



ART 101

Art is an awesome way for your client to let themselves go and express themselves creatively. Art has multiple benefits, it exercises their mind for imagination; improves strength and dexterity for hands and fingers, and art is also known to reduce stress and anxiety.

So, help your client explore their creative side. Encourage your client to create, design, produce, use color, go out of the box and have fun! While we have suggested activities ranging from 5-minute craft projects to tutorials for more detailed paintings, there is no “right or wrong” way to create art. Just having the brush hit the paper no matter what it looks like, you are keeping your client engaged. Remember to celebrate their creations - posting on the wall and sharing with family and friends.

A MOMENT IN TIME:
LET'S LEARN, LAUGH, PLAY AND PRAY!

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5-MINUTE ART PROJECTS

The three links below are all 5 MINUTE ART PROJECTS – simple, fun, doable – from using shaving cream and food coloring, to making flower petals with your fingertips to creating intricate pencil abstract designs. There is also painting with household items like a hair comb, a mop handle, a sponge, and even a window squeegee. Every idea possible to create colorful, awesome, and out of this world art pieces! And you can also use your own BODY PARTS – your hands and feet (seated of course) – to design cute little animals.

WHERE TO START

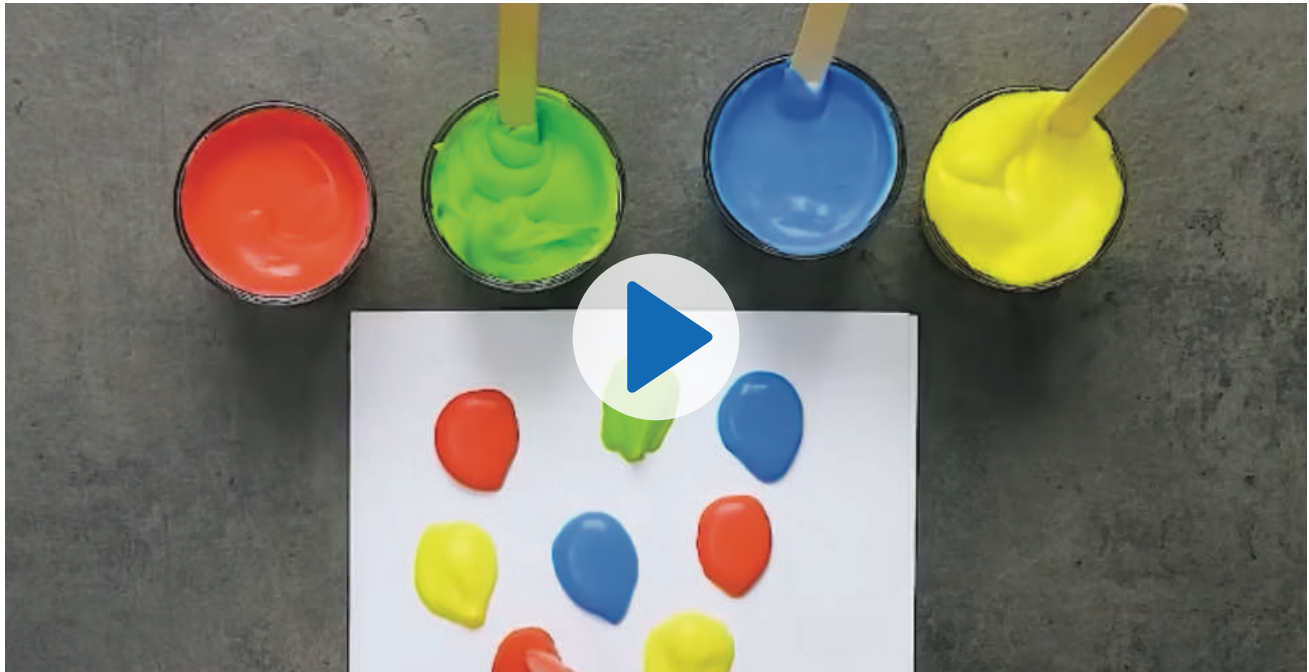
With so many choices, perhaps view a link together stopping along the way to allow your client to see and digest a few art projects. Stop when you see an art project that piques your client's interest. Once all materials are gathered, make sure you use newspaper or a disposable tablecloth from the Dollar Store...it can get messy!

