FROM MEETING TO STORY - INDIVIDUAL

Metodo Integrato Marchio-Patti©
BY ASS. LA CITTÀ DEL SOLE


individual


indoors | outdoors



art expression | painting


1 hour

PURPOSE

INDIVIDUAL CREATION
- freedom of verbal and non-verbal communication
- changing your point of view
- reaching out to yourself and others

MATERIALS

- A3 & A4 thick sheets (cardboard)
- pens
- watercolours and tempera paints
- latex gloves available (for those who do not like paint in their hands)
- plastic to protect the floor (if indoors)
- clothes to paint

PREPARATION

- prepare the paint if watercolors
- protect the floor for the paint activity

INTRO

This activity there is a meeting of colours as a metaphor for the meeting of people, that then evolves into a meeting of creative minds that build a story.

STEPS

1. (10 minutes) Choose the colours that you prefer a colour and using your hands to apply the colour on the paper without any clear ideas or plans. During the colouring activity, colours will meet, making new ones, will combine and new unplanned or unexpected shapes will be made.

2. (10 minutes) After this phase, give yourself time for observation and working out the shapes and images that have been created.

3. (15 minutes) Starting from the images you observed write a short story on a sheet of paper.

4. Then take your diary and write about what you felt during and after this experience.



REFLECTION

- What did you feel during the different part of the experience?
- How do you think this activity can contribute to resilience building?

COMMENTS