



UMETNIŠKI DNEVNIK

SPOMINČICA ALZHEIMER – SLOVENIJA



VIBORG
MUSEUM



OPW
Office of Public Works



FONDAZIONE
PATRIZIO MOLETTI



Spominčica
ALZHEIMER SLOVENIJA



Innovation Frontiers
Mind is the limit



CRHACKLAB F&D

NASVETI ZA UPORABO DNEVNIKA:

- V dnevniku ni pravil. Narišite, kar se vam zdi prav.
- To je varen prostor za vaše misli in čustva.
- Dnevnik naj bo čimbolj BARVEN.
- Pred vsako nalogo zapišite DATUM.
- V redu je če kakšen dan preskočite.

"Vse ima svojo lepoto, vendar je vsakdo ne vidi."

- Andy Warhol



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite kakšno je bilo vaše srce danes. Uporabite barve!



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite goro in dolino. Gora predstavlja čas dneva, ko ste bili srečni, dolina pa, ko niste bili veseli. V dolini in na gori zgradite vas, posadite drevesa in rože, narišite tudi ljudi in živali. Uporabite barve!

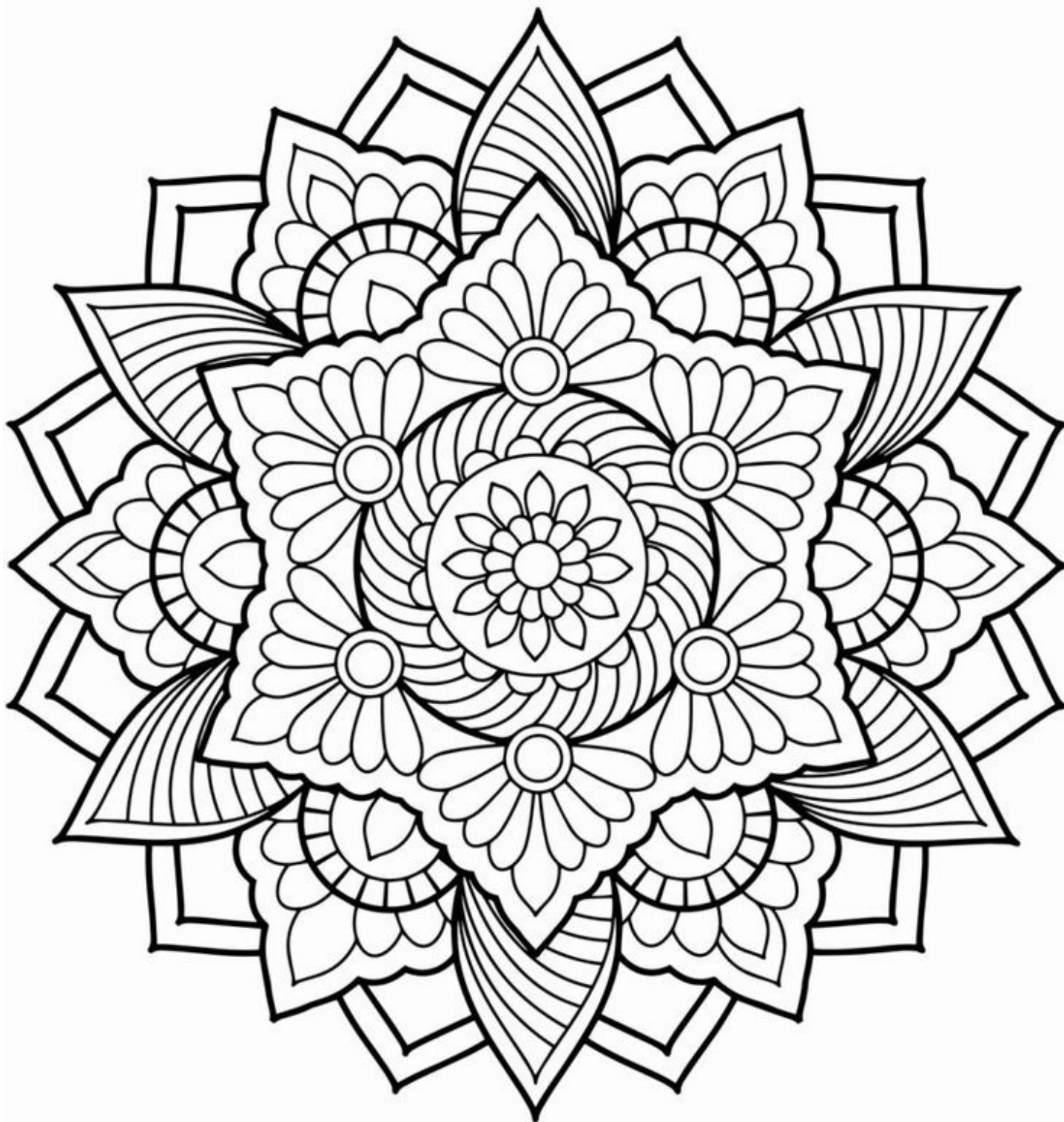


**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Mandalo pobarvajte z barvami, ki so zaznamovale vaš dan.



Funded by
the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

V spodnjem besedilu poiščite besede ali stavke, ki vas spominjajo na pretekli dan. Obkrožite jih.

