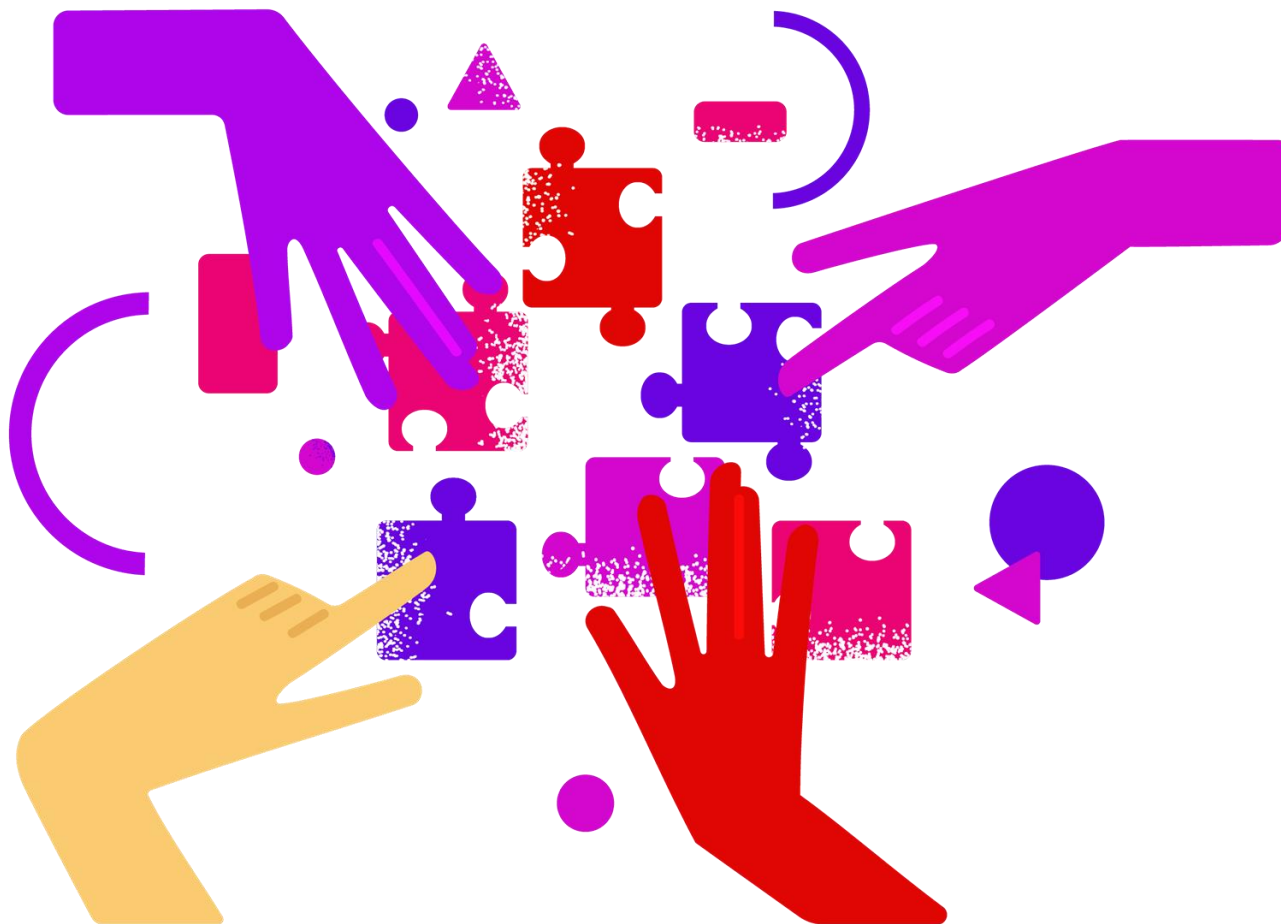


Module 2: Art and young people with special needs



1. Introduction

Introduction to the project

Objectives:

- Promote social inclusion and improve outreach of marginalised youth.
- Develop inclusive learning environments and curricula that foster equity, equality and respect
- Increase the quality, innovation and recognition of work produced by young people with DS/ASD.
- Promote active citizenship among young people with mental disabilities and strengthen their sense of initiative in the regions they inhabit and broader contexts.

