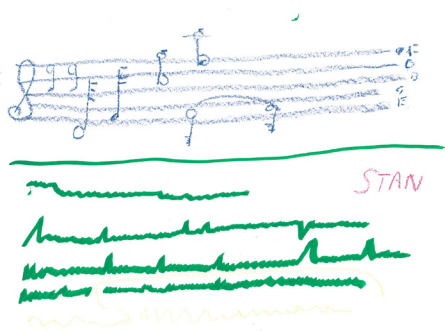


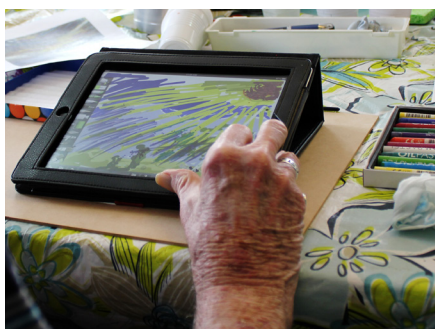
Music touches the emotions, retrieves memories and soothes the soul.

The therapeutic qualities of music stimulate other senses which invites a natural and meditative approach to art. This activity encourages free expression to music for individuals or group sessions. *Try it!*



Seeing SOUNDS

A multi-sensory drawing activity



Materials: A variety of coloured drawing media such as markers, oil pastels, pencils or paint. 5-10 sheets A3 cartridge paper (A4 may be appropriate for people with less mobility). Or try the iPad!

Music: You can make your own playlist with a broad variety of genres from classical to rock to techno to jazz. Or scan the QR code below.

Method:


Warm up: Begin the session by playing some soft, relaxing music to the group. Invite participants to close their eyes and move their arms and hands as if conducting an orchestra.



Listen and draw: When each person feels ready, suggest they use colours, shapes and lines freely and randomly to mimic the movement and rhythm of the sounds. Remember doodling in class or while on the phone?

Hear the colours?

Select up to 10 songs and play snippets of approximately 30 seconds each. Allow an additional 30 seconds to draw after each snippet has finished playing. Depending on the individual, one sheet of paper per track or overlay multiple tracks on one page! Observe the difference in their drawings and ask how the music directed or inspired their work.

 Music can also be used to imagine a scene. Have a collection of colourful fabrics, objects or images of different scenes/landscapes as inspiration.



Scan for music!

