

# Chapter 5 Arts and Crafts



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# Let's be Creative!

Arts and crafts let you express yourself; sometimes better than words. Over time, we tend to put aside activities such as colouring, drawing, and knitting for the demands of family and the working world, and forget how pleasant it is.

Hopefully this chapter can inspire you to pick up an old activity or try something new. Most of all, have fun and let your imagination flow!



# Colouring



Children's activity? Says who! Colouring is considered a therapeutic activity for people of all ages. It can bring you peace and a great amount of enjoyment.

Colouring can help relieve stress and reduce agitation. It's a great outlet for creative minds and personal self-expression. It has also been shown to improve mood, concentration, and problem solving skills.

Coloring is also great for your dexterity and hand-eye

coordination. Colouring can be done anywhere, alone or in group. This can be rewarding social pastime.

## Printable Colouring Pages

Here are some links that will guide you to printable coloring pages. Have fun!!

- [Free Adult Coloring Pages](#)
- [Colouring Pages for Adults](#)
- [Paint the World Super Coloring](#)
- [Monday Mandalas](#)
- [Holiday's Coloring Pages](#)

## Online colouring Pages

- [Forest Coloring Pages Printable](#)



Just before a holiday, a group of graduate students in psychology challenged each other. The best colouring of a teddy bear was going to win a surprise! We all went to our desks with the same printed image. We applied ourselves. Then, we all came back together and presented our masterpieces. Josée's friend, Caroline, won 1<sup>st</sup> place with her classic looking teddy bear. Josée 'won' last place with a more colourful version Ah well! It gave us a good laugh.

If you are tech-savvy there are plenty of colouring apps available for cellphones and tablets. Many of these apps are free! Here are three names of apps you can download:

- Adult Coloring Book
- Mandala Coloring for Adults
- Stress Relief Adult Color Book

Online colouring is easier if you use a pencil that works with your tablet (for instance the Apple Pencil for iPads).





# Drawing



While many believe drawing is a talent that you're either born with or aren't, drawing, like any skill, can be learnt at any age.

Drawing can be the perfect activity if you're looking to fill some time. It breeds creativity and can help you express yourself. When it goes well it is an accomplishment, and when it doesn't you can work on your

sense of humour and patience. and improve your self-esteem.

Drawing, like many of our suggestions, can be good for your brain and make you feel better as well.

Are you ready to try but don't draw well? Start with this TED talk on how fast you could learn something new!

- [The first 20 hours -- how to learn anything](#)

## Online drawing tutorial

There are many drawing tutorials available online.

- [Paul Priestley At Tutorials Online](#)

On this page, you will find many tutorials : how to draw a person, a simple object, a bird flying, etc. We include one series. He just added a tutorial on [watercolour painting!](#)

### Start Drawing : A Series

- [PART 1 - Outlines, Edges, Shading](#)
- [PART 2 - Draw a Watering Can using Shape](#)
- [PART 3 – Draw a child's bear using shape](#)
- [PART 4 - Understanding Eye Level](#)
- [PART 5 - Start Drawing: Create distance in a Landscape](#)

### Tutorials by other authors

- [How to Draw Hyper Realistic Eyes | Step by Step](#)
- [How to Shade with pencil for beginners](#)



## More Art Resources

- [365 Days of Art: A Creative Exercise for Every Day of the Year](#)
- [Best Watercolour Channels on YouTube](#) Alan Owen, Shibasaki, Andrew Geeson, Cheap Joe's, Ev Hales, Harusaki Watercolor, Gary Tucker, Grant Fuller, etc.
- [Top 10 Photography Youtube Channels](#) to improve your skills: Jessica Kobeissi, Thomas Heaton, Sean Tucker, Jamie Windsor, etc.



Art takes different forms. Some love acrylic or watercolor painting. Others prefer carving, sculpting, crafting, working with clay, sewing, quilting, photography, and more!

Music, whether singing or, playing an instrument is also very good for us. Many people also try writing. The best arts for you are the ones you are ready to try.

We only provide a few suggestions to help you get going.





# Crafting



Looking to boost your creativity and your cognitive skills? Why not try crafting? It can help keep you active, good for body and mind. It works your memory and so might reduce the risk of dementia.

Don't worry, you don't have to craft alone. In fact, making crafts is an excellent way to bring friends and family together. Have fun with your grandkids making holiday crafts, cards or bookmarks. All you need is a set

of inexpensive material and a bit of imagination. Take a look at our crafting ideas and let your imagination flow. Other crafting ideas can be just a simple, or can be a « project » that you enjoy for a long time.


