

Arts Activities for Health and Wellbeing



Did you know, you can use Arts Activities to keep well during lockdown?

This pack has lots of arts activities you can do at home.

Produced by ABUHB Learning Disability Directorate **Arts Therapists**

This is a pack has been developed by Arts Therapies for individuals with a Learning Disability and their carers to use at home during this time.

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Page 16: ‘Draw’ activity cards for Art Activity 3 ‘Drawing Game’.

We would love to see any examples of artwork, and to hear any feedback about how this pack has been used. Please send images or comments to sarah.griffith2@wales.nhs.uk

About this pack



Because of the coronavirus you need to stay at home, and you can't do all the things you usually do.



Doing 'Arts' activities (Art, Music or Drama) can help you to cope better with life when things are difficult.



Doing 'Arts' can help to distract us from worries, and make us feel better about ourselves.



You can also use arts to help you take some time to think about what is going on in your life.



You will find activities for Art, Music and Drama in this pack.

Use this table to help individuals think about how they might be feeling, and what actions might help.

What you might be feeling right now	What you can do about it.	Things to do
You can't do many of things you used to do, your days are very different. You are at home nearly all of the time.	Plan Make weekly plan for yourself, What could you look forward to? Use this pack to plan some arts activities!	Make a 'my week plan', have a plan to do things each day.
You might be used to seeing lots of different people, and now you see the same people every day.	Stay in touch You can still keep in touch with people even if you don't see them face to face.	Use safe ways to meet up online to keep in touch with family and friends. Make a few telephone calls a day to keep in touch. If you do live with people, eat your meals together or do some activities together, play games together.
Our natural response when we feel really worried is to 'space out' or 'feel numb' and to 'do nothing'.	Move every day It is important to keep doing things and to keep moving your body. This is where your plan of activities will be useful.	Do some moving every day, outside or inside. You can do online exercise like yoga or dancing classes. Lots of these are free at the moment. Do an arts activity every day, this will help you stop worrying about what is going on and will help you feel more relaxed and able to cope.
'I don't feel safe, I'm scared of what might happen...'	Do what you can to keep yourself safe and keep busy	Stay home Wash your hands Keep moving and doing things Ask for help if you need it
'I used to do so much and now I don't know what I'm supposed to do!'	This will pass, things will go back to normal eventually.	It might take many weeks but you are doing the right thing by staying at home. Have a go at making the 'When this is over' Jar
'I can't cope, I need help.'	Talk to someone you trust about how you are feeling.	If you don't feel safe or well, you must ask for help. Your GP surgery is open, and you can contact your learning disability team if you need help.

1) Arty hands



Use your hands to create pictures!

You will need: paper (bigger than your hand), coloured pens or crayons or pastel and any sticky bits you'd like to add.



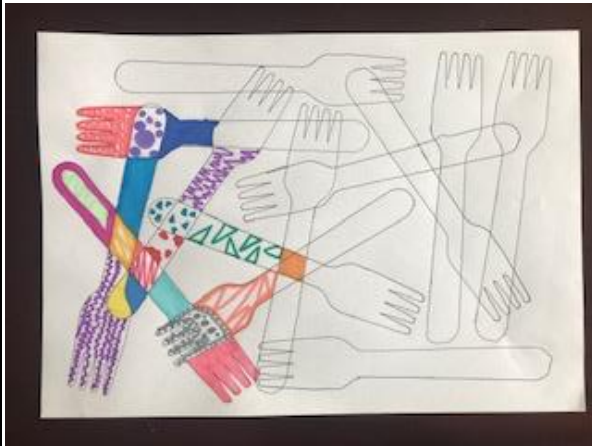
Draw around your hand on paper to make an outline, you can colour this in.

Draw around your hand many times making an overlapping picture, add colour and designs inside the hand outlines.



If you live in a house with many people – ask them to join in and make a 'lockdown' picture

2)Every Day Objects



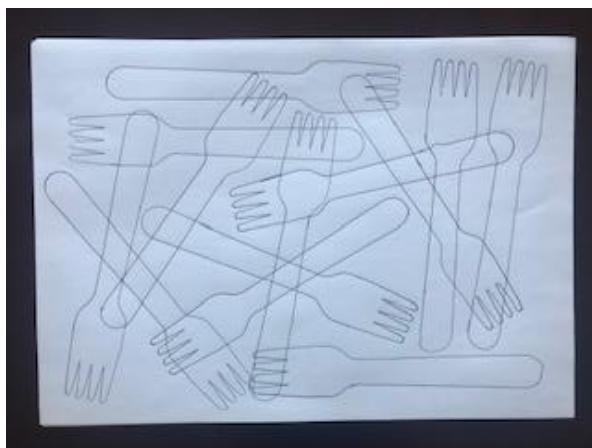
Turn Everyday objects into art!