Outputs:

- Curricula
- Express Yourself Platform
- Toolkit



[The Unexpected Artrepreneur](#)

Participants' introduction activity

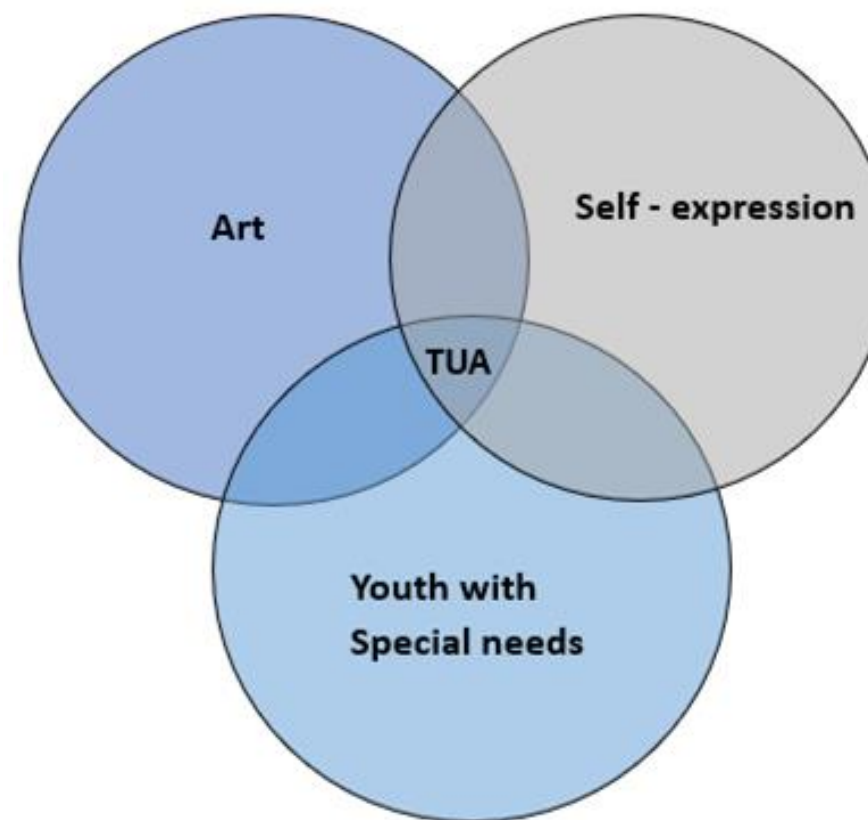
- Introducing name through artistic mean that represents oneself the most.

Key concepts of the session

- art
- self-expression
- special needs

Art terminology

- visual and non-visual arts
- representational VS abstract art



Artistic activities for the self-expression of youth with ASD and DS

Creating a safe environment for the activity

- safe and encouraging environment
- free of judgement and intimidation
- quiet zone dedicated for self-regulation
- take into consideration physical, developmental and sensory challenges:
 - physical and developmental challenges: adaptive tools such as adaptive easels or workstations; adaptive material such as special, paintbrushes, pencils, scissors; visually structured prompts with a logical sequence of steps; checklists.
 - sensory challenges:
 - tactile sensitivity: different material with different textures to explore.
 - sound sensitivity: soothing music, incorporating music to the art project
 - smell sensitivity: scent and aromas, essential oil diffuser)



Encouraging self-expression in art projects



- giving open-ended prompts:
 - What makes you feel powerful?
 - What makes you feel calm?
 - How do you remind yourself that you're enough?
 - How can you celebrate yourself today?
 - How do you represent self-love?
 - How do you represent self-kindness?
 - What is a goal you want to accomplish?
- giving the possibility and freedom to use different techniques
- art based on emotions: inviting to use art as a tool for reflection and introspection
- reminding youth that art can be both representative and abstract

Different art techniques

One media art: Sculpture

- **paper maché:**
 - Material:
 - flour, water and salt (for the glue)
 - old newspapers torn up in bands of 2.5cm width
 - optional material for the base: chicken wire, balloon, cardboard
- **clay:**
 - Material:
 - clay
 - water
 - bowl
 - rolling pin (optional)

One media art: Painting

- **fabric painting:**
 - Material:
 - fabric paint or marker paint for details
 - paintbrushes
 - fabric of one's choice
 - scent or aromas for the paint (optional)
- **marble painting:**
 - Material:
 - marbles
 - paper or canvas
 - paint
 - cardboard box in which to fit the paper or canvas
 - scent or aromas for the paint (optional)

Marble painting promotes the expression of emotions and feelings. the following questions can be asked for introspection and self-reflection:

- *How were you feeling when you created this picture? Were you happy, excited, scared, angry? Why did you choose these colors?*