## Crafting Ideas

How can the online world help? There are many sites full of ideas, and many with instructions that can help. See the next pages for some links to get you started.





- [Fabric book cover](#)
- [Fabric scrap ladybug magnets](#)
- [Birthday cards](#)
- [Terrarium – mini Garden](#)
- [Tissue paper flowers](#)
- [Wind chimes](#)
- [Build a birdhouse](#)
- [Photo collage memory board](#)
- [Photo magnets](#)
- [Felt fortune cookies](#)
- [The Spruce Crafts](#) has numerous choices of do it yourself « DIY » projects, the paper crafts, in the hobbies and in the section called More: scrapbooking, making jewelry, woodworking, pottery, etc.

 We would love to receive your feedback, your suggestions.

Please write an email to [lira\\_well\\_being@laurentian.ca](mailto:lira_well_being@laurentian.ca) or call Josée Turcotte at 705 675-1151 ext. 4238. She speaks French too.



# Knitting and Crocheting



The best way to keep your brain sharp is to regularly challenge it – knitting can be just what you need.

Crafts and hobbies have been proven to give many benefits. Knitting works brain and body together, and can be done on or own or with others. You can create something cozy and beautiful (or practical) for yourself or someone you love! More complicated projects will give a real feeling of accomplishment.

How can the online world help? It may make it easier to find ideas, patterns, or, if needed, instructions.

It is never too late to learn something new or start practicing again!

## Videos on how to

- [How to knit: Easy for Beginners RJ Knit](#) has a youtube channel of videos on how to knit different projects

## Ideas and patterns

- [Ravelry online website](#) Ravelry is a free website for knitters, crocheters, and fiber artists. On this site, you can find a lot of knitting patterns (some are free, some are paid for). You can also create your own knitting patterns and put them on there. But regardless, anything you make, you can post pictures of and share it with other knitters and crocheters, drawing inspiration from them.
- [Bev's Country Cottage: projects for seniors](#) Patterns to make items people in Nursing Homes, Nursing Center or Shelters might need.
  - Socks/ slippers, Gloves
  - Shawls, Wheel Chair Totes
  - Fidget Blankets, etc.
- [The Spruce Crafts NeedleCrafts](#) The Spruce Crafts Needle Crafts have projects in knitting, crochet, embroidery, sewing, quilting, needlepoint, cross stitching and more.





## Easy to follow Knitting videos

- [How to Knit: Easy for beginners](#)
- [How to Knit: Part 2 – Easy Purl Knitting](#)
- [How to Knit a Scarf for Beginners Step-by-Step](#)
- [How to Knit a Hat for Complete Beginners](#)

## Easy to follow Crocheting videos

- [How to Crochet for Absolutely Beginners](#)
- [How to Crochet a Fast and Easy Blanket](#)
- [How to Crochet the Easiest Hat Ever](#)
- [Crochet X-Twist Headband](#)



Have you ever thought to donate what you knit or crochet? It could be mitts, blankets and warm socks for primary schools or nursing homes. What a good way to give back to the community.

# Origami



If you're looking for a fun, challenging and relaxing activity, look no further! Origami is the ancient Japanese art of paper folding. With it, you can create all kinds of objects, animals, shapes, and forms.

Origami can be enjoyed by everyone - young and old, from beginners to experts. It can be done anywhere as long as you have a piece of paper and a set of instructions to follow. It's not only relaxing activity, but can help improve focus, fine motor skills,

and hand-eye coordination. Let's get started!

## Materials

- Origami paper (not needed, but can make it easier)
- Instructions of your chosen design

## Origami Websites


- [Origami](#) many categories of origami creations.
- [Spruce Crafts Origami](#) many projects with video.



## More Origami Videos

We suggest watching videos through once and then watching them again using the pause function at each step. This will help you stay at your own speed without feeling overwhelmed or missing a step.

- [Cat](#)
- [Horse Bookmark](#)
- [Penguin](#)
- [Jumping Frog](#)
- [Fly & Bee](#)
- [Puffy Heart](#)

 . Once while we were waiting at a hospital, a volunteer came by and did some origami right in front of us. Once the nice bird was completed, the lady gave it to our child. Although being in the hospital is not pleasant, she gave us moments of joy. The only thanks she wanted were more origami papers, to continue what she was doing.