



THE ART OF DOING ART ACTIVITIES

Have fun.

Be generous with materials.

Speak slowly and make eye contact.

Plan activities people will feel successful doing.

Give praise. Never criticize.

Work as a team when necessary.

If a person refuses the activity, come back after a while and ask again.

Don't be concerned with the finished product. The important thing is the process.



"When something is new to us, we feel that our senses are awake and clear. We are alive."

Jasper Johns

BLACK MOUNTAIN NEURO-MEDICAL TREATMENT CENTER



CREATIVE EXPRESSIVE ARTS PROGRAM



Paris Street Fair



CREATIVE/ EXPRESSIVE ARTS

The Creative/Expressive Arts Department provides group and individual activities using music, dance/movement, drama, painting, sculpture, and other visual arts mediums. These activities all are designed with a focus on the residents' participation and their enjoyment of the process, and not on the outcome or product. The goal in the art activity is to achieve a therapeutic benefit by promoting wellness, managing stress, alleviating pain, expressing feelings, enhancing memory, improving communication, and promoting physical rehabilitation.

Participation in the arts can increase self awareness, cognitive organization, feelings of confidence and self-worth, body awareness and expand one's leisure alternatives. Overall, the arts stimulate curiosity and the sense of wonder and joy in life.

Some of the music activities available to residents are: Sing-a-long, Rhythm Band, Keyboard and Guitar Playing, Classical Music Listening, Drumming Circle, Dance, Chair-Dancing, Scarf and Ribbon Dancing. Art activities include collage-making, painting, sculpting with clay and paper mache, crafts, and art appreciation.

Home On The Range

