



Sidekicks Project: Ideascapes

Total Project Time: 15 minutes

Project Theme:

Connect through sharing meaningful moments, relationships and experiences.

Project Materials:

- » Paper (1-2 sheets)
- » Crayons
- » Colored pencils
- » Sharpened pencil
- » Scrap paper
- » Paintbrush
- » Black fine-point marker
- » Watercolor paints (optional)



Project Instructions:

1. Identify a partner to work with on this short project. It can be a friend, family member, neighbor, or other “Sidekick” of your choosing.
2. Gather the listed activity materials and set them up in a comfortable space. Use the crayons and colored pencils suggested (or any drawing materials), and a paintbrush dipped in a little bit of water adds fun visual enhancement but is not necessary.
3. Take some time to reflect on your favorite things, places, people, and activities. You may prefer to write down some of your ideas on scrap paper so you can reference them when creating your Ideascapes.
4. Begin your Ideascapes picture by drawing, painting, or coloring your favorite things. For example, if you love to go to the beach, you may choose colors that remind you of the water and sand. Remember it’s not about creating beautiful art but rather capturing your favorite things and sharing with your partner, or among others important to you if you are working independently. Nothing is too silly, and the only rule to follow is positivity!
5. Consider these questions as fun conversation starters while you work with your partner to complete the project:
 - » *What is an interest you drew that you would like to prioritize more in your life?*
 - » *If you were going to pick up a new hobby in your life right now, what might it be?*
 - » *Did you discover something unexpected about yourself and your interest while completing this project? If so, what was it?*
6. Tell us about your Sidekick!
 - » *Visit ParkinsonsSidekicks.com to add your story to our growing archive to help inspire others.*
 - » *Post a photo of your completed project by commenting on a post on the Sidekicks Facebook page (Facebook.com/ParkinsonsSidekicks).*
 - » *Share your experience on your own social media channels with #ParkinsonsSidekicks included in the post.*

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