



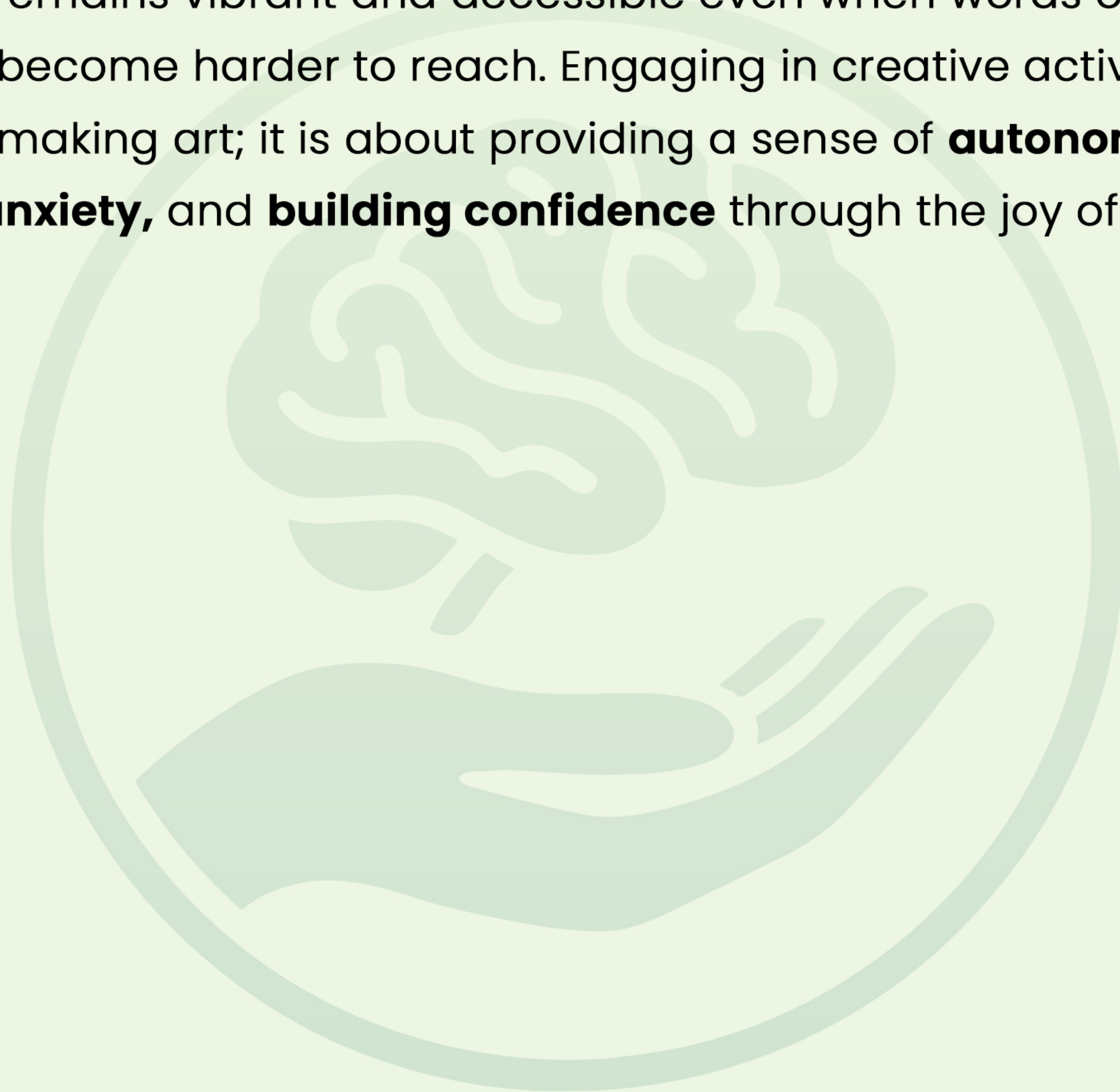
**Dementia Support Works**  
Compassion. Care. Community.

# The Power Of Creative Expression

# Introduction

## The Power of Creative Expression

Welcome to Book 2: **Creative Expression**. Creativity is a unique language that often remains vibrant and accessible even when words or specific memories become harder to reach. Engaging in creative activities is not just about making art; it is about providing a sense of **autonomy**, **reducing anxiety**, and **building confidence** through the joy of creation.