Ime mi je Bob. Vsak dan peljem svoje otroke v šolo. Hči hodi v šolo, ki je kar daleč od naše hiše. Do tja potrebuje 30 minut. Nato peljem sina v njegovo šolo. Ta je blizu moje službe. Hči hodi v šesti razred, sin pa v drugi. Oba sta odlična učenca. Hči med vožnjo po navadi poje svoje najljubše pesmi. Moj sin običajno spi.

V pisarno pridem ob 8.30 uri. Vsem sodelavcem rečem dobro jutro, nato pa si privoščim veliko skodelico črne kave ali čaja. Vključim računalnik in preberem elektronsko pošto. Nekateri dni imam veliko dela. Kmalu potrebujem še eno skodelico kave. Kasneje grem s prijatelji v park. V parku radi igramo nogomet. Ob petkih gremo v kino gledat film. Za konec tedna skupaj pripravimo zajtrk, nato pa preberem novice. Vesel sem, da živim v svojem mestu.



DATUM:

Prelite svoja čustva v črte

Naključno narišite navpične in vodoravne črte, ki se križajo. Nato prostore, ki nastanejo pobarvajte z različnimi barvami.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite kraj ali trenutek, kjer ste se danes počutili varno.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Opišite svoj dan s pomočjo risanja. Narišite oblike, predmete, stvari, osebe...

DANES SEM SE POČUTIL/-A:

MOJE JUTRO JE BILO:

ZA KOSILO SEM JEDEL/-LA:



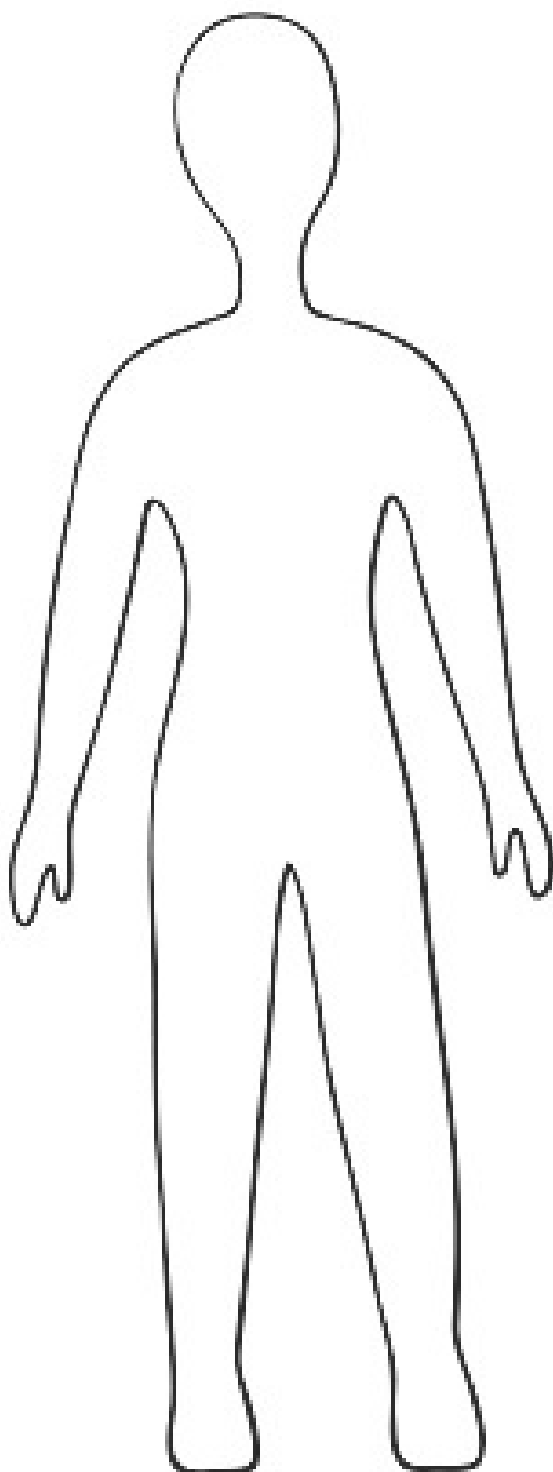
**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Spodnja figura vas danes predstavlja. Z različnimi barvami označite, kje na telesu ste danes čutili:

■ ŽALOST ■ VESELJE ■ JEZO ■ ZAUPANJE



Funded by
the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite svoj dan z **zaprtimi očmi**. Risanje ne bo popolno in to je v redu.



Funded by
the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite **portret** sebe iz **preteklosti**, **sedanjosti** in **prihodnosti**. Ta risba naj odraža, kje ste bili, kdo ste danes in kako se vidite v prihodnosti.

JAZ IZ PRETEKLOSTI

SEDANJI JAZ

JAZ V PRIHODNOSTI



Funded by
the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite se kot **superjunaka/superjunakinjo**. Izberite 3 barve, ki vas bodo predstavljale. Narišite se v kostumu in s posebnim logotipom ali znakom. Napišite ali narišite, kakšne supermoči imate.



Funded by
the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite čim več pozitivnih stvari ali oseb v svojem življenju.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Ustvarite **drevo hvaležnosti**:

- Narišite drevo.
- Narišite liste in na vsak list zapišite, za kaj ste hvaležni.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite 3 osebe, s katerimi ste bili danes v stiku.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Nariši 5 stvari, za katere ste danes hvaležni.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Risanje z roko s katero ne pišete (nedominantno roko)

Narišite svoj dan z nedominantno roko in pogledjte, kaj se vam bo prikazalo. Ne bo popolno in to je v redu.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Zaprite oči in se vprašajte: **Kako se počutim?**

Če bi imel ta občutek barvo, obliko, težo, temperaturo ali teksturo, kakšen bi bil? Narišite ga.

