

## Art Journaling for Older Adults: Auditory Practices

Thursday, May 16, 3:30 - 5:00 PM Mountain Time

Instruction for this program takes place over Zoom.

You can join this program individually over Zoom at this link:

<https://us02web.zoom.us/j/83583813279>

Or you can tune in at the Ford-Warren library branch community room, where supplies will be provided.

### Supplies

- Any kind of paper
- Writing tool (pen, pencil, marker)
- Color tool (Pastels, paints, etc)
- Collaging materials (magazine images, glue, scissors)
- A song lyric of your choosing
- Access to a music streaming website, service, or device. Youtube is a good free option.
- Speakers or headphones

\*Feel free to incorporate any other supplies you see fit.

### Technique 1: Color the sound (nature)

[whales](#) [bird songs](#) [the ocean](#)

- Select your color tool (watercolor, pastels, markers, pens)
- As we listen to the sounds of nature, draw the colors and shapes of the sounds you hear.
- Stay loose and abstract with your markings, experiment with different color tools.
- This is more about the colors than the markings or lines.

### Technique 2: Draw the band

- Following the melody
  - Use a marking tool (pen, charcoal, etc) to create a line illustrating the melody.
  - As notes fluctuate,, your line will go up and down like a rollercoaster
- Isolate an instrument

- Pick one or two specific instruments to listen for and use certain shapes to illustrate what each instrument is doing. For example:
  - Everytime you hear a drum do a zigzag
  - Everytime you hear the bass, draw an oval,
  - Everytime you hear strings, do a spiral.

#### Technique 3: Illustrate a lyric

- Pick a lyric. Illustrate the ideas, images or feelings in the lyric.

#### Technique 4: What does silence look like?

- Collage or draw what silence looks like to you. Imagine a room, a natural landscape, colors.

If you have any questions or would like to share pictures of your journal, please email [scrain@denverlibrary.org](mailto:scrain@denverlibrary.org) or call the library helpline: 720-865-1111.