

Sprayed Creations



Suggestions:

- As a pre-activity, invite participants for a walk outdoors to collect leaves, flowers and seeds which may be used in the art-making process.

Materials Needed:

Paper

Poster paint

Newspaper

Rag

Spray bottle

DIY stencils

Toothbrush (optional)



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Steps:



1 Prepare a piece of paper for the base.



2 Dilute 3 paint colours in individual spray bottles.



3 Arrange stencils on the paper.



4 Evenly spray a light layer of paint over the stencils.








5 Carefully remove the stencils to reveal the outcome. For multiple layers of colours, allow each layer to dry before spraying on the next layer.



6 Repeat Step 5 to achieve multiple overlapping layers of paint.

Occupational Therapist's Input On Sensory Component:

The main sensory input and processes are visual, proprioception (sense of positions of body parts in the space) and touch.

Visual		<ul style="list-style-type: none"> • Visual stimulation with the use of different coloured paints • Blending of different colours (overlapping layers of paint) • Shapes and patterns created on artwork
Proprioception		<ul style="list-style-type: none"> • Act of spraying creates pressure felt between the finger joints • Blending of paint with paintbrush creates pressure felt in the joints in the arm
Touch		Contact with various materials used in the art-making process
Sound		Act of spraying creates an airy sound
Smell		Smell of leaves, flowers and/or seeds gathered before activity
		<ul style="list-style-type: none"> • Visual: A variety of coloured materials • Proprioception: Varying sizes of spray bottles; consistency of varying paints use can affect the amount of pressure used to dilute paint mixture • Touch: A range of textured materials such as papers with smooth or rough surfaces; use other materials such as cloth and foam paper • Sound: During the art activity, music can add therapeutic value and at the same time, stimulate one's sense of hearing • Smell: Use of scented candles or essential oil (aroma, and scented materials in the art-making process to stimulate sense of smell

ALTERNATIVE ACTIVITY:



Instead of a spray bottle, participants can use a toothbrush to create sprayed marks.