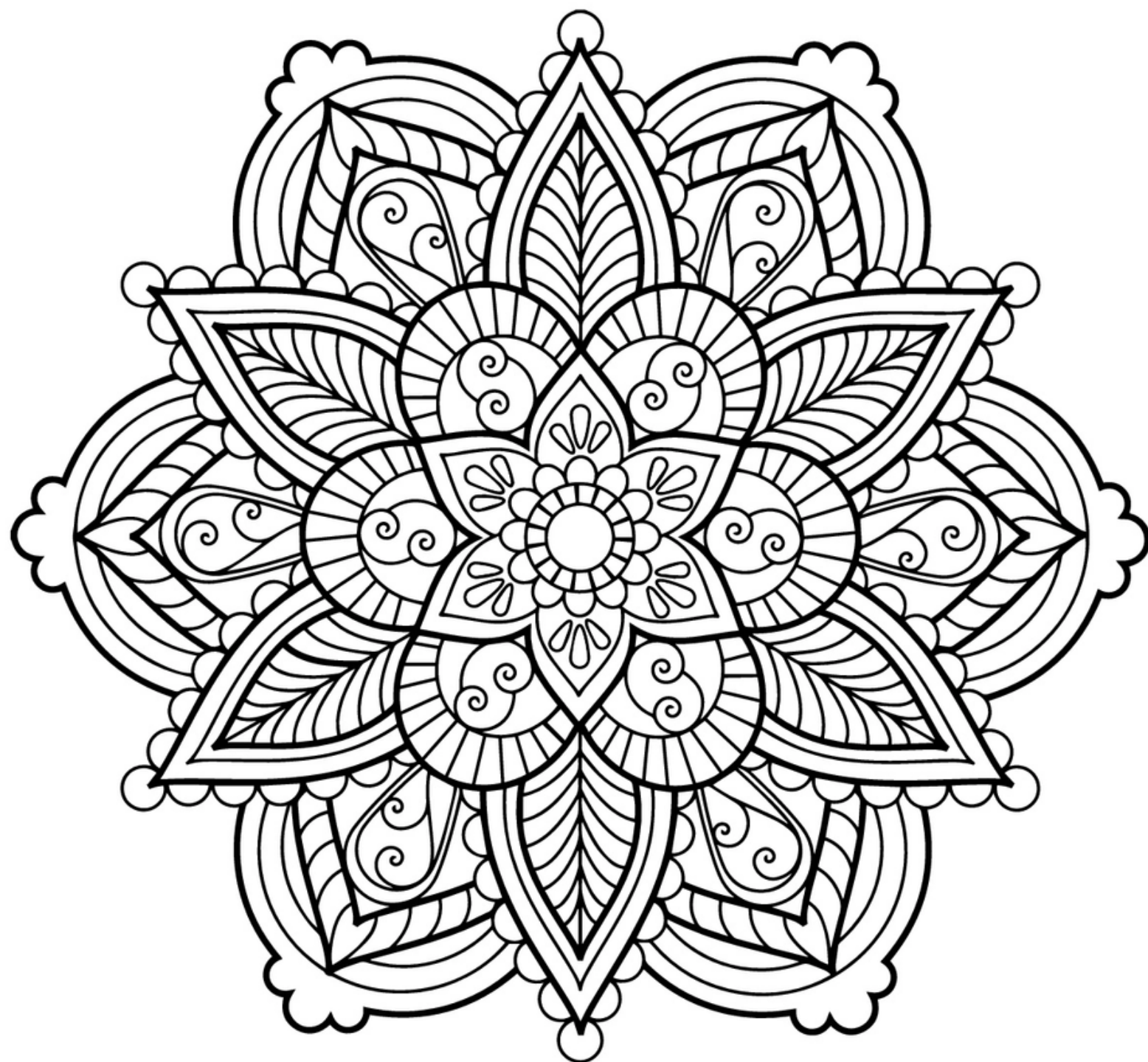


Funded by
the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

To je vaša mandala. Pobarvajte jo s svojimi najljubšimi barvami.



Funded by
the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite današnje vreme. Pogledajte skozi okno in narišite, kakšno je vreme danes. Če se je čez dan spremenilo, narišite tudi to.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Pomislite na svojo najljubšo pesem. Predvajajte si jo v glavi in jo po možnosti predvajajte s pomočjo radia ali YouTubea. Nato narišite občutke in misli, ki se pojavijo ob poslušanju te glasbe. Uporabite različne barve!



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Pomislite na osebo ali stvar, ki vas je danes nasmejala. Narišite jo.

