

6 week plan

“Art for fine motor-skills.”

October 31st 2023

Mark Rothko 1903-1970

This is a 1 lesson project.

Materials. Provided photographic resources. Pencil, paper, ruler and eraser.

Standard set of colours either and or:- pastels, watercolours, colour pencil, acrylics.

Suitable for attendees wishing to improve their ‘Focus’ in art and demonstrate cognitive processing and development in their artwork. It is most suitable for those attendees who require exercises for fine motor skills. Each lesson is of 60 minutes duration.

LESSON 1

‘Abstract Artists!’

Each week we will investigate a different abstract artist from around the world and their place in the history of art. We will study their work and make our own works based on their inspirational stories and designs.

Some areas covered:-

- Cognition of ‘mirror-concept.’
- Fine Motor-skill development and exercise.
- Right brain, neuro-plasticity.
- Expanding FOCUS to a related task.

Each lesson there may be a related video or slide show to introduce the artist and their style.

Image supplied- wikipedia



