

# Adult Coloring Activity



Art is a powerful tool in helping people with dementia be creative and improve quality of life. This package includes two versions of the same image, one is the outline to be painted or colored and the other is a full color template to offer guidance. The images are age-appropriate, not too challenging and can lead to fun conversation and reminiscing.

## Benefits

- Great creative outlet
- Calming
- Not cognitively demanding

## Prepare the Activity

Print out all the sheets - for each image there is a colored template and a black and white coloring page. If you have a laminator, laminate the colored templates.

## Basic Preparation

It's easy to overlook, but the success of any activity can depend on some basic preparation.

### Preparation

- Is the person comfortable?
- Is the area free from distractions?
- Is the lighting in the room appropriate for this activity?
- If the person requires glasses, are they wearing them?  
Are they clean?

Refer to the [“Presenting an Activity, Start to Finish”](#) article on our website for more details.

When possible, you should demonstrate the activity first, showing what is expected while using as few words as possible to describe it. When you are finished the activity, thank the person for participating and ask if they would like to do it again sometime.

## Presenting the Activity

Before getting started, place the appropriate paint, markers, colored pencils or crayons on the table where the person will be working. Invite the person to paint a picture. Place the colored template on the work surface in front of the person and place the blank drawing below it.

Encourage the person to talk about the picture in the template and suggest that they can use it as a guide or select their own colors instead. If they don't start coloring the drawing on their own, demonstrate by coloring a little bit and say "Now you try". If they want to talk about the drawing as they progress, encourage the conversation. When they are finished, talk about the picture, stories from the past, choice of colors, whatever comes up.

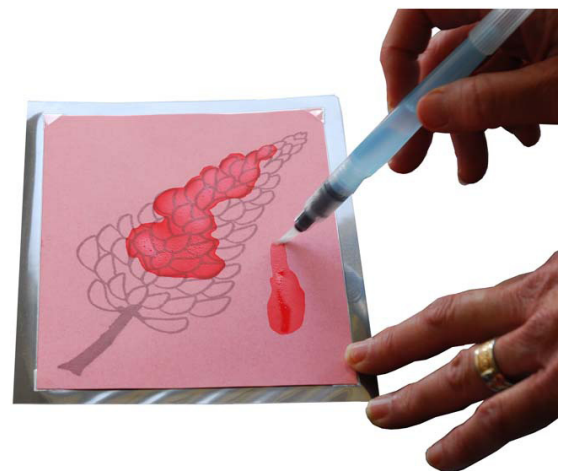
You can find more coloring images on our [Free Downloadable Activities](#) page.

## Additional Challenge

1. Don't use the colored template as a guide, just give the person the blank drawing and let their imagination go wild.
2. Let them draw their own image and color that instead of the supplied drawings.

## You May Also Like...

If the painting activity is too challenging, or if the person enjoys the art project, have a look at our [WaterDoodle activity](#). WaterDoodle is a fantastic, reusable activity that allows people with dementia to create beautiful pictures by "painting" with water. Check out our other "creative" activities on our [website at keepingbusy.com](#).



## Presenting

- Put paint, crayons, markers or pencils within reach
- Put the colored template on the table with the blank drawing
- Invite the person to paint a picture
- Use the template as a guide
- Encourage conversation about the picture

**Thank you for downloading this free activity from Keeping Busy. We hope that you find it beneficial. Please [visit our website](#) to see all of our engaging activities.**

