COLOUR MIXING

Metodo Integrato Marchio-Patti©

BY ASS. LA CITTÀ DEL SOLE

N° of pax 3-15

outdoors

1,5 hour

art expression | painting



PURPOSE

INCLUSION IN GROUP

- socialising through art
- acceptance of others and their diversity
- expression of emotions

MATERIALS

- clothes to paint without worrying about getting dirty
- Fluid water-based non-toxic paint: yellow, blue, green, white, black
- Large canvas or double bed white sheet
- Brushes of any size or suggest that participants paint with their hands

PREPARATION

- Research on the internet: the primary colors, the secondary colors - if needed.
- Prepare a space free of obstacles in order to spread out the entire canvas. The size of the canvas and the amount of paint depends on the number of participants.
- Display around the canvas the 3 primary colors on 3 spots far from each other.

INTRO

This is a fun and artistic activity with great metaphorical value.
The symbolic meaning behind this activity is that, from the combination of many different parts, you can create something new, in which everyone is represented.
All people are important in contributing to a collective creation, everyone with their own style and resources.
The artistic product in itself is not important, but the process that led to it.

COLOUR MIXING

STEPS

1. Supply the group with paint of the primary colours (red, yellow and blue). Tell them about primary colours and secondary colours. It is also important to underline the effect of the colour white in the way it alters the tone and brightness of colours. **2.** Explain that they need to break into three groups, one group for each of the three primary colours. Ask the participants to think, which of the three colours best matches their mood at the moment. Then, let them create the subgroups based on the similarities of emotions among the participants and the colour. Supply the colour to each subgroup. **3.** You tell the participants to imagine that the centre of the canvas is a large cake. Ask one subgroup at a time to apply their colour, starting from the center part of the canvas and only occupy of the cake so as to leave room for the other two "colours". The area outside the cake is available for freer painting. **4.** After this, ask if anyone feels the need to add some white anywhere on the canvas, being careful not to alter all the colours applied so far with the white they add. **5.** The result at this point will show the group the effect of integration of colours. At this point, the black can be applied, not to mix with the other colours, but with the aim of drawing elements that emerges over the others, with a shape/background effect, making sure that that the new contribution does not take away what was previously created. **6.** Sit around the canvas and, while observing the result, stay in touch with your feelings. Share the experiences. Use the colour metaphor as a metaphor to acknowledge the important contribution that each member can give to the group. Give the opportunity to every participant to talk about their experience and their idea of integration.



REFLECTION

- How did you experience your colour changing when it met the other colours?
- What did this experience leave you with?
- How does this activity contribute to developing your resilience?

COMMENTS

• The role of the facilitator is to guarantee everyone has an opportunity to take part, encouraging shy participants to define and use their own space, and if necessary, set some boundaries to anyone who might use too much space. • As this activity is based on metaphor, both the language used by the facilitator and the metaphorical content can vary according to the age of the participants. • You can do this activity outdoors. Runny colours mix more easily. Black must have a thicker consistency than the other colours.