

# Artful Afternoon

VIRTUAL SESSION

For those with dementia and their partner in care.

## Collaging Land & Oceanscapes

*Lesson plan prepared by Lux Habrich for the Art Gallery of Nova Scotia and the Alzheimer Society of Nova Scotia*

*Artful Afternoon* is a dementia friendly art program at the Art Gallery of Nova Scotia in partnership with the Alzheimer Society of Nova Scotia. The program takes place on the last Sunday of the month, and while the program is at no cost, registration for in person programming is required.

### Introduction

#### Inspired by Maud Lewis' painted landscapes and coastlines:

Exploring artworks from the Art Gallery of Nova Scotia's permanent collection, we will be taking inspiration to design our very own pieces inspired by the work of Nova Scotian folk artist, Maud Lewis. This is a fun and simple art activity that includes materials you will likely already have in your homes, that can offer a large range of results and possibilities. This activity can be done alone or collaboratively with a partner. We have included a therapeutic grounding exercise to help you create in a relaxed environment.



Maud Lewis, *Fall Scene with Deer*, c 1950.  
Oil on pulpboard, 29.5 x 34.9 cm. Purchase, 1974

# Grounding Exercise

*(optional)*

Here is a quick therapeutic exercise to focus your energy prior to the activity:

Get as comfortable as you can in your chair. Look gently around the room and bring your awareness to the ceiling for a moment, then to a wall or point far away from you. Next bring your awareness to the space just in front of you, about two feet in front of you. Notice how you can move your awareness around to different spots.

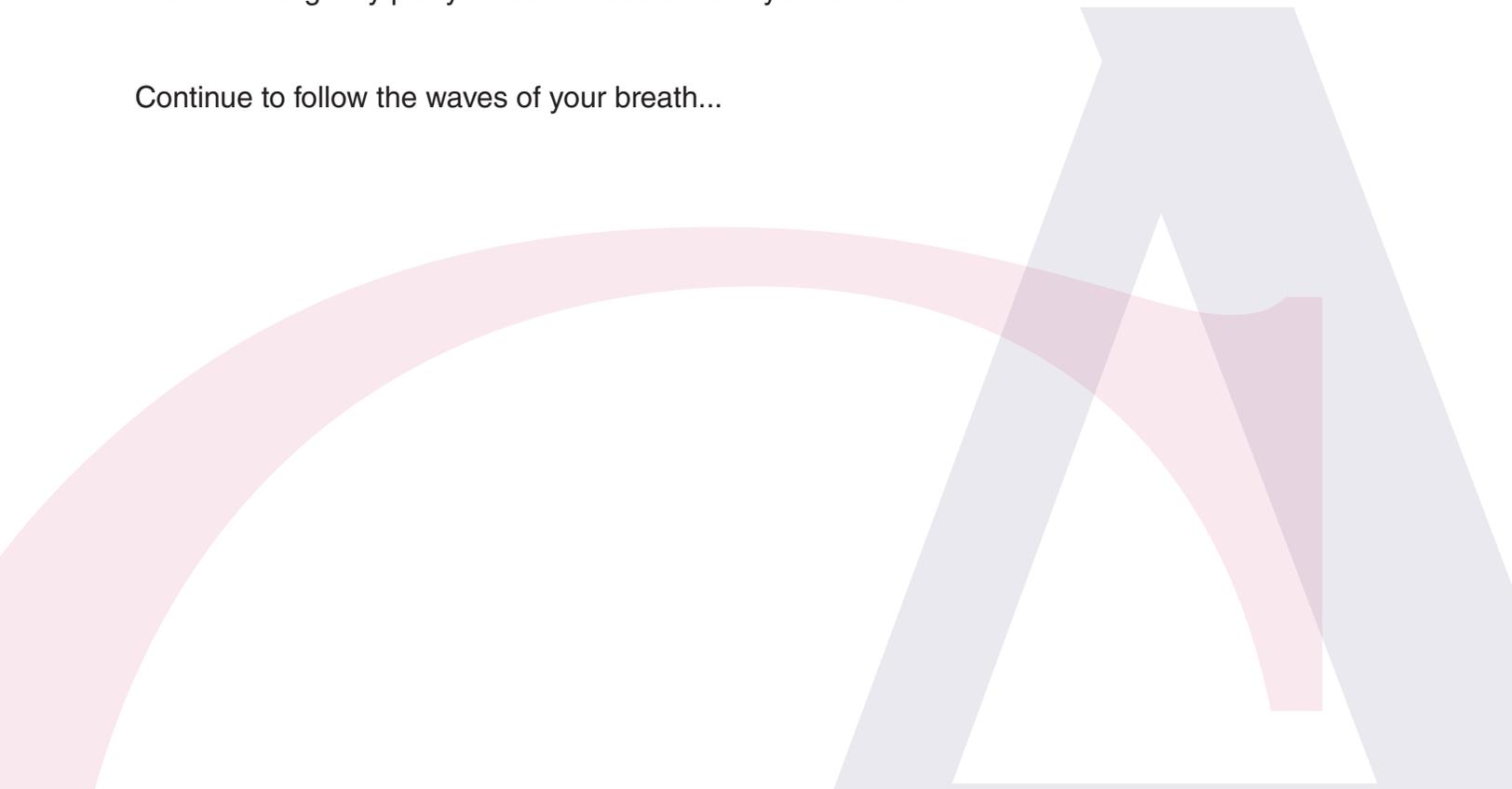
Now let your attention go inward—feel free to close your eyes if that’s comfortable. We’re going to explore your inner mind and take a look around—as if we were floating comfortably on a calm lake.

