



Creative Cards for Everyday Creativity

**A tool kit for Everyday Creativity
through conversation and senses.**



Everyday Creativity Care Homes Project

**For more information contact:
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Everyday Creativity Care Homes Project

Everyday Creativity Care was a six month project from January - June 2021 commissioned by Culture Shift and East Sussex Public Health to explore the impact of creative activities during lockdown on the residents, their relatives and care staff.

Lead by project artists Marisa Gardner, Sarah Bryant and Lucy Groenewoud, resources were co-designed with Care Staff and families from nine care homes in East Sussex.

Design was based around “in the moment” art based interventions. Creative Cards were a key part of the program, with creative prompts sparking discussion and connection. Cards are centred around imagination based questions and activities, encouraging digital connection where possible. Resources can be used for group activities, but they can also be used for a person centred, one to one approach. Creative interventions can be delivered bedside with residents who may not be able to join in group activities or choose to stay in their room.

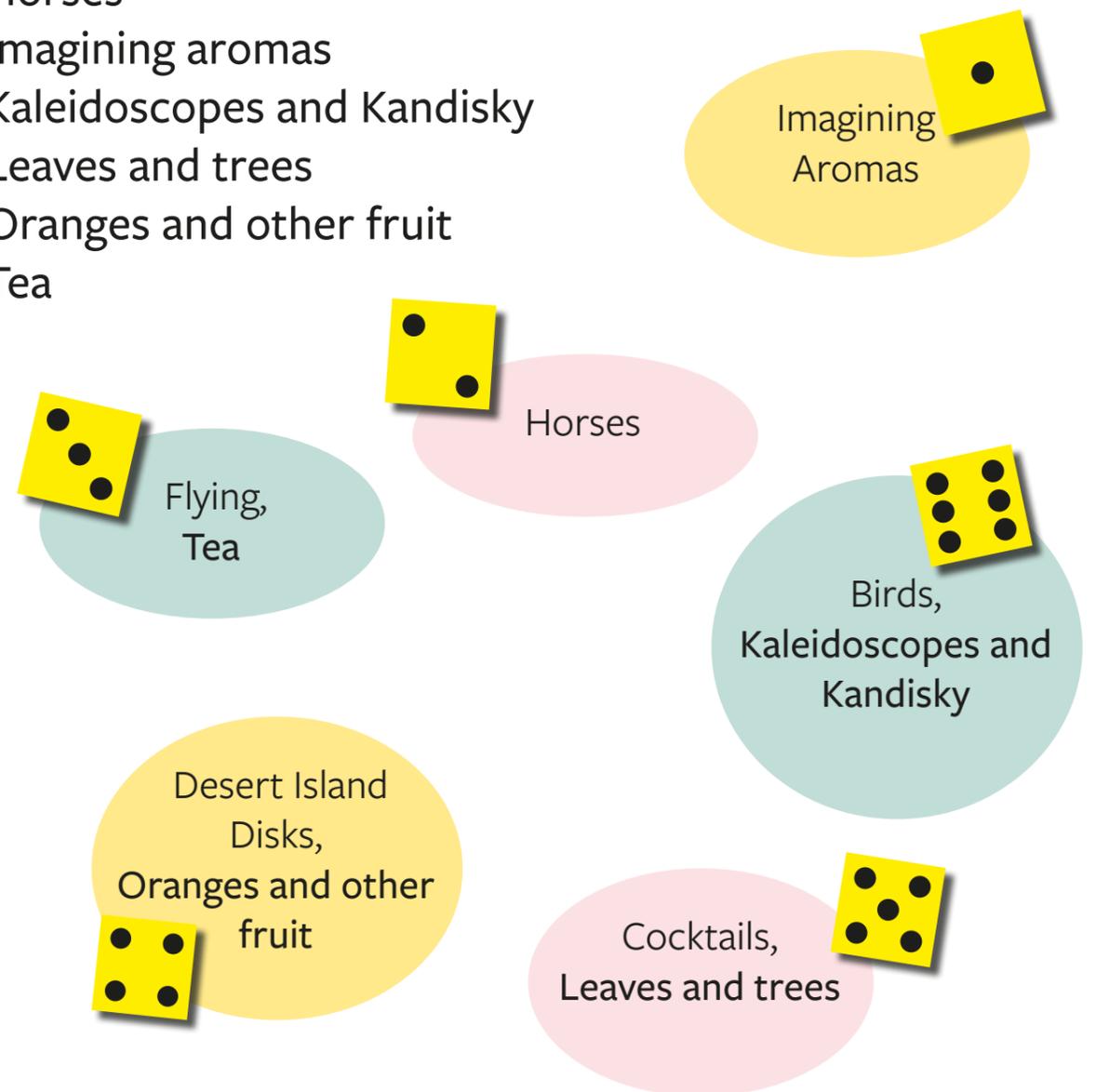
You can use the cards for gentle conversation, creative activities, or use the creative question prompts at the beginning of this tool kit for sense based interactions and conversations.

