

GOLDSTER★

FINE MOTOR SKILLS  
THROUGH ART





## FINE MOTOR SKILLS THROUGH ART

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# ITS THE SMALL TOUCHES WHICH CAN MAKE A BIG DIFFERENCE

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## WE DONT STOP PLAYING BECASE WE AGE

Do you remember how you were able to write/type something yesterday? Are you left-handed or right-handed? Did you tie your shoelaces or hold a spoon to eat your cereal today? That's all thanks to your fine motor skills, but what are those motor skills? How do they develop and how do they compare to gross motor skills? How do they work in conjunction with the brain?



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## ITS NOT JUST ONE SIDE OF THE BRAIN

Motor skills play a crucial role in all phases of the life span. That is, people of all ages perform fundamental motor skills, such as walking and grasping, or specific skills, such as hammering a nail, pitching a baseball, or driving a car.

One of the most important skills that are developed through art is fine motor development. During art lessons, the small muscles in the fingers, hands, and wrists are exercised and strengthened, helping to make learning to write easier.

# OUR METHOD

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## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



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## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

*"The path is made by walking on it"*

# THE COURSE

Through a process of drawing tasks, the attendee has an opportunity to exercise the coordination of pencil or other art instruments.

Gradually with repeated use and the focus on a basic drawing task there is hopefully a progressive formation of hand to eye muscle memory obtained. Over time these gradual improvements are aimed at increasing the attendees success with the development of FINE MOTOR skills.

The outcomes of each exercise can be used as a gallery of this 'gradual improvement.'

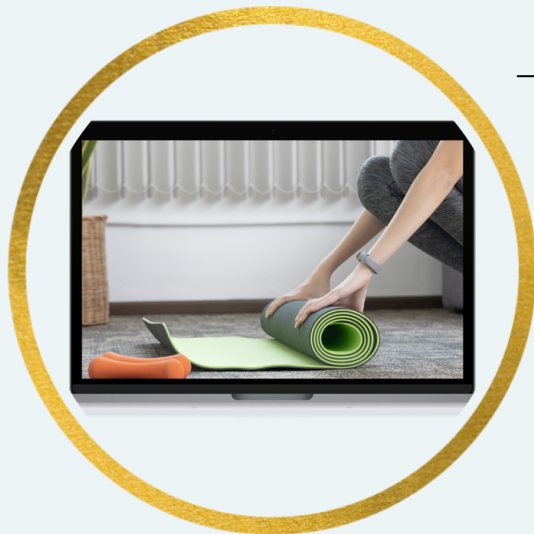
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## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

*"When we do it together, we feel better together"*

# THE COURSE

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## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



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## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*

## Week 1 - Awakening those Skills

Introductory drawing exercise to establish baseline position of attendees' focus, and drawing level.

## Week 2 - Having an eye for detail

A sequence of short but connected drawing exercises designed to encourage fine motor-skill development and the use of placement and proportion drawing principals. Drawing the 'EYE'.

## Week 3 - We all have our own perspective

A continuation of the theme of the HUMAN EYE. This time, outcomes demonstrate an understanding of the concept of PERSPECTIVE. Demonstrating cognition and understanding via a set of drawings of the eye from a different perspective viewpoint.

## Week 4 - Through the looking glass

Using a previous study...to create a mirror image in perspective. Using a simple grid to achieve this accurately.

- Cognition of 'mirror-concept'
- Fine motor-skill development and exercise
- Right brain, neuro-plasticity
- Expanding FOCUS to a related task

## Week 5 & 6

This 2 lesson exercise uses an understanding of the concept of value-mapping tonal aspects of an object, and its relationship with light on a form.

After completing an outline of the eye in the socket, we use tones of select values to render form to an illusionary 3-dimensional effect. This will help in demonstrating cognition of formal concepts in drawing and exercising and developing fine motor skills.

# YOUR JOURNEY

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## WEEKLY COURSE

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

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## LOOK FORWARD TO YOUR NEXT CLASSES

### TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.



# YOUR COACH



## John Skelcher

### Artist and Painter

John is a practising landscape painter en plein-air with over 15 years of art tutoring experience. Since graduating with his degree in Fine Art Painting and Drawing, John studied classical realist painting at Angel Academy Florence and The Paris Academy of Art and his work has appeared in national exhibitions both in Britain and abroad.

John has been listed in various international art competitions and featured on Sky Arts' 'Landscape Painter of the Year' in 2018. "Art has the power to transform, illuminate and to educate, inspire and motivate"

# YOUR NOTES

WEEK 1

# YOUR NOTES

WEEK 2

# YOUR NOTES

WEEK 3

# YOUR NOTES

WEEK 4

# YOUR NOTES

WEEK 5

# YOUR NOTES

WEEK 6



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