

Aboriginal dot painting at Loose Valley Care Home



On Thursday 19 January we journeyed '*down under*' with some colourful Aboriginal dot painting at Loose Valley Care Home, as its coming up to Australia Day on 26th January.

We decided to **paint some Australian animals**, including koala, lizards, fish, kangaroo and goanna.

Visual arts stimulate the mind and raise the spirits and you don't have to be a master artist to benefit! **Creativity generates relaxation** and creative activities can be adapted to suit most residents, regardless of physical needs.

Everyone channelled their inner 'Van Gogh' (or '*Crocodile Dundee*' as we were down under!)

We used a selection of wonderful **acrylic paints** in green, yellow, orange, red, brown, black, silver and blue, and had lots of **choice of art brushes, cotton buds and straws to dip into the palettes of paint** to design our own wonderful pictures.

Even Billy was intrigued by it all and had a go at paw pad painting!

Well done to all our budding Australian artists!





