Fish out Your Words

Metodo Integrato Marchio-Patti©

BY ASS. LA CITTÀ DEL SOLE



N° of pax 5-10

indoors

2 hours

writing | thinking

MATERIALS

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

PURPOSE

SELF EXPRESSION

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

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

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.

FISH OUT YOUR WORDS

STEPS

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

1. Everyone should be seated in a circle around the 5 containers, and then, give each participant 10 sheets of paper.id his/her name

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.