It is suggested you watch the 5-minute clip through so your client knows what to expect and then start over again stopping the video at each step to allow your client to grasp the idea and directions and follow along at their own pace. It's not about producing an exact replica but that your client is engaged and having fun.



If you find the background music too much, turn it off or minimally lower the volume.

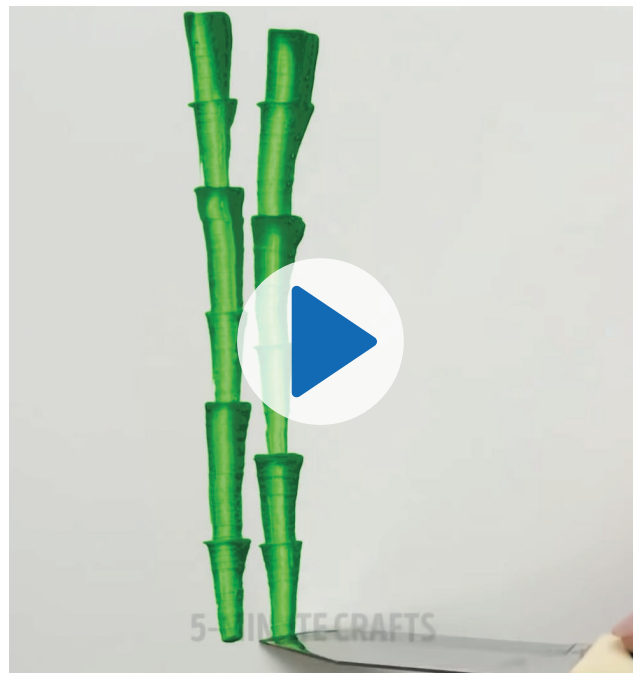
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100 BEST ART IDEAS FOR BEGINNERS



35 SIMPLE PAINTING
TECHNIQUES



30 SIMPLE DRAWING
TECHNIQUES

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ACRYLIC PAINTING TECHNIQUES WITH SERENE, CALMING MUSIC

The next 12 links to acrylic painting techniques are done with the most relaxing and serene music. Gather your materials, follow the tutorial, stop as needed to finish that portion.



It's also an Art Show - If nothing else, have a cup of tea together, and watch the creations below being produced! It's beautiful and relaxing.