# **Section 1**

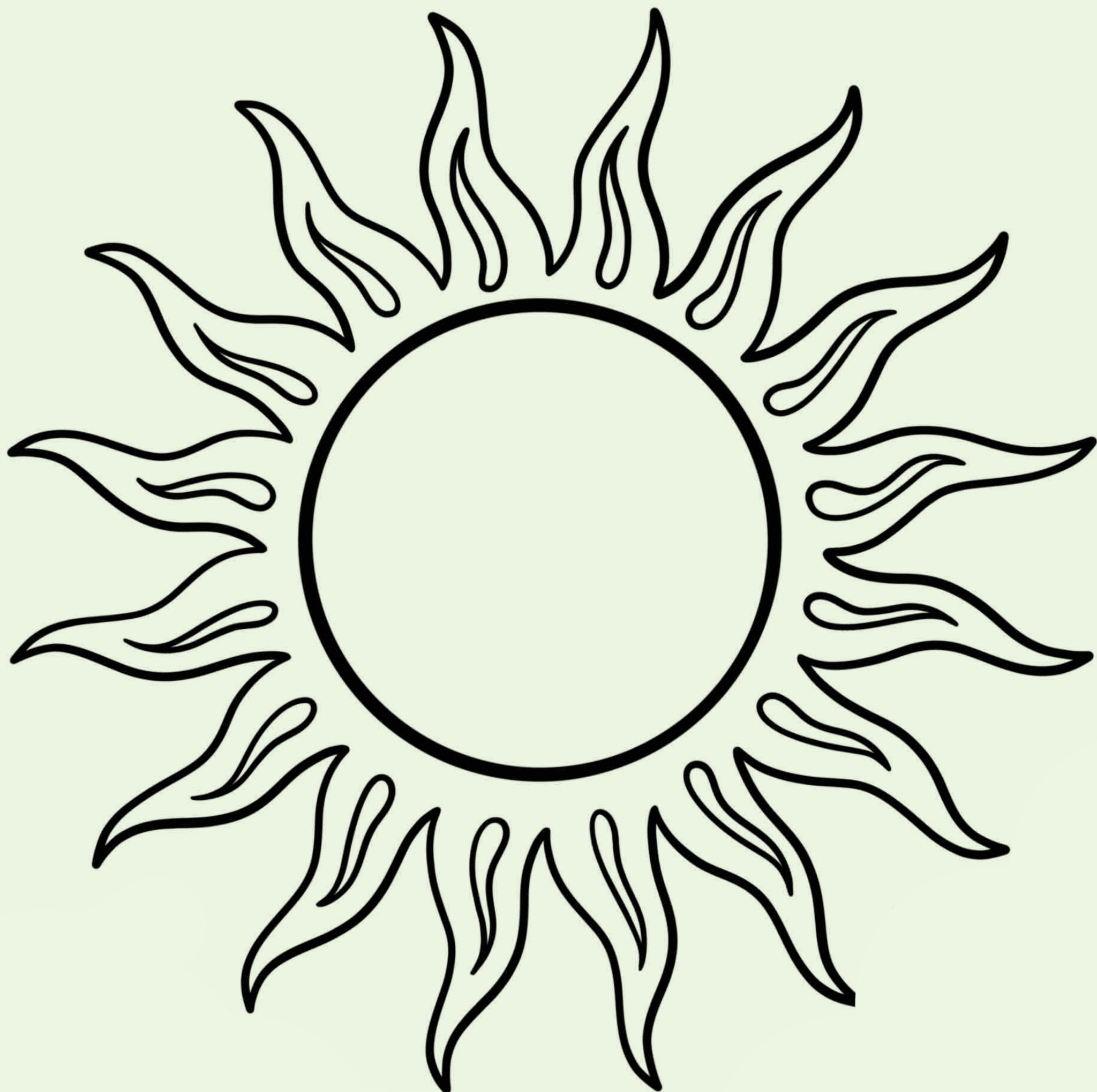
## **Bold & Beautiful Coloring**

**Focus: Fine motor skills and relaxation through familiar imagery.**

# Activity 1: The Morning Sun

**The Benefit:** Focusing on a single, bright, and positive image helps center the mind and reduces morning agitation.

**Instructions:** Use your favorite shades of yellow, orange, or red to fill in the sun. Don't worry about staying perfectly in the lines—just enjoy the warmth of the colors.



## Activity 2: The Classic Teapot

**The Benefit:** Coloring domestic objects can trigger comforting memories of tea times and social gatherings.

**Instructions:** Imagine your favorite teapot. Is it flowered, blue, or plain white? Use your markers or pencils to bring this teapot to life.

