

## **Adult Dot to Dots**

These Dot to Dots have been created by our in-house team - Illustrator, Pete Glazier and Occupational Therapist, Tania Holmes. The concept was to design simple dot-to-dot activities adapted to make them meaningful for adults and able to be accessed by as many people as possible. We created themes to encourage conversation and prompt memory recall to appeal to both men and women.

Although these resources look simple, they have been very carefully and purposefully created and developed. The numbers have been enlarged to enable them to be easier to see for people who may have deteriorating eyesight. They are as large as we can make them without spoiling the activity. The images are age appropriate.

The dots have been carefully placed to enable the activity to be created without spoiling the end picture and there are varying numbers of dots for gradeability in therapeutic contexts. Through product testing, we have adapted the pictures, made the initial dot a different colour to enable the eye to be drawn to begin the activity, taken away borders and adjusted them according to user feedback.

We welcome feedback so if you have any comments or suggestions, please email [hello@winslowresources.com](mailto:hello@winslowresources.com)

### **Healthcare Benefits:**

#### *Cognitive:*

Great for sequencing, concentration and attention as well as hand-eye co-ordination and can be used to monitor changes in the visual field that may become obvious through watching someone carry out this activity.

#### *Physical:*

The activity helps to maintain and improve fine motor functioning. By varying the size, shape and weight or type of activity (colouring or collage etc.) this will vary the strength, force, muscle group or type of grip used to participate, changing the benefits of the activity.

#### *Sensory:*

Use different visual and textured materials to colour in such as pastels, crayons, paints or glue down tactile items on the completed picture to make a collage.

### **Uses:**

These can be used simply as a stand-alone activity in an art group for adults who say that they aren't able to do art. Just by joining up the dots, this enables them to create a picture. Colour it in!

Laminate them and use them over and over again with wipe-off markers!

#### *Reminiscence:*

The items have been themed to encourage conversation about particular memories (seaside, gardening, hobbies etc) which are useful for groups purposefully delivering to prompt memory and conversation.

Dot to Dots are reminiscent of childhood, many of us remember doing this activity in our younger years and it can be coupled with a variety of other childhood resources to create a "Childhood Memories" group session.