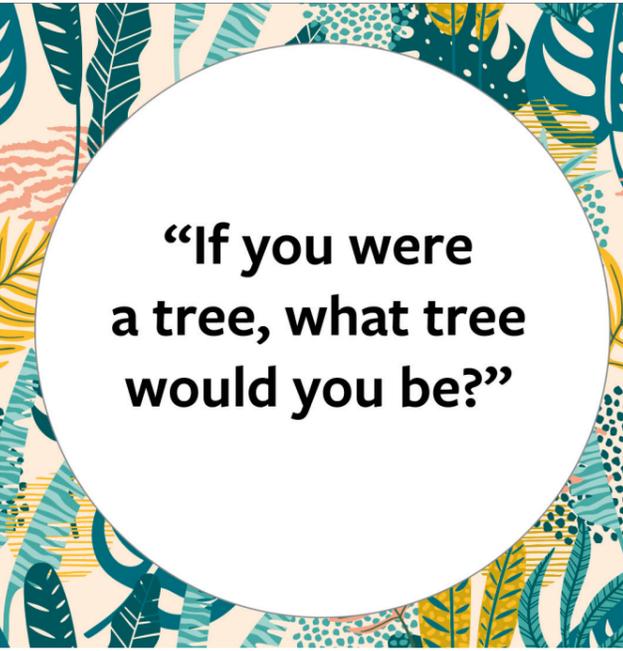
For more information about the project, or to see the project in action, email: everydaycreativitycare@gmail.com or visit our Instagram or Facebook pages: [@everydaycreativitycare](https://www.instagram.com/everydaycreativitycare)

Creative Cards & prompts

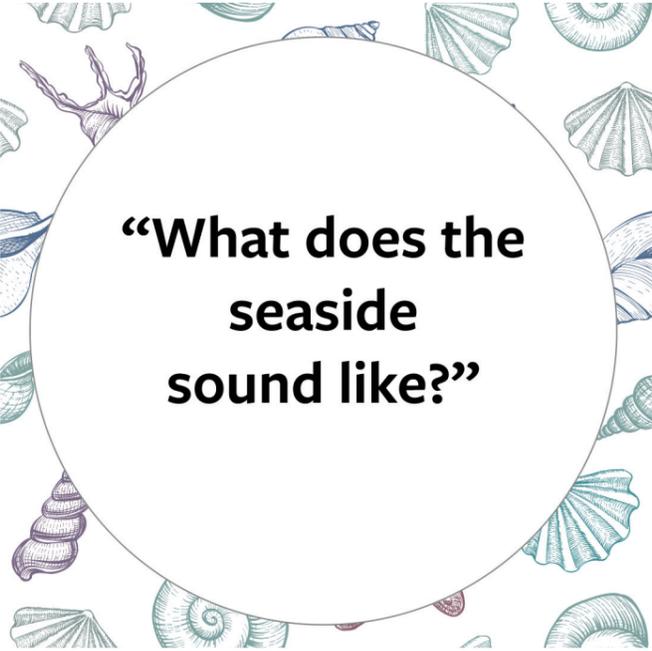
Choose your creative moments by rolling a dice or picking at random.

Birds
Cocktails
Desert island disks
Flying
Horses
Imagining aromas
Kaleidoscopes and Kandisky
Leaves and trees
Oranges and other fruit
Tea





“If you were a tree, what tree would you be?”



“What does the seaside sound like?”



Look out the window, or go for a walk. Can you see any trees?



**Taste different fruits.
“What does the taste remind you of?”**



“If you could wear any item of clothing, what would you wear?”



