DRAW IN A CIRCLE

Metodo Integrato Marchio-Patti©

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N° of pax 5-15

indoors

1-3 hours

art expression | drawing

PURPOSE

GROUP IDENTITY

- freedom of expression and communication
- connection with yourself and with others
- empathy

MATERIALS

- sheets of paper of various colours
- devices for background music
- cushions or chairs for everyone

PREPARATION

- Put the colors of papers in the centre of the space and place the cushions in a circle around them.
- Respecting time limits is key.
- The facilitator chooses a suitable background music according to the needs of the group to express the emotions of the moment.

DRAW IN A CIRCLE

STEPS

1. (10 minutes) After starting the chosen music, the facilitator asks the participants, including the facilitator, to sit in a circle, everyone with a white sheet of paper in front of them. At the centre of the circle there are a variety of colours, enough for the amount of people present. Invite the participants to close their eyes, become aware of their bodies and current emotions and physical feelings. Invite them also to connect with their rhythm and the melody that they are listening to.

2. (5 min) Then the facilitator asks everyone to imagine a gesture and/or a movement inspired by the music they are listening to, and to try to transfer it onto the sheet of paper. There is no limitation either to the colour used or the amount of space occupied.



3. (5 min for each person)Everyone passes the sheet of paper to the person on their left, and they repeat the activity. This goes on until the initial drawing returns to the original owners. The activity is done without using words, only the facilitator speaks, if necessary, to invite participants to pass their papers on.

4. (10 min) When the circle is complete, ask each participant to give the „new" drawing their quiet attention, trying to connect with the product born from the contribution of all participants.

5. (5 min for each person) At this point, the facilitator asks the participants to show their sheets with the others and share what he/she wishes about it. As everyone has contributed to each drawing, sharing must also involve everybody, so that they can see their impact on each sheet.

REFLECTION

- How did you feel giving and receiving contributions in the drawings?
- What emotions did you have facing the „new" drawing?
- How do you think this activity can contribute to resilience building?

COMMENTS

- Variation: if you wish to do this as an outdoor experience, replace listening to music by listening to the sounds of nature.