Different art techniques

Mixed media art: Scrapbooking

- Material:
 - scrapbooking book (can be made out of cardstock and thread/ribbon)
 - Photographs of loved ones, of a specific event
 - Hand drawn pictures
 - postcards
 - Cut-outs of images and words from magazines and newspapers
 - Pieces of fabric, ribbon, buttons
 - Printed images free of copyright found online
 - Flight, bus, train, cinema, museum ticket etc.
 - Leaves, dried flowers and other elements from the nature
 - Poems and other written words
 - Adhesive
 - Postage stamps
 - Beads
 - glitters

This list of material is non-exhaustive, any material can be used as long as it respects the potential sensory issues of participants to the activity,



Different art techniques

Mixed media art: Zines

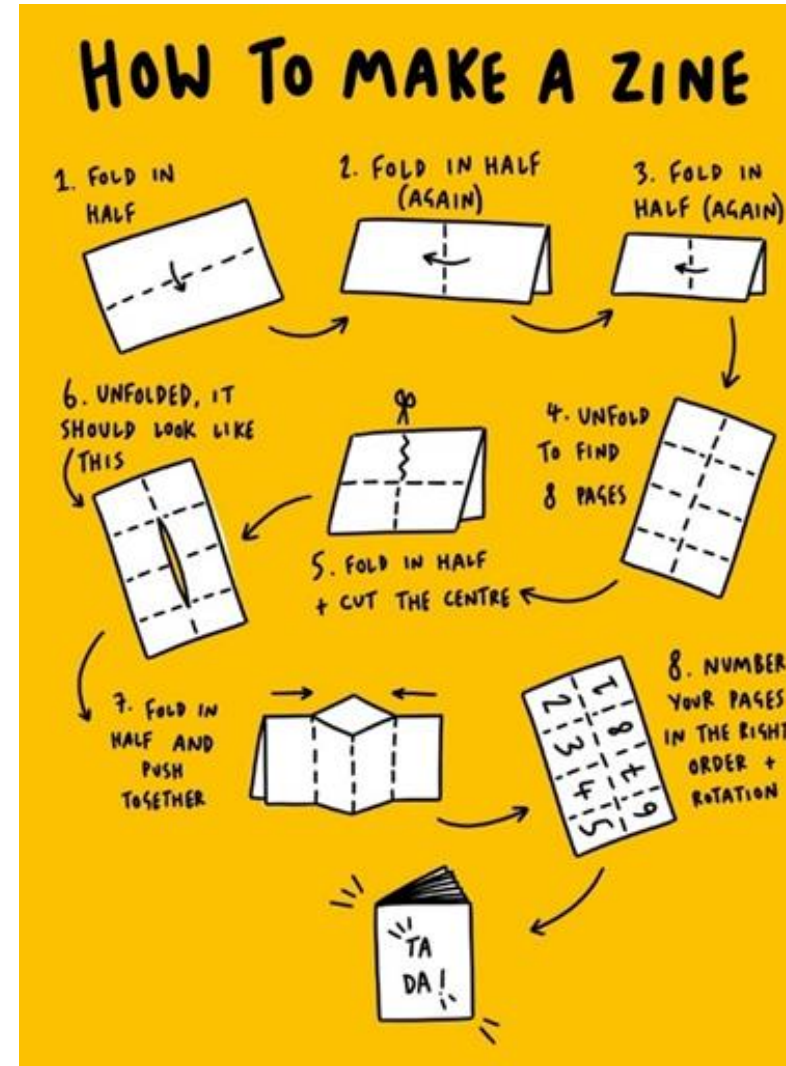
A zine is a bricolage of various images, texts and messages or in its more commonly accepted definition, a self-published small-circulation work containing original or appropriated words and graphics, typically duplicated on a copy machine and that aims at spreading whatever message one likes.

In a zine one can :

- print lines of poetry;
- mix words images and textures;
- add drawings, comics, public sketches;
- combine recipes with amusing pictures
- and so many others...

Marble painting promotes the expression of emotions and feelings. the following questions can be asked for introspection and self-reflection:

- *How were you feeling when you created this picture? Were you happy, excited, scared, angry? Why did you choose these colors?*



Different art techniques

Mixed media art: Photo Voice

Methodology that combines the use of photo and voice for expression:

- Reflection task on a particular topic to be answered with answer it with photographs.
- 3-10 photos per person as a medium for each individual to initiate discussions about their own self.
- experiences, stories, ideas, emotions related to the chosen topic.

- **Material:**

- photcamera
- printer or projector
- tape recorder or phone for audio recording (optional)

- **Topics:**

Promoting a healthy outlook:

- What are my personal strengths?
- What makes me proud of myself?

My identity:

- Who am I?
- What do I like/not like?
- What do I want others to know about me?
- What makes me part of the community?
- What is my place in the community?