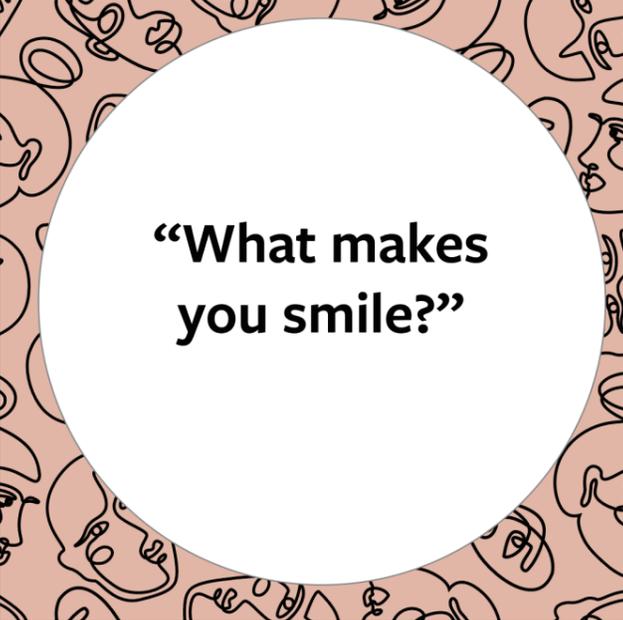
“What is the best smell in the world?”



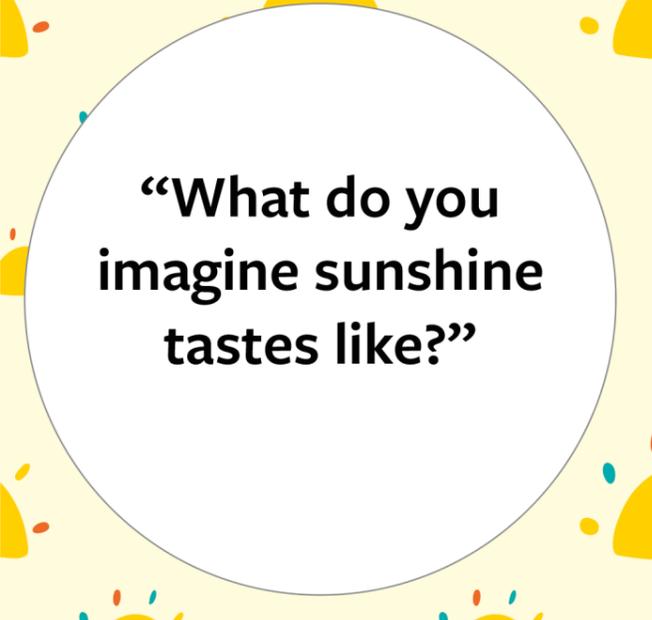
“What is the best tasting cocktail in the world?”



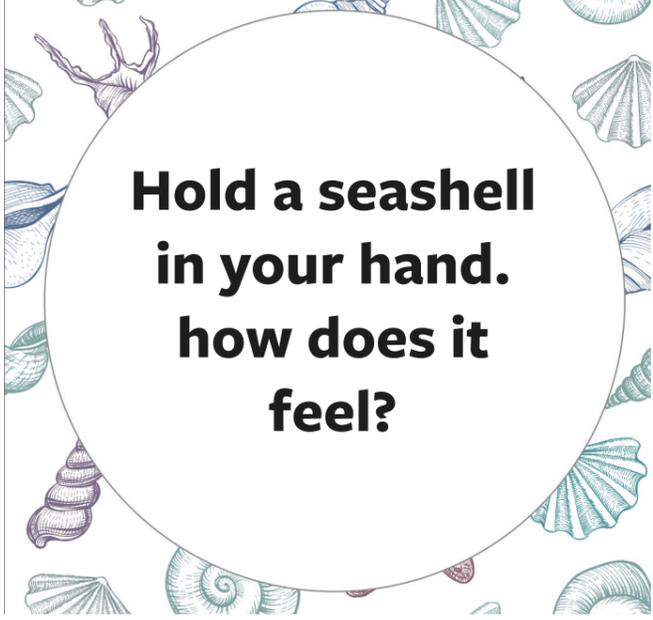
Feel: different textured fabrics. How does it feel in your hand?



“What makes you smile?”



“What do you imagine sunshine tastes like?”



Hold a seashell in your hand. how does it feel?



What advice would you give to a younger person?



A Creative Card About: Birds

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)



Look out the window or sit in the garden. Can you see any birds?



Listen for any bird song



Feel a feather. How does it feel in your hand?

Digital - Look Online

Search for beautiful birds together. Can you find ones that visit your garden?