Allow your awareness to find your breath wherever you can feel it easily – your nostrils, chest, belly, lungs... And just follow the wave of your breath... in and out.

[pause]

Recognize your breath as the “anchor” for a buoy in the centre of your lake (or a central spot in your meadow—like holding on to the string of a kite). Your breath can be the anchor for the rest of the activity in your mind, such as your thoughts, any images, etc. So when you notice your thoughts floating away somewhere else—allow your anchor (or kite string) to catch and gently pull your awareness back to your breath.

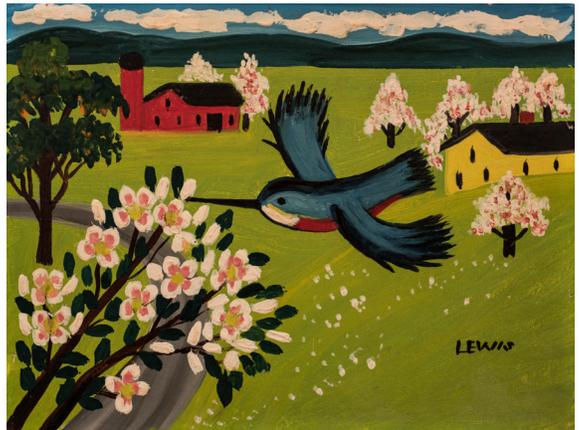
Continue to follow the waves of your breath...



## Exploring Maud Lewis

Throughout Maud Lewis' (1901-1970) life-long painting career, she used bright colours, often unmixed, straight out of the tube— and subjects were often flowers or animals, including oxen teams, horses, birds, deer, or cats. Many of her paintings are of outdoor scenes, including Cape Island boats bobbing on the water, horses pulling a sleigh, skaters, and various animal portraits. Her paintings were inspired by childhood memories of the landscape, and of people around her birthplace in Yarmouth County and her married home in Marshalltown, Digby County.

These examples perfectly highlight Maud's artistic practice. You can witness the enjoyment she felt in the creative act of painting itself.



Maud Lewis, *Untitled* [Lighthouse, Yarmouth County], c 1965. Oil over graphite on pulpboard, 30.5 x 35.5 cm. Gift of John Risley, Bedford, Nova Scotia, 2010

Maud Lewis, *British Kingfisher*, c late 1950s. Oil on board, 23.0 x 30.7 cm Collection of CFFI Ventures Inc. as collected by John Risley

## Art Activity:

### Land & Oceanscapes Collage

This activity has two major components:

1. Designing and drawing your preliminary sketch as a general colour / shape guideline
2. Tearing / cutting paper strips, and pasting them over the sketch

### SET UP

Large flat surface, with enough space for materials and your working area

## MATERIALS

- White paper - (cardstock is ideal, can handle wet mediums and glue better)
- Construction paper and / or magazine scraps, scrapbooking paper
- Small containers to divide colour strips
- White glue or glue stick (or homemade glue from equal parts flour / equal parts water)
- Pencil, eraser
- Optional: scissors, watercolour paints or diluted food colouring. If using wet mediums; paper towel, water and a brush are needed

## Process:

### STEP 1

In designing my preliminary sketch, I've mapped out large areas for general colour application (blues, browns, etc.). This is a guideline—colours do not need to strictly adhere to drawn sections nor does your design need to be very detailed—you can design and layer detail in the pasting process.



### STEP 2

Try tearing / cutting pieces of varying sizes, this will give you many options when filling in your sketch. Enjoy this process, you are making your palette! Organizing your strips by colour prior to starting will help you enjoy the collaging process uninterrupted. Tearing or using scissors to cut pieces will offer different results. Feel free to try and combine both.

### STEP 3

Consider the collaging process like completing a puzzle without rules. Select and apply pieces you feel would be a good fit in a given area. Colours can be imagined (non-realistic) and intuitive. Collage is often a process of discovery and the finished result can often surprise you.



## Tips:

- Your preliminary sketch can be based on a photograph, drawn from imagination or from real life
- To capture a sense of depth, draw items you would like to be 'closer' in distance larger / 'farther' in distance smaller
- Combine strips of construction paper, magazine scraps and hand-painted colour sheets for visual diversity
- You can use a combination of torn and cut pieces to experience the differing aesthetics
- When designing your composition, consider extending the items beyond the edge of the paper
- You can always draw or paint on top of the completed collage to highlight certain focus areas if desired

**Have fun! Remember there is no wrong way to participate in this activity**

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## Resources

<https://www.artgalleryofnovascotia.ca/maud-lewis>

## Additional Information

We would love to see your art pieces – please send photos of your works:

- Tag us on facebook, Instagram, or twitter by using @ArtGalleryNS and @alzheimerNS
- If you do not have Facebook, or if you would like to share them anonymously, please send them by email to [Alzheimer@asns.ca](mailto:Alzheimer@asns.ca) or [info.agns@novascotia.ca](mailto:info.agns@novascotia.ca)

### **We're still here to help.**

We are committed to continued support of Nova Scotians living with Alzheimer's disease and other dementias. You can contact our InfoLine at 1-800-611-6345.

For more resources, please visit our website and YouTube channel

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