

September 2022 Competition: Residents Self-Portraits



Introduction

National Day of Art in Care Homes is an annual event, taking place on 24th September. It aims to showcase, promote and celebrate art and creativity within care settings. Research proves that access to the creative arts enhances residents' health and wellbeing significantly.

We are proud to announce that we are holding a subscriber competition in support of this important event.

The Daily Sparkle Self-Portrait Competition invites your residents to celebrate the person within. The self-portraits can be produced in any creative medium – it could be a sketch, a painting, a poem, a sculpture, a collage, or even a piece of knitting. The only rule is that it **must represent themselves and celebrate their identity.**

Producing these self-portraits should be an enjoyable activity for all. It provides an opportunity for you and your residents to learn more about each other.

Step 1. Plan your session

You will need a variety of art supplies, including **white and coloured paper / card, crepe or tissue paper, coloured pencils, pens and crayons, paint and paintbrushes, scissors, glue, modelling clay, scissors, glue** and any other interesting crafty bits you have lying around!

Cover table surfaces with wipe-clean tablecloths.

Ensure that residents who wish to use paint are provided with aprons to wear.

Carry out necessary risk assessments for the session and the environment (care when using scissors)

Step 2. Get creative

Encourage your resident to be as creative as possible. There are no rules to follow! Make it a fun session by offering plenty of praise and inspiration. If possible, you should make one too, to demonstrate the process.

Step 3. Submit your entries

Take a photograph of the self-portraits and submit via our online competition form:
www.dailysparkle.co.uk/competition

Step 4. Showcase the artwork

Take the time to display your residents' creations in a communal area, for all to enjoy. Perhaps you could set up an exhibition and invite relatives in for the grand opening! Discuss them together as a group. Can everyone identify each other's portrait? Allow residents to keep their self-portraits in their room, if they wish.