You will need: paper (any size, but bigger than your objects) coloured pens or crayons or pastel and any sticky bits you'd like to add.



What to do:

Have a look around your house for objects that you could draw around. They could be objects you like, or objects that have an interesting shape.



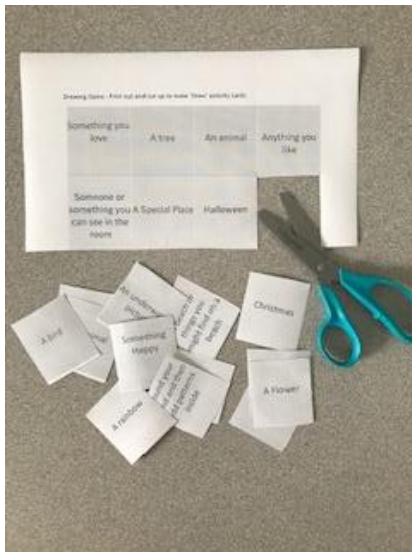
Draw around the objects, and overlap the shapes in any way you like. Add some colour and patterns to the shapes.

3) Drawing Game



You will need:

Any drawing or painting materials you have and some paper.



The task cards sheet (on page 16)

Cut out the cards and place each one face down on a table, or place them into a pile or into a hat to be picked out by players.



What to do:

Choose a card, turn it over and start to 'draw' whatever it says on the card. Add colour if you want.



This game can be played in a group, everyone can do the same drawing or everyone chooses a different card.

4) When this is all over Jar



You will need:

An empty, clean jar with a lid. If you don't want to use glass you can also use plastic tubs, a small box or container that it is ok for you to decorate.

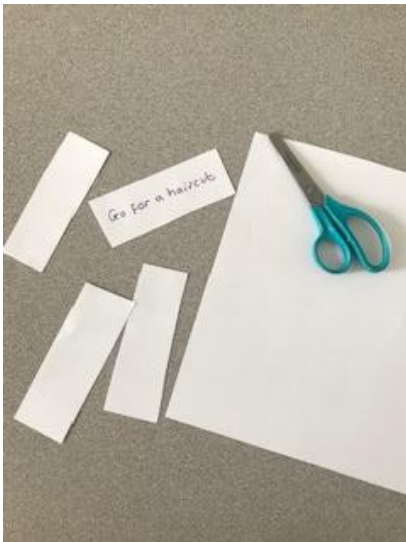
And:

Glue and stickers, sticky labels, and sellotape if you want to decorate your jar/box/tub.



What to do:

Make the 'when this is all over jar' and decorate it however you want.



Cut up small pieces of paper. When you feel like you are missing something while you are in lockdown, write it on a piece of paper and put it in the jar.

When lockdown is over, open the jar and plan to do one thing each week, now that you can.



5) Radio Karaoke

Tune the radio to your favourite music station.

If you know the song, take turns in keeping singing while the volume is turned down.

Turn the volume up again and see if you are still in time with the song.

You can also listen to part of a song, turn the volume down and try to remember the next line of the song.



6) Name that tune

Take turns to guess the song and band or artist the quickest



7) Home Music Studio

Gather together household items that can be turned into instruments and make sounds.

Jam Session:

Use background music and then use the different household 'instruments' to play along.

Create 'Soundscapes'

Experiment by listening to one sound at a time. Add the different sounds in layers to create a 'soundscape'.

Images can be used to start your musical ideas off.

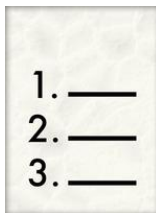




8) Song of the day

Choose a song you know. It can be something easy to sing like a nursery rhyme.




Change the words to this song to include the things that you have missed since lockdown.



9) Create a Playlist

Make a list of 5 songs you like listening to.

Songs that make you smile, songs that make you dance, songs that remind you of people.

	<p>10) Charades</p> <p>Think of a film or a TV programme</p> <p>Act it out without talking and see if others can guess what it is</p>
	<p>11) Scavenger hunt</p> <p>Collect objects that are in your house or during a walk</p> <p>Create an image using the objects</p>
	<p>12) Create your own 'spoonuity' or 'sock' puppets</p> <p>Get a wooden spoon or sock and see what you can find to make it into a person or animal.</p>



See how many you can make
with others that live with
you

You could even try out your
own drama using the
puppets!

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Drawing Game - Print out and cut up to make 'Draw' activity cards

Something you love	A tree	An animal	Anything you like
Someone or something you can see in the room	A Special Place	Halloween	Christmas
Something Happy	Your favourite person	Your favourite meal	A Flower
A rainbow	Around your hand and then add patterns inside	A lovely Garden	A beach or things you might find on a beach
An underwater picture	A bird	An Animal	You