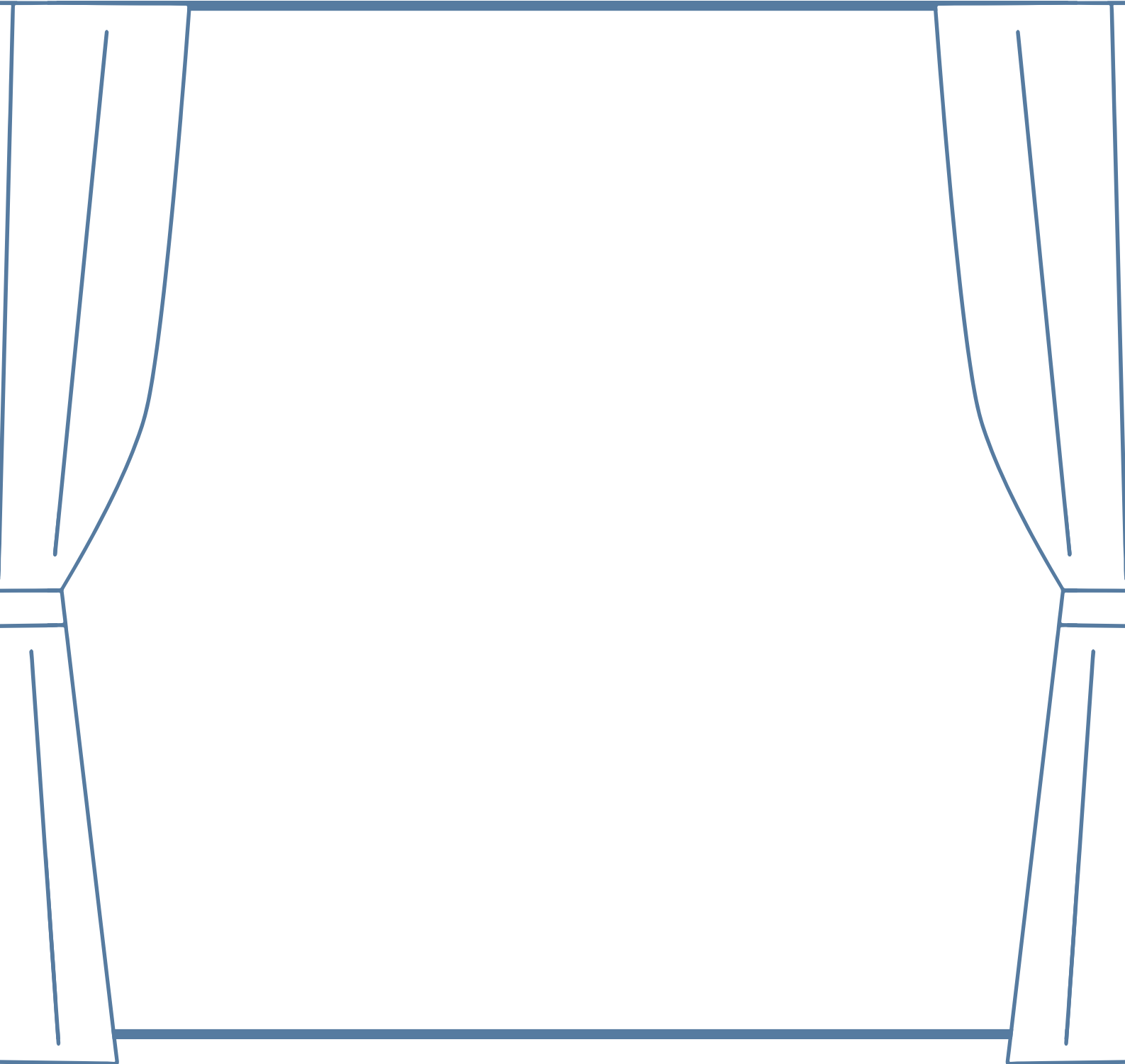


**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Poglejte skozi okno in narišite kaj vidite. Uporabite čim več barv.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Narišite **3 stvari/lastnosti**, ki jih imaš na sebi rad.



Funded by
the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Z eno potezo narišite, kako ste se danes počutili. Lahko je lik, oblika, črta, predmet, stvar. Uporabite barve.



**Funded by
the European Union**

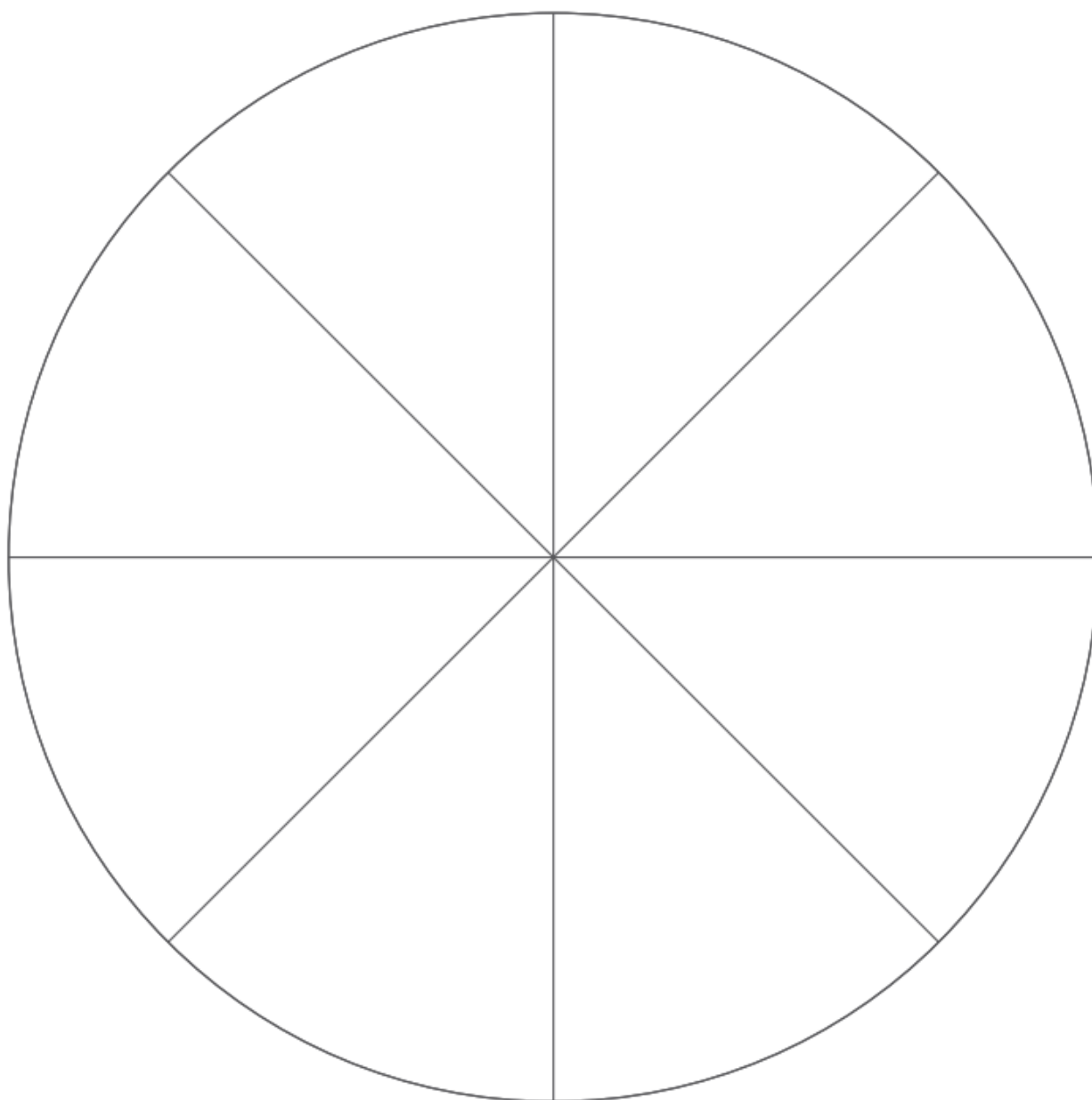
The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Kolo čustev

