THE CLOUD STORIES-GROUP

Metodo Integrato Marchio-Patti©

BY ASS. LA CITTÀ DEL SOLE



N° of pax 5-30

indoors | outdoors

2 hours

photography | writing

PURPOSE

DEVELOP IMAGINATION:

- transform your image into words
- improve your expressive ability & self esteem
- improve the relationship with yourself and others

MATERIALS

- towel, mat, cushion, blanket to use in case the weather is cold
- camera or smartphone
- paper & pen
- (optional) voice recorder or smartphone

PREPARATION

- Find an outdoor space that is big enough to sit on the ground and find the most comfortable way possible to lay on the ground and look at clouds, if you are indoor then choose a window from where you can see the sky.
- Choose a day when clouds are in the sky.

THE CLOUD STORIES-GROUP

INTRO

This is an activity that starts with an imaginative phase and arrives at the creation of a written story. This technique is based on the principle that art helps us to show parts of ourselves outside, which we often have difficulty expressing. Writing imaginary stories is an art form that allows us to externalize our personal lives, because those who tell stories can distance themselves from what they write and can observe their inner world, starting the process of self-awareness that is at the root of everyone's well-being. Moreover, practicing to change your point of view, allows you to improve your mental flexibility and, therefore, to improve your problem-solving ability.



STEPS

1. The facilitator asks participants to lie on the ground and observe the clouds, their shape, their movement, their changes. Then he/she encourages them, individually and silently to give a meaning to the shapes that the clouds take as they move. After he/she asks them to start thinking about how the various forms you see interact with each other, trying to weave a story. **2.** The facilitator asks the participants to take a picture of the clouds you see and the changing shapes, with the help of a camera or smartphone. **3.** After that, each participant is invited to write the story they imagined, using the photos to help them remember. At the end of the first draft, invite participants to reread the story and add new details, add an introduction and an ending. **4.** At this point everyone should gather in a circle and share their stories. **5.** Finally, the participants are invited to share their experiences both during the activity and while listening to the others' stories.

REFLECTION

- How did you feel during the different parts of the activity?
- Did you find a similarity between your experience and that of another participant?
- How do you think this activity can lead to your resilience building?

COMMENTS

The facilitator facilitates the experience both by creating the right setting, but also by supporting the people when expressing themselves. He/she should not prompt any part of the stories but rather help the stories to come out. He/she will have to protect everyone's opportunity to be heard.