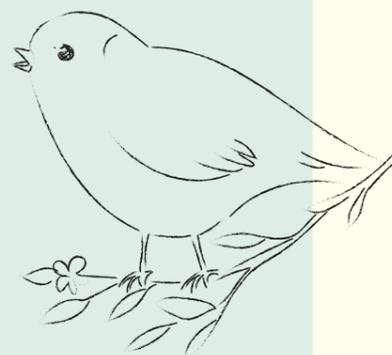
Search for bird song to listen to!

Create Something Beautiful

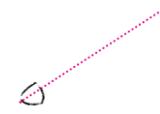


Materials: Paper, pencils, pens, paint, feathers (you could look for some in the garden!)

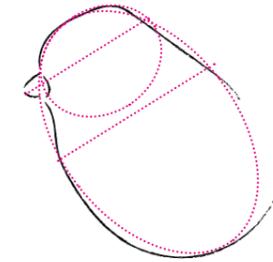
- Make some marks that look like feathers.
- Find colours in feathers and paint or draw these on paper.
- Using a feather, dip in water or paint and create marks on paper.
- Draw a bird. (Turn over for drawing suggestions to follow.)



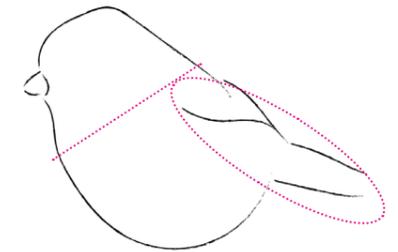
Drawing Birds



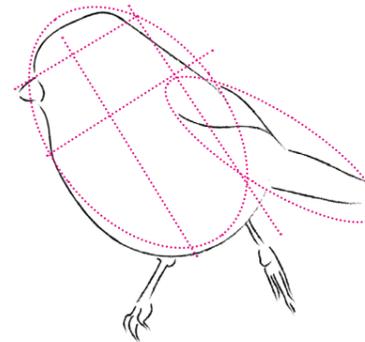
Start with beak.



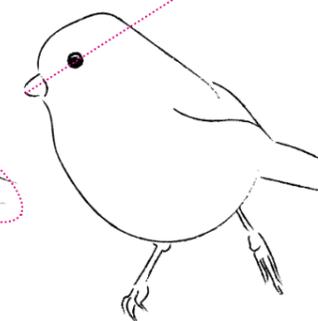
Add the body (oval shape)



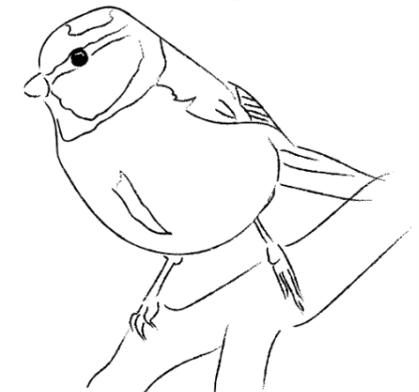
Add wings and tail



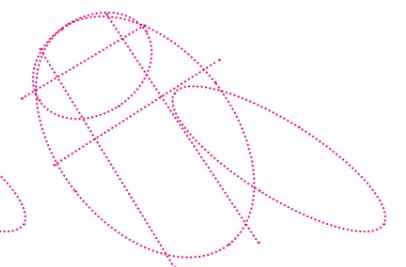
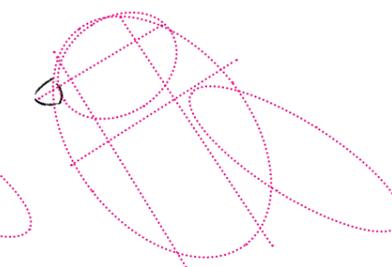
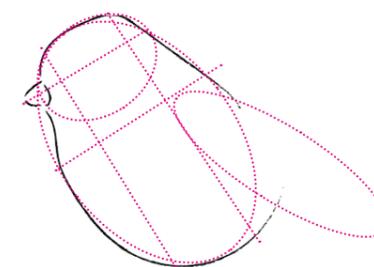
Add feet



Add an eye to line up with beak



Add in detail



Have a practice at filling in details of birds, using the oval shapes above as a guide. Then, you could draw or paint birds you see from your window or in your garden.

A Creative Card About: Cocktails



Ask: “What is the best tasting cocktail in the world?”



Smell and taste: Fruits to garnish your cocktail with: Orange, cucumber, cherries, pineapple



Ask: “Does the smell / taste remind you of anything?”

