some interesting findings, conclusions, inspirations and recommendations that can be adapted as a caring activity.

The activity is a kind of workshop/ meeting with a piece of art or an artist and has three components: some basic knowledge, discussion about the participants’ impressions and creative activity.

The activity is dedicated to seniors in a good cognitive condition, it also requires some basic knowledge (or time to find some information) from a carer (so for some seniors or carers it may be demanding).

3. OBJECTIVES

- to change the focus from negative thoughts to interesting content and creative activity
- to bring a positive mood

4. RESOURCES AND MATERIALS

This activity is inspired by the project:

Veall, D. et al (2017). *Museums on Prescription: A guide to working with older people*. UK: Arts and Humanities Research Council.

Link to the project description:

<https://www.artshealthresources.org.uk/docs/museums-on-prescription-a-guide-to-working-with-older-people/>

Link to the guide:

<https://www.artshealthresources.org.uk/wp-content/uploads/2018/09/2017-Museums-on-Prescription-Guide.pdf>

Before the activity the moderator needs to choose artworks and prepare some basic information about them or their context.

Materials: pictures, reproductions, digital resources of museums.

5. IMPLEMENTATION – INSTRUCTION

Before the activity:

moderator/ facilitator prepares one or a few pieces of art – paintings or sculptures.

The activity's goal is to combat sadness, so it's important to choose paintings with an optimistic character (e.g. landscapes, impressions), and to avoid dark colours.

The piece of art may be printed or shown on the screen.

The moderator also prepares a short introduction – it may be about a painting, the artist or the object.

The general scenario of the activity:

- introduction, warm-up – moderator shows the piece of art. He makes a short introduction and invites the participants to share their impressions, associations, whether they like it or not and why.
- knowledge part – moderator shares the knowledge about the artist or painting, context, some interesting facts and curiosities
- interactive activity based on the piece of art.

Examples:

- impressionists – as the activity the participants colour the prepared sketches or create their drawing inspired by an artist (e.g. using dots)
<https://artsandculture.google.com/asset/the-water-lily-pond-claude-monet/nQExbyttj8z58A>
<https://artsandculture.google.com/asset/poppy-field/xQGTinA-MPxcVg>
- [Pete's Mondrian Composition with Red, Yellow, Blue and Black](#) – participants create their own simple compositions.

6. POSSIBLE MODIFICATIONS AND INSPIRATIONS

The person leading the workshop may be a museum or a cultural institution worker (if a care house has regular cooperation with such places) or a carer, or activities coordinator (in this case, the leader will need more time for preparation).

An interesting modification could be using (instead of art) the digital resources of museums of science or technology and discussions about [some objects being used in the past](#).

7. EXPECTED RESULTS

The activity should result in a more positive mood, changing the focus (from the thoughts that may provoke sadness) and bring satisfaction, curiosity and relief.

8. PREPARED BY







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