Therapeutic Art Activity: Colorful Celebration
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1. This activity will reduce stress and enhance focus, attention to detail, and analytical skill building.

2. Participants will have an art piece to bring home.

3. I will introduce several visual elements of visual art and principles of design.

4. Participants will then create a collage on canvas using fabric, paper, and/or photos.
Elements of Art:
1) Shapes
Geometric, Organic, Large, Small, etc.
2) Space
Positive, Negative, Overlapping
3) Colors
Complementary, Analogous, Tint-Tone-Shade
4) Textures
Smooth, Rough, Fabrics, Papers, Photos
Principals of Design:
1) Emphasis or Focal Point
2) Size – Large, medium, small
3) Rhythm – Repetition, Repetition, Repetition, Repetition
I will show some examples during the session and do a Demo.

Relax, enjoy, and let’s make some masterpieces...

Thank you for being amazing GRANDPARENTS...

WE ARE SO PROUD OF YOU!