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)

Digital - Look Online

Listen to some music about cocktails! The Andrews Sisters - “Rum and Coca-Cola” or “The Piña Colada Song”

Create Something Beautiful: A Cocktail recipe



Materials: Assortment of glasses, juices, cordials, sparkling water, sodas, fruit to garnish, ice, cocktail umbrellas. Tray to carry items bed or chair side. Pens, paper, collage materials and glue.

- **Ask:** “What cocktail or soft drink do you love?”
- **Ask:** “Where would you like to be drinking that cocktail?”
- **Ask:** “What is your favourite taste in the world?”
- Create your “Dream cocktail”. Add juices and ingredients to create cocktail - keep a note of your ingredients to create your cocktail recipe. Add garnishes to finish! You can then have a cocktail tasting and vote for the best cocktail!

The Dream Cocktail!

Cocktail name:

Recipe and ingredients:

.....

Draw or cut out your glass shape and draw your cocktail complete with garnishes!



A Creative Card About: Desert Island Disks



Materials:

A device to play music, access to an on demand music service i.e. Spotify, floaty material to move to music, instruments such as shakers. You could use upturned buckets to as drums!

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)

Prior to the activity: Ask each participant a song they love the most, that they would play if they were stranded on a desert island. . Write the the song and participants name on an individual piece of paper and put all song choices in a “Lucky dip bucket”

1 Support everyone to sit in a circle. To begin with, start with some gentle seated warm up exercises to promote movement. Some deep breaths in and out, gently move fingers, toes and reach up to the sky.

2 Hand out some instruments for participants to choose, or if preferred some floaty fabric to move in time to the music.

3 Take it in turns going round the circle for a resident to pull out a “Lucky dip” song choice.

4 Play this song choice and encourage gentle movement to the music using the fabric or instruments.

5 After each song you can **ask:** “Does this song remind you of anything?” “How does the song make you feel?”

6 Bring the activity to a close by thanking everyone for their song choices and taking one or two deep breaths to wind down and relax. You can save any favourite songs as a playlist to use in the future.

Desert Island Bunting



Materials: Paper, scissors, pens, collage materials, glue, string. Device to play music.

Create an individual Desert Island Disk with participants chosen songs. Play these songs, and write some words about why the song means so much, or any special memories it holds

Cut out the shape of a record. Decorate the inside label. You could also find related pictures from the internet to print and add these or cut out letters and pictures from collage. Add in your words about why you would take the song to a desert island to play!

You could hang these as record bunting, or display them on the wall.



A Creative Card About Flying



Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)



Ask: “If you could fly, where would you go? What would you see along the way?”



Can you make a feather fly? Fan a piece of paper to gently make a feather fall in to the palm of a hand. Can you catch it?



Ask: “How does it feel?”

Digital - Look Online

Search for films of flying. You could find music that sounds like flying: “Flight of the Valkyries” or “Come fly with me”

