

Coloring Activity

RESIDENT IDENTIFIED DOING THEIR FAVORITE ACTIVITIES AS A PREFERENCE,
SPECIFICALLY ART OR COLORING



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
 - Built-up handles for crayons
- Wipes
- Apron(s)
- Coloring Utensils
 - colored pencils
 - crayons
 - markers
 - fine tip markers
- Paper
- Coloring books or coloring pages
- Feeling Faces Emotion Assessment form

Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What do you like about coloring?
- What materials are your favorite to use when coloring? (I.e. markers, crayons, colored pencils, paints)
- Do you have a favorite color?
 - Why is it your favorite?
- What kinds of things do you like to color?
- Does this remind you of anything?
- Did you enjoy coloring when you were younger?

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know it's important for you to do your favorite activities, and that you enjoy art and coloring. Would you like me to help you color today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident what they would like to color.

- » Say: "Would you like to color on your own or in a coloring book?"
- » Do: Point to the options as you give them.
- » Variation: If the resident is struggling with what to color, offer ideas such as flowers, animals, or a landscape.

[CHOICE] Ask the resident what coloring utensils they would like to use.

- » Say: "What coloring utensils would you like to use?" (list the available utensils, i.e. markers, crayons, etc.)
- » Do: Point to the colors as you list them.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then choose one that aligns with their preferences.

[BEGIN] Begin coloring with the resident.

Activity Instructions continued

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "You're a very talented artist!" or "Your picture is beautiful."
- » Do: Smile and nod, point to the picture.
- » Variation: Some residents prefer to make abstract art (such as dots, shapes, lines, etc.). It isn't about what they make, it's about them enjoying themselves and feeling in control.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, if needed.

- » Say: "I will be right here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, provide thicker handled coloring utensils, such as larger markers, for easier grip. Or consider using built-up handles if available.
- » Variation: If more help is needed, continue to encourage choice, support their hand or allow their hand to guide you.

* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see** and **touch** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to look at the various colors and how they look on the paper. Draw spots of the colors to help them.

"What do you think of the colors? Do you like them?"

Do any of the colors remind you of something? Do you see your favorite color?"

» **Touch:** Encourage the resident to touch the coloring utensils and try to use them.

"What does the [coloring utensil] feel like?" Try and get them to describe it.

"Does it remind you of anything?"

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about the coloring activity today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