Vsak del kolesa označite z 8 različnimi čustvi, ki ste jih danes občutili (predlogi: veselje, radost, presenečenje, žalost, jeza, strah, zaupanje, gnus, ljubezen, sreča...)

Pobarvajte in/ali narišite sliko, ki ponazarja, kaj vam pride na misel, ko pomislite na to čustvo.



DATUM:

Nariši svoj najljubši del današnjega dne.

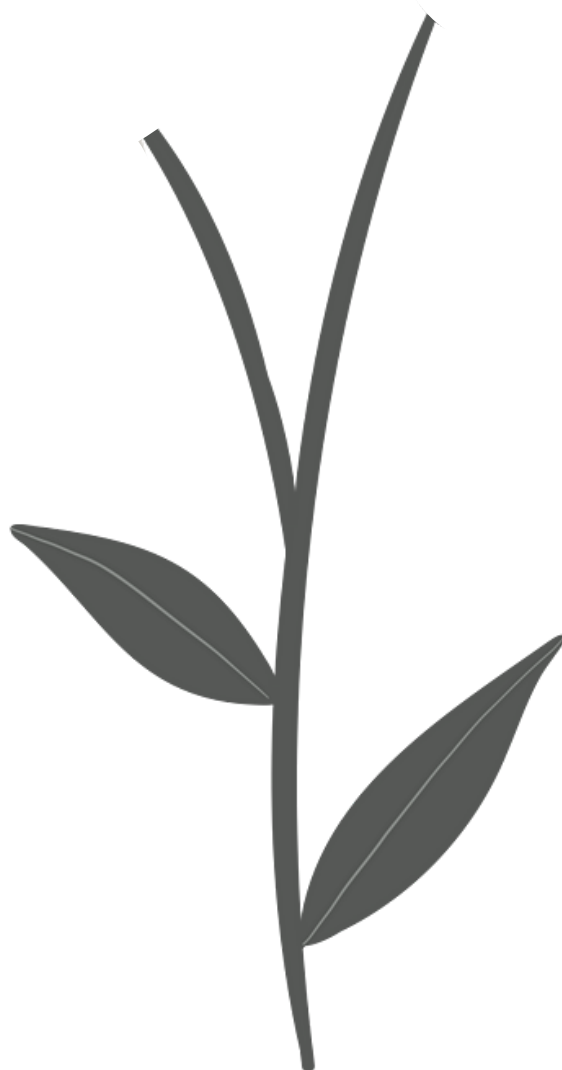


**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

DATUM:

Ustvarite svoj cvet/rožo. Uporabite barve!



DATUM:

Razglejte se po svoji sobi. Za katere stvari ste hvaležni? Narišite jih.



**Funded by
the European Union**

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein