Let’s Travel Without Leaving Home: 
Expressive Arts Workshop for the Parkinson’s Community

May 21, 2020, 9 a.m. PT/ 10 a.m. MT/ 11 a.m. CT/ 12 p.m. ET (Duration: 1 hour) 
Instructions on joining the webinar are provided after registering.

STEP ONE: Choose pictures to use as a guide for your art project from these options:
1. A place I would love to visit again
2. A place on my bucket list that I want to visit
3. My perfect get away (my own imaginary place)

Choose pictures and photos from your:
• previous travels
• favorite moments/activities with family and friends
• favorite places to visit
• from old magazines
• newspaper clippings
• calendars that illustrate your taste in food, beverage, sceneries, leisure activities, lodging, music
• Find more ideas here at this link!

STEP TWO: Start collecting these items from around your home before the event starts on May 21. Make sure you have a surface to work on, too!

Supplies (use what is available around your home):
• scissors
• colored pencils
• paints
• crayons
• markers
• glue
• glue gun
• colored paper
• cardstock
• stickers
• apron or old t-shirt
• other art supplies that spark your creativity and imagination!
STEP THREE: Print this document or have it open on your computer to reference during the art class.

Sensory Word List:
- Sound of running water
- Relaxing
- Sunset
- Sunrise
- Bonfire
- Joy
- Music
- Guided tour
- Romantic
- Adventure
- Picture Perfect
- Adrenaline
- Culture
- Delicious
- FUN
- X-treme
- Weather
- Perfect Drink
- Quiet
- Sounds of Nature
- Peaceful
- Exciting
- Read
- Dance
- Family Oriented
- Architecture
- Museums
- Daydreaming
- People Watching
- Perfect Beverage
- Amazing!
- Unforgettable!
- GREAT
- Exclusive
- Secret
- Shine
- Sunshine
- Night Life
- Wildlife
- Active
- Laugh
- Love
- Hug
- Rest

1-800-4PD-INFO – helpline@parkinson.org – Parkinson.org
If you chose to do option 1. A place I would love to visit again, reference/print this page:

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**Places(s) I would love to visit again**

**Sensation I remember**
(Think with your 5 senses)

**Memories I cherish from my previous visit(s)**

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Notes

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If you chose to do option 2. A place on my bucket list that I want to visit, reference/ print this page:

Place(s) in my bucket list that I want to visit

Things or activities that I don’t want to miss

Special ingredients to make it "just right"

Notes __________________________________________

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If you chose option 3. My perfect get away (my own imaginary place), reference/ print this page:

It doesn't have to be real...but it has to be FUN!

My perfect get-away
(my own imaginary place)

Sensations to experience and enjoy
(use your 5 senses)

Notes ________________________________

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