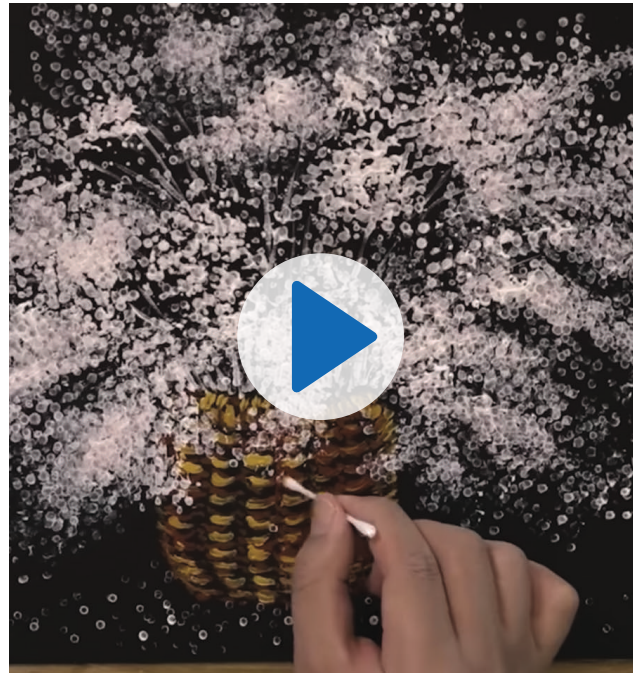


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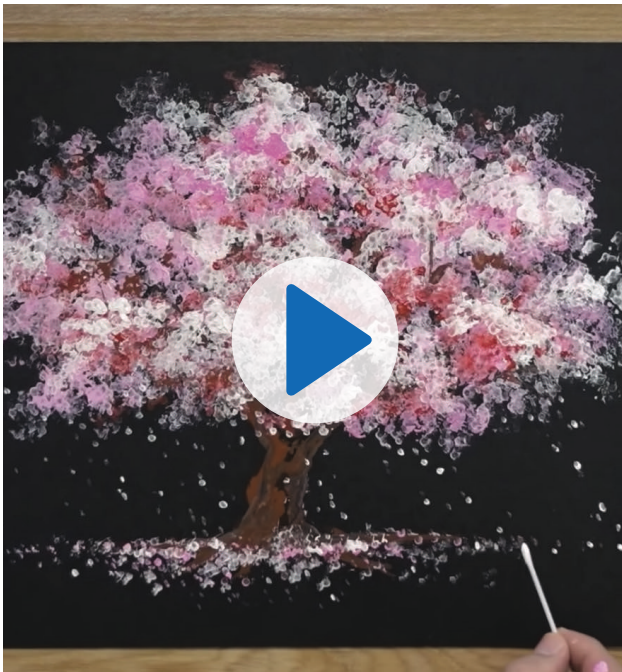
BY JAY LEE - ACRYLIC PAINTING TECHNIQUE



