

## Materials

- Sentimental paper items from your collection (e.g., old birthday cards, drawings from school, ticket stubs, vacation photos, etc.)
- A paper background
- Assorted art materials to add color to the background (e.g., paint, markers, crayons, colored pencils, etc.)
- Adhesive (e.g., white glue, glue stick, or tape)
- Scissors

## Instructions

### 1. Gather your Materials

Search throughout your home for collageable paper items that bring you feelings connected to things, persons, or situations from the past. Next, find a place at home where you can safely lay out your materials and comfortably work on your artwork.

### 2. Create a Background

Using your art materials, fill the paper with color. Be sure to look at the colors within the paper items you gathered and include them in your background. If using paint, be sure to let your artwork dry between steps as needed.

# ART GUIDE

## Sentimental Collage Cloud

Inspired by the work of CAMH FAQ Team member, Dana Caldera, create an abstract collage grouping from nostalgic paper items from your home.

### 3. Choose your Images

Tear or cut your paper items paying attention to the special elements of these sentimental items that you want to keep, such as a signature, a logo, or a pop of color that you really like.

### 4. Design your Cloud

Arrange your torn scrap pieces into a collage cloud on your colored background. Pay attention to the colors you are using. Balance areas of high energy (bold colors, big images) with areas of rest (neutral colors, negative space).

### 5. Secure

Once you are happy with your cloud design, glue down each of the pieces to your background. Complete your artwork by using your art materials to add any additional details you would like.