The Brain and Artmaking

Tuesdays, October 15, 22, 29, Nov 5  9:30-11:30 a.m.

Learn what happens in your brain when you make art; increase your knowledge, problem solving, and confidence, through hands-on art experiences. Learn how to understand your grandchildren’s artwork. **Art talent not needed.** No text; readings are online.

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**Session 1:** Overview: Visual Introductions and discussion of readings.

What do you already know about your brain?

**Reading** *Brain Basics: Know Your Brain (first 8 sections)*

https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Know-Your-Brain
**Session 2:** Mapping your Brain. Discussion of blogs and practice diagrams; changes during artmaking: hormones, connections, feelings.

Review readings from session 1.


**Session 3:** Understanding your grandchildren’s art; Picasso’s comment. Review of children’s art development, relationship to Piaget.

**Reading:** *Development of children’s art*

www.earlychildhoodcentral.org

**Bring in Children’s drawings and Paintings for this session**

**Session 4:** Finding your Creative Side.

What parts of the brain are utilized? Value of pictures over words.

**Readings Right Brain Livestrong article 130581**

https://www.livestrong.com/article/130581-activities-enhancing-right-brain/

*Udemy blog: Right Brain Exercises to Stimulate Creative Thought*

https://blog.udemy.com/right-brain-exercises/