Draw my Sounds

Metodo Integrato Marchio-Patti©

BY ASS. LA CITTÀ DEL SOLE



N° of pax 10-30

indoors

1-3 hours

art expression | music | painting

PURPOSE

EMPATHY

- self-expression
- non-verbal communication
- emotional connection

MATERIALS

- sheets
- pencils, pens
- various colours
- musical instruments of various kinds

PREPARATION

- Place the musical instruments in the centre of the space
- The facilitator should observe and moderate group communication during sharing, making sure that no value judgements are expressed about the quality of the sounds or the drawings.
- It is preferable that this activity takes place indoors or at least in a secure environment to protect the very intimate space of musical expression

INTRO

This experience allows you to explore the possibilities of sound, to develop creative skills through the use of two artistic channels, to develop communication skills with yourself and with others.

DRAW MY SOUNDS

STEPS

1. The participants sit in a circle around the musical instruments with their back to the centre, and receive as many sheets of paper as the participants that they must number.

2. (5 minutes) One participant at a time turns to the centre (while the others are still turning their backs) and starts playing one or more instruments (up to 5 mins).The other participants make a drawing on paper that to them is a graphical representation of the sounds they hear.



3. When the player is finished, he/she returns to his/her place, again sitting with their back to the centre, and the next person comes. The drawings must be numbered and participants are asked to write two words on the back, linked to the emotion provoked by the music.

4. When everyone has played, participants are invited to share their images and the feelings they had when listening and drawing, one at a time, in the order produced.

5. Each „musician" will be given all the drawings created during their sound expression. Allow a few minutes for everyone to observe the drawings and connect with them.

REFLECTION

- How do you feel looking at the drawings created during your sound expression?
- What did you want to represent with your sound?
- How do you think this activity can contribute to building resilience?

COMMENTS

- If the group is too large, you can split the participants and the musical instruments into smaller subgroups far away from each other.
- Do not force the contribution of everyone during the final sharing, because some people need more time before the other's reflections.