Create Something Beautiful: Relaxation Flight

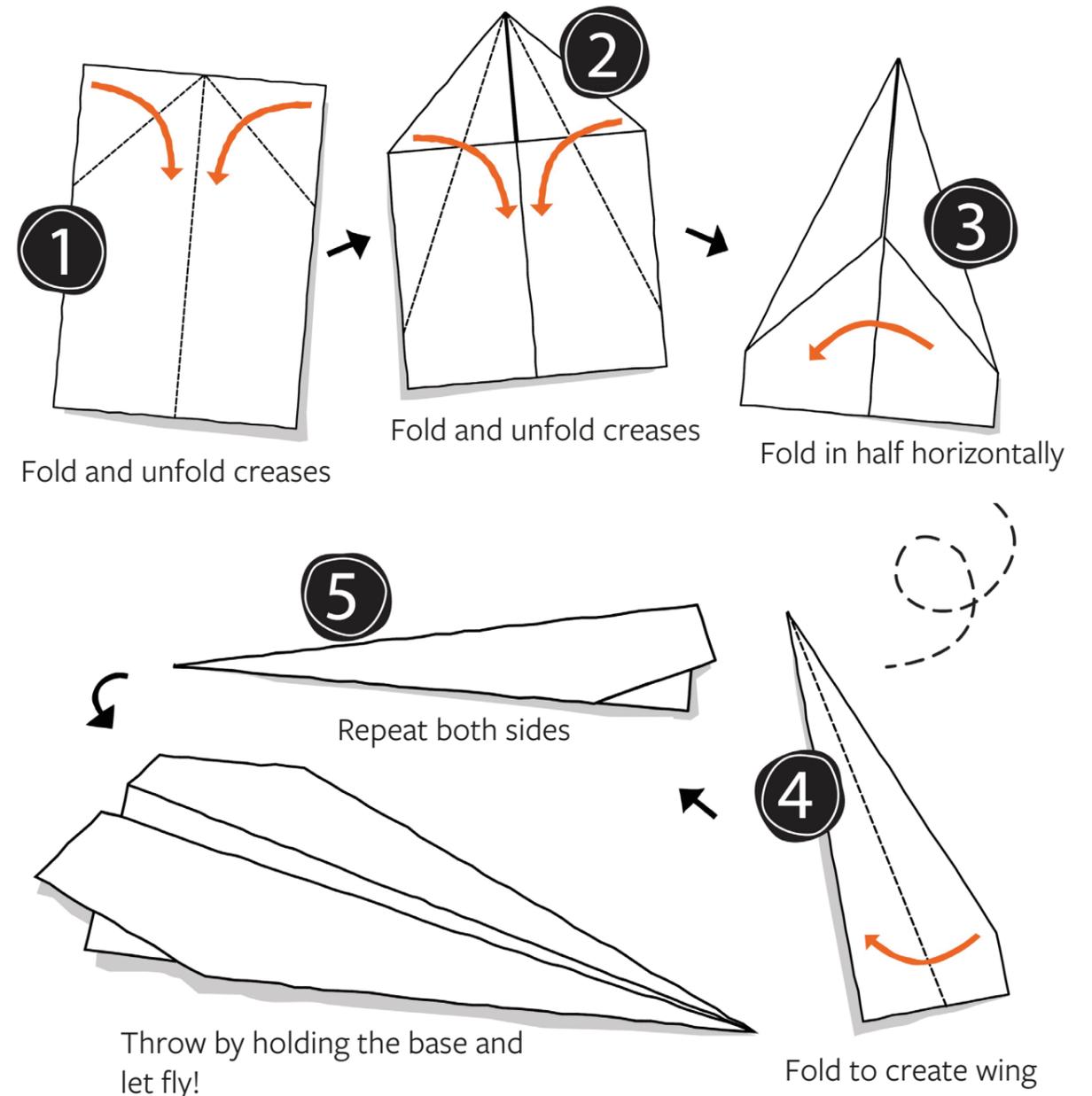


Materials: Device to play music, pen and paper to record responses. Some calming scents to fill the room i.e. lavender.

- Play some relaxing music. **Tell:** “We’re going to go on a flight!”
- **Ask:** “Close your eyes and take some deep breaths.” Focus on calming, mindful breathing for a few minutes.
- Talk through the flight, take off, calm, soaring, then landing. Record any responses
- **Ask:** “Where did you go? What did it feel like?”

Paper Planes

Can you make a fast paper plane? How far will it fly?



A Creative Card About: Horses

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)

 **Ask:** “If you could ride anywhere on a horse where would you go?”

 **Ask:** “What do you imagine it would feel like to be a horse galloping?”

Digital - Look Online

Search for films of horses online. You could watch “Seaside Stables: A Gallop to the Ocean” on you tube.



Create Something Beautiful: A clay horseshoe



Materials: Clay, wet wipes, disposable gloves if needed, textured material such as lace or bubble wrap to press in to the clay.

Create a clay horseshoe

- Using small portions of clay, roll between your fingers to let it soften.
- Enjoy the process of feeling the clay and moulding it with your hands.
Ask: “How does it feel in your hands?”
- Create a horseshoe shape using the clay - roll into a long sausage shape and mould into a U shape.
- Press textured material into the clay to create textures on your horseshoe.
- Once dry, you could paint your sculpture, or colour using felt pens.

Create a story!



What is this person's name? What are the horses called?

Where does this take place? When?

Why is the person and the horses in the water?

How does that feel?

Is anyone else around? What are they doing?

How long will the person and horses swim?

Are they swimming somewhere special? Where? Why?

What sounds do you hear?

What smells do you imagine?

What happens next?

A Creative Card About: Imagining Aromas



Ask: “What is the best smell in the world?”



Do: Use scented hand lotion to give a hand massage. **Ask:** “What does the smell remind you of?”

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)

Digital - Look Online

You could virtually visit a lavender field, or spice market in Marrakech. What smells can you imagine?

Create Something Beautiful: Experience of smell



Materials: Different oils and aromas from aromatherapy sprays, paper, pens and pencils, watercolour paint, pastels.