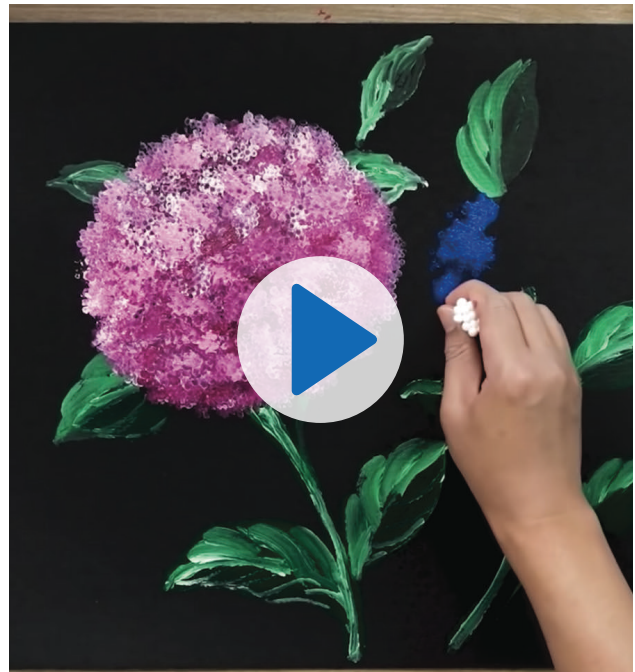
HOW TO PAINT THREE
DIFFERENT TREES



BABY'S BREATH



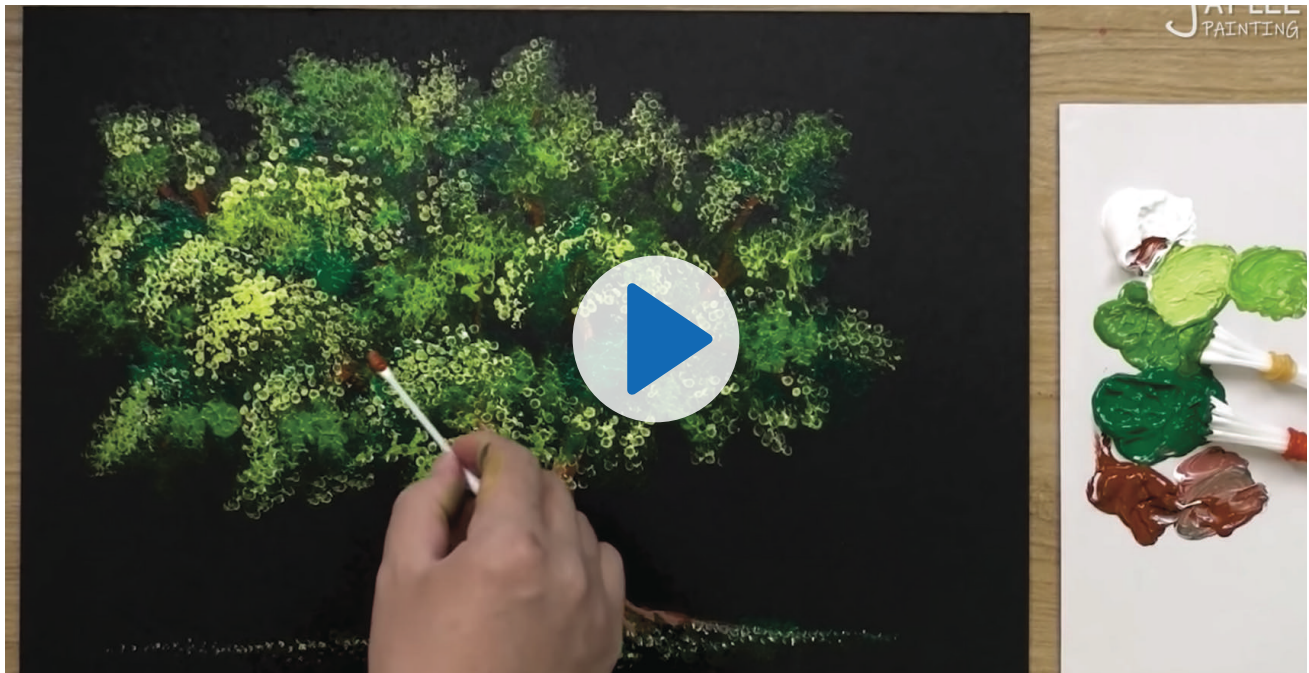
A CHERRY TREE



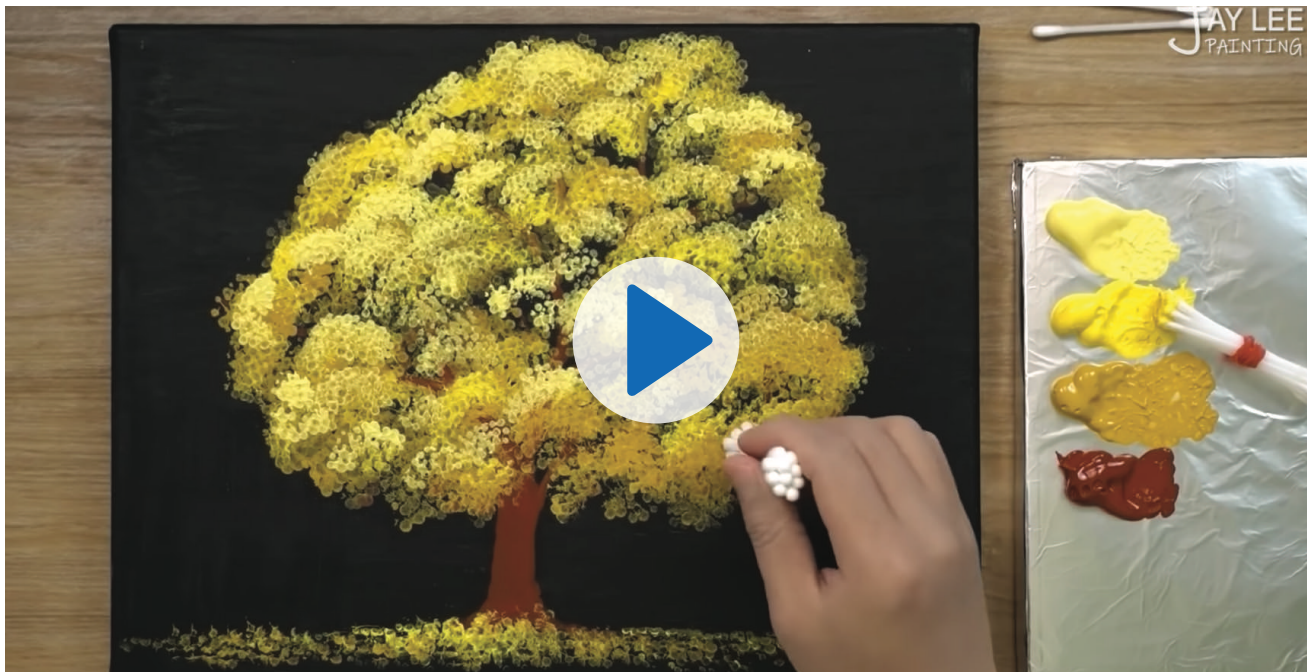
HYDRANGEA

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BY JAY LEE - ACRYLIC PAINTING TECHNIQUE



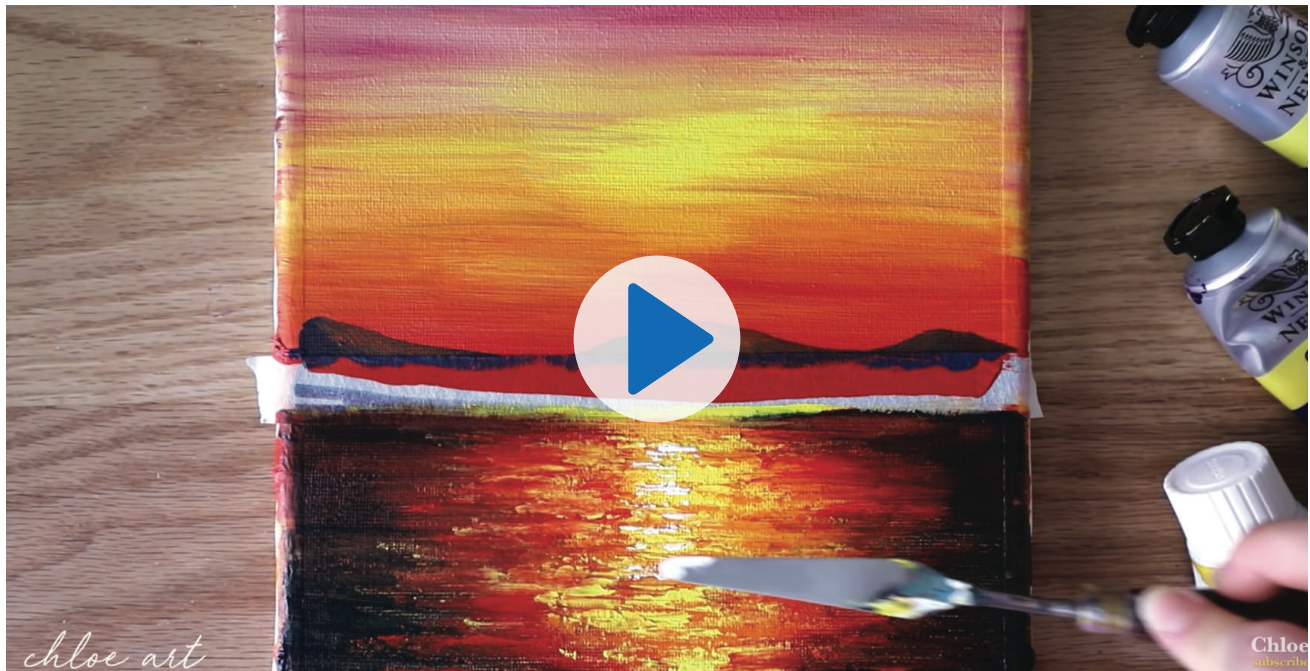
GREEN TREE



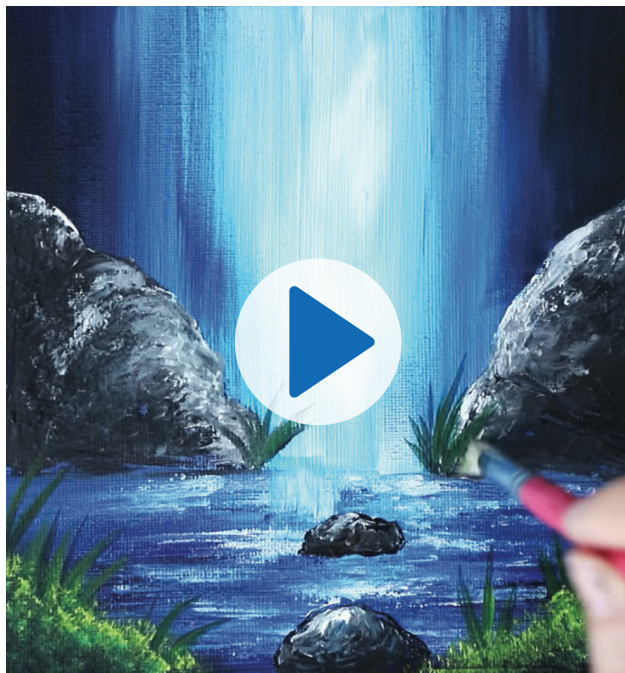
YELLOW TREE

ART 101

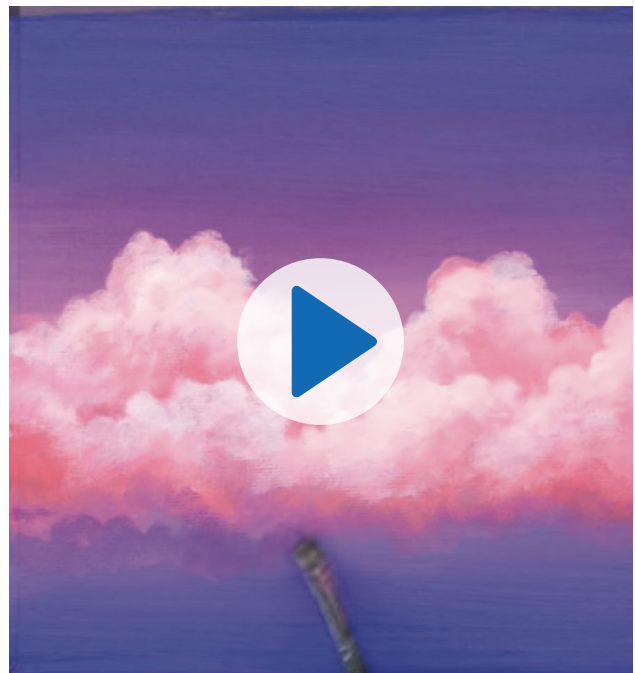
BY CHLOE ART - ACRYLIC PAINT TUTORIAL



RED SUNSET



