

THE CLOUD STORIES

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



individual



indoors | outdoors



30 mins

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.

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. Lie on the ground and look up at the clouds, their shape, their movement, their changes. Try to silently give a meaning to the shapes that the clouds take as they move. Then start thinking about how the various forms you see interact with each other, trying to weave a story.
2. With the help of a camera or smartphone, take a picture of the clouds you see and the changing shapes.
3. Write the story you imagined, using the photos to help you remember. At the end of the first draft, reread the story and add new details. Add an introduction and an ending.
4. Now think about your emotions during and after this activity.

REFLECTION

- How did you feel during the different parts of the activity?
- What did you feel when you tried to imagine your very own story?
- How do you think this activity can lead to your resilience building?

COMMENTS

This activity does not aim at making "perfect" stories, but rather at the opportunity to express yourself, so it is absolutely important to avoid any form of judgement.