

Sensory Parcel Service

This box is inspired by the current exhibition at MOSTYN Gallery in Llandudno.

It is by an artist called Jacqueline de Jong and is called “The Ultimate Kiss” She is an Expressionist!

You can visit her exhibition at MOSTYN until 6th February 2022 and you can find out more about her work and some further ideas for creative ideas below

<https://www.mostyn.org/sites/www.mostyn.org/files/JDJ-ENG-WEB.pdf>

To access the links this information is also available at

<https://www.tickylove.com/makingsensehome/>

This pack is also a gift from MakingSense CIC of some quality art materials for your creative sessions - Merry Christmas and a Happy New Year from Ticky at Making Sense CIC!



Contents

Paints
Brushes
Sponges
Paper
Sticks
Brush making materials
Card picture mounts

Activity ideas

Here are some expressive ideas for using the materials provided in the box
Feel free to follow your own ideas too and the sensory needs of the people you support.



Tools for mark making

In the pack you will find some sticks and a selection of sensory materials
You and the people you support can create your own 'Mark Making Tools' to paint with.

Explore the materials together and make your own customised brushes attaching the materials to the sticks with string or elastic bands.

Then test out your new tools on paper!

These could be kept and used again!

Expressive Painting

Painting can be a relaxing and rewarding activity to do as a group or one to one. Expressionism is about the enjoyment of making marks, colours and movement! It doesn't have to look like something!

You could try painting whilst listening to different kinds of music - slow music - fast music will affect how you paint.

You can limit colours to only one or two or just black and white.

Use lots of water to make the paint flow.

If a blank piece of paper is daunting - start with a wiggly line across the page or a random shape!





Framing

Once your paintings are dry

Use the picture mounts in the packs as view finders to look for interesting compositions within your artworks to cut out and even frame!