

Activity: Therapeutic Collage Crafting: Pieces Together

Objective:

To engage in a therapeutic and creative activity that promotes relaxation, sensory stimulation, and cognitive organization for both individuals and groups.

Materials needed:

Assorted magazines, newspapers, or printed materials

Scissors

Glue or adhesive

Poster boards or large sheets of paper

Markers, coloured pencils, or paints (optional)

Optional additional materials: fabric scraps, ribbons, buttons, etc.

Instructions:

For Individuals:

1. Provide everyone with a poster board or large sheet of paper, along with a variety of magazines, newspapers, or printed materials.
2. Encourage them to flip through the materials and cut out images, words, or phrases that resonate with them or evoke positive emotions.
3. Invite them to arrange the cut-out pieces on their poster board, creating a collage that represents their personal interests, aspirations, or emotions.
4. Once satisfied with their arrangement, they can use glue or adhesive to affix the pieces onto the poster board.
5. If desired, individuals can further enhance their collages with markers, colored pencils, or paints, adding additional personal touches.
6. After completing their collages, encourage individuals to reflect on the sensory experience and the process of organizing different textures and materials. Discuss how the activity helped calm and organize their thoughts.

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For Groups:

1. Provide each group member with a poster board or large sheet of paper, along with a shared assortment of magazines, newspapers, or printed materials.
2. Instruct the group to work collaboratively, taking turns selecting and cutting out images, words, or phrases from the materials.
3. Encourage discussion among group members about their choices and how the selected pieces resonate with them individually or as a group.
4. Invite the group to collectively arrange the cut-out pieces on their poster board, creating a collaborative collage that represents shared values, goals, or emotions.
5. Once satisfied with their arrangement, they can use glue or adhesive to affix the pieces onto the poster board as a cohesive collage.
6. If desired, group members can further enhance the collages with markers, coloured pencils, or paints, adding additional collective touches.
7. After completing the group collages, facilitate a discussion about the process of working together and how the sensory experience of the activity helped promote relaxation and cognitive organisation.

Note: Throughout the activity, create a supportive and non-judgmental environment, allowing individuals and group members to express their thoughts, emotions, and creativity freely. Encourage reflection on the sensory aspects of the activity and how the process of putting different pieces together in a new and different way can promote relaxation and cognitive calmness.