My future self:

- How do I see my future?
- What are my personal objectives (short term and long term)?
- Who do I want to be?



Where to exhibit?

- Cultural centres
- Bars/cafés
- Art and craft markets
- Fairs
- Art galleries
- Outdoor public areas
- The TUA “Express Yourself Platform”
- [The AANE Artist collaborative](#)

Focus on the AANE artist collaborative



- Arts organisation for adults with autism
- from showcasing the work of artists with ASD to opening an art gallery
- today all run entirely by the artists themselves

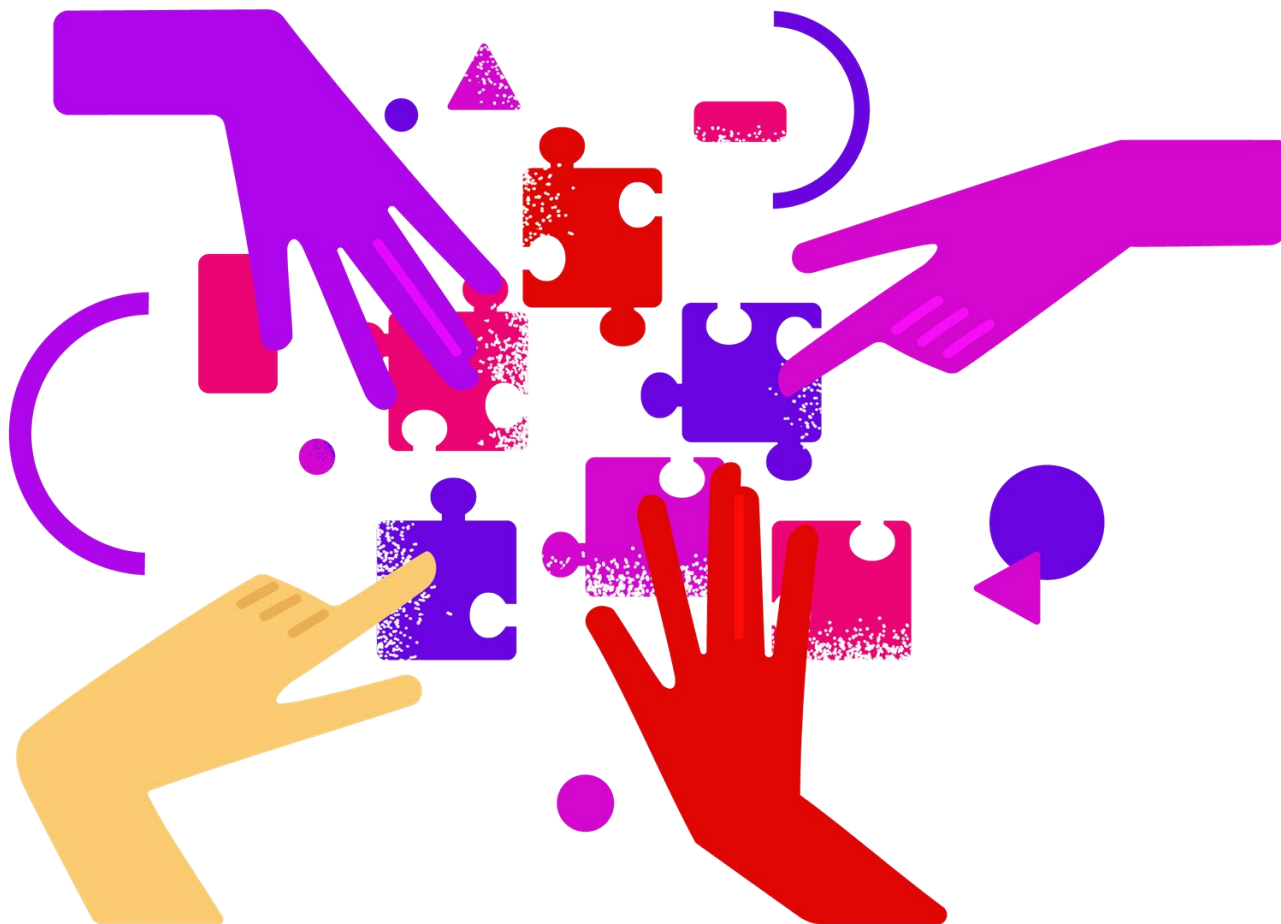
“We accept anyone, anywhere, who is an artist or creator, is over age 18, and identifies as being neurodiverse or on the autism spectrum.”

(https://youtu.be/d85CGQA9p_Y?si=6QzJR39KOh-Z_T0J)

Activity: Express Yourself!



Each partner will prepare this slide accordingly



Thank you!

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