WATERFALL LANDSCAPE



DREAMY PINK CLOUDS

ART 101

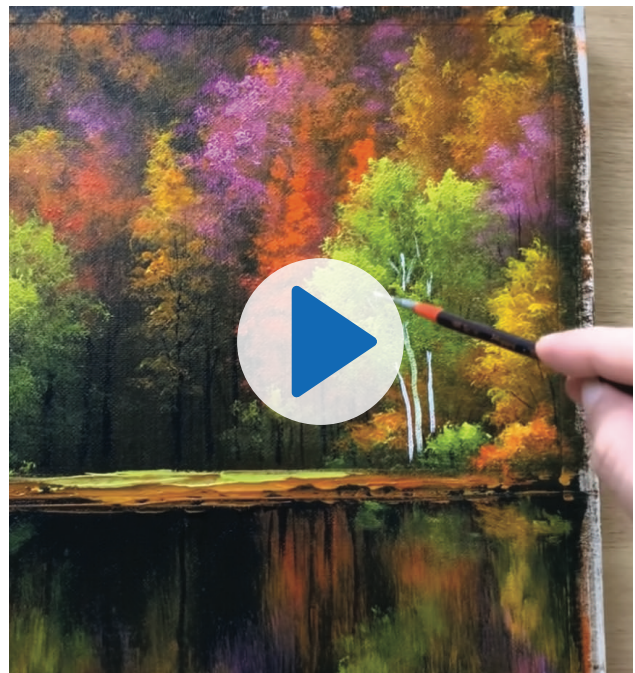
BY WOW ART - ACRYLIC PAINT TUTORIAL



A LAVENDER FIELD



AUTUMN TREE LANDSCAPE



LITTLE HOUSE ON THE LAKE