

# FISH OUT YOUR WORDS

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



## PURPOSE

### SELF EXPRESSION

- translate your imagination into words
- flexible opinion/point of view
- improve the relationship with yourself and others

## INTRO

This is an activity that pushes the participants to be proactive and use their own skill of problem solving, by using the creative skill of writing.

\* Writing fantasy stories is a form of art that brings a certainty to your personal life experience, because whoever is the storyteller, can distance themselves from the actual events and yet look into their inner self, starting a process of self awareness which is the base of the well-being of every single person.

\* The actual goal is to give each participant the chance of expressing themselves not to create a "masterpiece", so it is important to absolutely avoid any form of judgement on the stories created.

## MATERIALS

- papers
- pens
- colors (crayons, etc)
- 5 containers

## PREPARATION

- A comfortable place
- Label 5 containers for papers with the following categories: feelings, objects, characters, places, time
- Place the 5 containers in the middle of the space

## STEPS

Everyone should be seated in a circle around the 5 containers, and then, give each participant 10 sheets of paper.

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2. Mix the content of each container, and one by one the participants pick a sheet from each container.
3. (30 minutes) Once all the participants have taken all the sheets, they will start to write a story, using the words picked as an inspiration and describing every little detail very well, freely adding anything that they would think is useful to create the story, and giving it a suitable title.
4. Then participants share their stories in the group.

## REFLECTION

- How did you feel during the different parts of this experience?
- How did you feel imagining a story that came from your own creation directly and then sharing it with the rest of the circle?
- How do you think this activity contributes to your resilience building?

## COMMENTS

- Variation 1: if the group is small or there is a lot of time to use, you can add another phase to the activity where the story created can be "translated" into a drawing.
- Variation 2: If the group is big (more than 15 people), it can be divided into smaller groups, and the activity can be altered: instead of every participant creating an individual fantasy story the subgroups create stories together as a group.
- The facilitator has the role of facilitating the experience by creating the right setting, and supporting the participants to express themselves. He/She shouldn't suggest drafts for the stories, but to help them to come up with their own stories. He/She must avoid music of any kind as it could influence the stories of the participants.

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