



# Centacare – Art Explosion

## Program Content

The aim of our Art Explosion course is to improve the self confidence, fine motor skills, and self confidence of our participants. This course will cover various topics including those outlined below:

### Practical Art skills

- colour identification
- basic drawing (stick figures, outline figures, drawing hands, drawing faces)
- basic shading
- simple perspective (foreground, background, larger, smaller)
- use of colours (crayons and pencils a lighter and darker to achieve different effects)
- mixing colours (paints)
- achieving a simple 3D effect with two shades of the same colour

**Art and Craft** - As part of the Art Explosion course, we will also engage in regular Art and Craft sessions. This will enable our participants to expand their awareness of art, and also use techniques they have learned in art classes to decorate their craft work.

- making various types of card with decoupage
- making various types of card by attaching their own art work
- adding original art work and paper sculptures to vision boards
- cutting and decorating simple silhouettes
- making dragons out of egg cartons
- making kites
- making brushes out of foam rubber
- making sponge stamps in order to make 'print style' artwork

### Colour identification

- It has been discovered that some of our participants cannot correctly identify simple colours. Learning to correctly identify colours will:
  - enable our participants to follow and respond to instructions in class, and
  - boost the self confidence of those who previously struggled to identify colours, and
  - prepare our participants for completing art work on their own

### Program Goals

The primary goal of the Art Explosion course is to enable our students to express themselves through art through two important avenues.

The first is to enable our participants by equipping them with knowledge about the basics of art: the equipment used (different types of brush, paint, pencil), different types of art (from simple colouring in by numbers through to self expression via form and colour), and a range of techniques. The techniques can be personalised where necessary.

The second avenue is to enable our participants by boosting their self confidence. Increased self confidence will come from growing familiarity with the basic techniques of creating a work of art, and the realisation that there is no 'wrong way' to create art. Every piece of art is a valid piece of self expression. Viewing their own completed pieces every week will empower our participants and boost their confidence in their own abilities.