- Smell each different aroma. **Ask:** “What does the smell remind you of?” “Does the smell make you feel a certain emotion?” “If the scent was a colour, what would it be?” “If the scent was a shape, what would it be?” Record any responses.
- You could draw the shape and colour, and write the emotion on a piece of paper.

Aroma Art

Together, have a look at this screen-print by Andy Warhol.

Ask: If you could smell this picture, what do you imagine it would smell like?

You could create your own Warhol inspired aroma art using collage. You could paint on to an image cut from a magazine, or cut out colours and shapes.



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A Creative Card About: Kaleidoscopes and Kandinsky



Look around you for colours.

Can you look through some coloured cellophane?



Ask: “What is the most beautiful colour in the world?”

Digital - Look Online

Search for KaleidaCam app. A free app that turns your tablet or phone into a Kaleidoscope! Look around you at what you can see!

Create Something Beautiful



Materials: Kaleidoscopes, coloured cellophane filters, device to play music on.

- Pick a view - out the window or find a picture or painting. Look through Kaleidoscopes and coloured filters .
- **Ask:** “What can you see?” “If the colours and shapes could be a song, what song would they be?” Find and play the song.
- **Play** some music. You could play Mozart to Beethoven. Ask - what colours does this music remind you of? Record any responses.

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)

Digital session available!

To arrange an artist to run this as a remote digital session, email: everydaycreativitycare@gmail.com

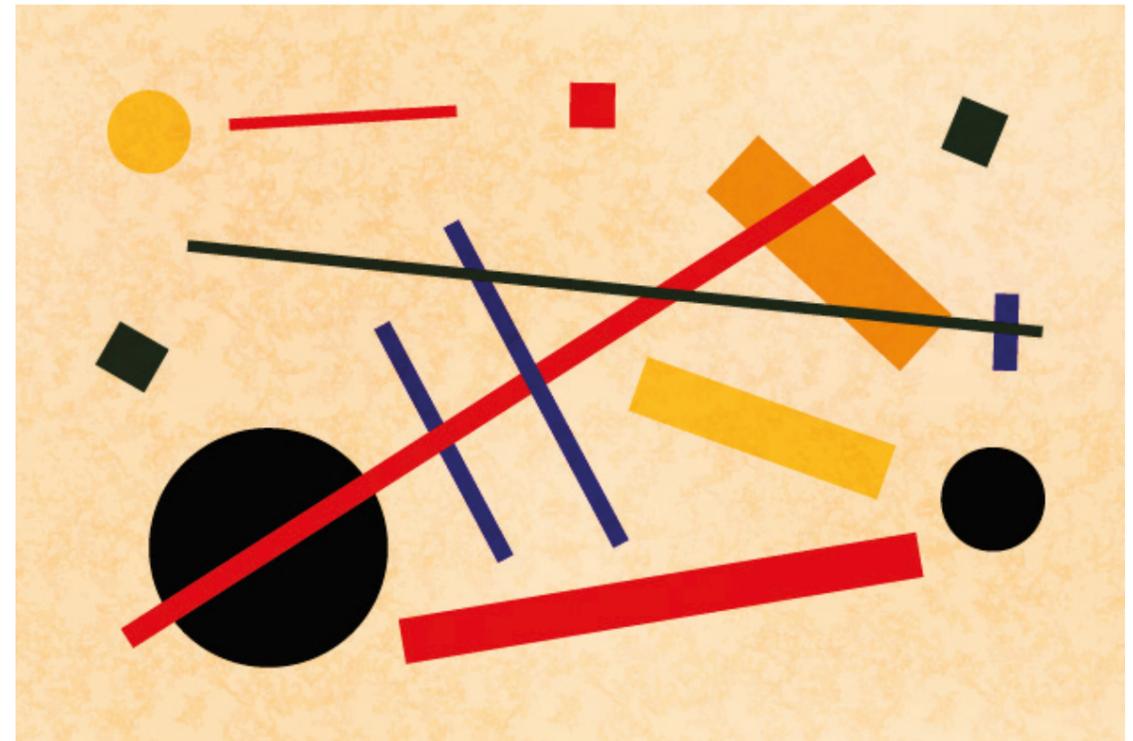
Kandinsky

Have a look at the work of Wassily Kandinsky online. Go to <https://musiclab.chromeexperiments.com/Kandinsky/> - you can create marks that make sounds. You can also “play” one of Kandinsky’s paintings here: <https://artsandculture.google.com/experiment/sgF5ivv105ukhA>

Kandinsky was an abstract artist who expressively used colours in his paintings. He said that colours sounded like music.

