

House of Colours



Art therapy for young people
with intellectual disabilities

In collaboration with the Asociación Respirávila

House of Colours

Introduction

This art therapy project was created for 2 groups of young people with intellectual disabilities in collaboration with the Asociación Respirávila . Jennifer Ramsay and Leticia Rejas guided the participants one Saturday a month, during 8 months, on a colourful, fun, meaningful adventure using the symbol of the house as the central theme.

The protagonists were invited to explore through different art mediums like movement and dance, storytelling, modelling and experimenting with clay, paint and food!

Objectives

- Inspire creativity through play, storytelling and movement
- Explore identity, fears and other emotions
- Discover creative tools for a new via of expression.

Method

- The process was active and experimental.
- Different artistic mediums were used: music, movement, relaxation, sensory stimulation, storytelling, modeling and painting.
- The house was the central theme
- The artwork was exhibited in a final exhibition.

Contents

- Fine art
- Breathing and relaxation techniques.
- Movement and dance
- Sensory stimulation
- Communication through art
- Identity and self concept
- The relationship to house and home.
- The expression of needs, desires, fears and other emotions

Our Houses



Gardens & Painting with Earth



Boxes of Fears



Summer Adventures & Pirates



Food Art & Emotions



Self Portraits



Our Village



The Exhibition

