

# Tulip

## Adult Coloring Activity



Art is a powerful tool in helping people with dementia be creative and improve quality of life. This package includes two versions of the same image, one is the outline to be painted or colored and the other is a full color template to offer guidance. The images are age-appropriate, not too challenging and can lead to fun conversation and reminiscing.

### Benefits

- Great creative outlet
- Calming
- Not cognitively demanding

### Prepare the Activity

Print out both sheets - one is colored and one is black and white. If you have a laminator, laminate the colored template.

### Presenting the Activity

Before getting started, place the appropriate paint, markers, colored pencils or crayons on the table where the person will be working. Invite the person to paint a picture. Place the colored template on the work surface in front of the person and place the blank drawing below it.

Encourage the person to talk about the picture in the template and suggest that they can use it as a guide or select their own colors instead. If they don't start coloring the drawing on their own, demonstrate by coloring a little bit and say "Now you try". If they want to talk about the drawing as they progress, encourage the conversation. When they are finished, talk about the picture, stories from the past, choice of colors, whatever comes up.

### Presenting

- Put paint, crayons, markers or pencils within reach
- Put the colored template on the table with the blank drawing
- Invite the person to paint a picture
- Use the template as a guide
- Encourage conversation about the picture

### Additional Challenge

1. Don't use the colored template as a guide, just give the person the blank drawing and let their imagination go wild.
2. Let them draw their own image and color that instead of the supplied drawings.