Create a Kandinsky inspired piece of art by using collage - cutting coloured paper or by painting or drawing to music.

Music for the session: play a variety of sounds to respond to: Mozart, Wagner, Beethoven, Miles Davis. Record or film any responses, comments, or reactions to the music!



A Creative Card About: Leaves and Trees



Look out the window. Can you see any trees? Ask: “If you were a tree, what tree would you be?”



Feel leaves or branches.

Smell tree scented oils or fragrances: pine, eucalyptus, sandalwood. Ask: “What does the smell remind you of?”

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)

Digital - Look Online

Can you go on a virtual visit to a forest from around the world? Search for **Virtual Walk - A Day At The Forest** on YouTube

Create Something Beautiful: Leaf art



Materials: leaves, Paper, pencils, pens, wax candle, watercolour

- Have a look at some leaves. What colours and textures are they? Feel the leaves. Can you feel the veins?
- Draw some leaves. Do 2 minute drawings looking at the leaf and not your paper! Try not to let the pencil leave the page.
- Place some paper over your leaf and rub a wax candle over the paper where the leaf is underneath. Then, paint the paper with watercolour. You should see the leaf imprint.

Leaves of clay

Materials: Clay, wipes for hands, leaves, rolling pin, paint (optional)

- Start with hand exercises to warm up.
- Have a look at some leaves. What colours and textures are they? Feel the leaves. Can you feel the veins?
- Roll a small amount of clay in your hands to warm up, about the size of a small satsuma.
- Roll the clay to a flat disk like shape with a rolling pin.
- Press leaves in to the clay, rolling with a rolling pin.
- You could cut around the leaf with a plastic knife to make a leaf shape out of clay
- You can paint the clay if you wish when it's dry.



A Creative Card About: Oranges and other fruit

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)



Feel different coloured and textured fruit. Oranges, kiwis etc.
Ask: “How does it feel?”



Smell the fruit. Ask: “What does the smell remind you of?”



Cut fruit into bite size pieces and taste the fruit or make a smoothie using chosen fruits.

Create Something Beautiful: Fruit Tasting Party!



Materials: Fruit themed food and smells, a device to play music

- Play music on the theme of fruit: “Strawberry Fields Forever”. “Watermelon Sugar”.
- Smell fruit scents: lemons, lemon verbena, grapefruit oil.
- **Ask:** “Does this smell remind you of anything?”
- Eat and drink fruity food: Bananas, oranges banana ice cream, pineapple upside down cake. **Ask:** “ How does it taste?”

Fruit Still life

Materials: Different fruit such as apples ,pencils, pens, watercolours, oil pastels, paper for collage.

- Search online for “Paul Cézanne still life”. Cézanne was an artist who was known for his fruit still life paintings.
- Have a look at the paintings and note down any responses.
- Then, start by feeling the fruit and smelling the fruit. **Ask:** “What does it feel like? Hard/Soft”.
- Together, arrange the fruit in a still life you are all happy with. Take a photo of the arrangement so you can revisit the session again.
- Discuss colours and shapes note any responses. Talk about light. **Ask:** “Where is the light coming from?”
- Play some calming music.
- Draw the fruit and then fill in with watercolours, or collage with different papers.
- At the end of the session, share and celebrate each others work. You could display on the wall as a gallery.



Paul Cézanne, Still Life, Pears and Green Apples

A Creative Card About:



Tea



Drink a herbal tea together



Ask: “What does it smell like?”
“Does the smell remind you of anything?”

Facilitators:

Briefly record any words, sounds or responses that take place in these creative moments. (You could write down words, record a short video/audio or take photos)

Digital - Look Online

Search for songs about tea, start with :
Ella Fitzgerald “Tea For Two”.
You could make an afternoon tea playlist!



Create Something Beautiful: Portable Tea Party!



Materials: Herbal tea bags, tea cups, herbs to make tea (fresh mint, lemon, thyme, ginger.) Tray to carry to chair or room.

- Make a selection of fresh teas using herbal tea bags, and herbs.
- Hold a tea tasting. First, smell the tea. **Ask:** “What can you smell?”. Then, taste the tea. **Ask:** “Does this taste remind you of anything?”
- Write down or record responses. (You could create and decorate some tea tasting notes!)
- You could also sample fruit smoothies, or accompanying cakes!

Teacup Decorations

You can use this template to create some teacup decorations. Copy, then colour or collage the shapes to decorate. Cut cups out and hang or make bunting to celebrate your tea tasting!

