

Aquapaint™

Activity:	What needs to be set up:	When	Desired outcome
<p><u>Aquapaint™</u></p> <p>Brush the Aquapaint cards with water and watch as pictures appear. Once finished, leave the sheets to dry to use again.</p> <p>Example themes:</p> <ul style="list-style-type: none"> • Natural World • In the Garden • The Tool Shed • At the Seaside 	<ul style="list-style-type: none"> • Aquapaint™ Set- <p>Choose a theme that is relevant to the person.</p> <ul style="list-style-type: none"> • Paintbrushes • Small pot/cup of water • Flat surface- table/overbed • Good lighting • Minimize distractions- may be helpful to turn off TV, move other items from the table. <ul style="list-style-type: none"> ✓ At first offer one image. ✓ Demonstrate to the person by dipping a paintbrush into the water and gently painting over the blank image. ✓ Consider offering a selection of paint brushes for different preferences and ability. 	<p>When the person is looking for a quiet activity or is demonstrating early stages of feeling restless or bored.</p>	<p>Aquapaint™ familiar images may enable reminiscence, conversations and feelings of joy.</p> <p>This activity may help reduce feelings of boredom, anxiety, restlessness.</p>