

# BALANCE THE RAFT

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



indoors | outdoors



N° of pax 10-20



group dynamic



20 mins



## PURPOSE

### GROUP COOPERATION

- training in proxemics
- analysis of non-verbal behaviour
- awareness of space

## MATERIALS

- optional: various musics with different rhythms and speeds

## PREPARATION

- The space chosen must be big enough for the moving group.

## INTRO

This is an activity that started in theatre, but it can be very useful in helping a group develop good interaction skills, while respecting the needs of everyone.

During this activity participants learn to observe everything that happens to them and to others, as every single movement is very important.

# STEPS

1. The facilitator asks the members of the group to spread out evenly in the space. Then he/she helps the participants connect with themselves and their bodies on the spot.
2. The facilitator asks everyone to imagine that the entire space is a water raft, which needs to be kept in balance by the weight of everyone on it. So when people move, they should always try to fill the empty spaces, otherwise the raft will tip over and throw everyone in the water.
3. The activity begins by walking slowly in space, then the participants are asked to try out various speeds, until they run as if in a race. The facilitator randomly says „stop“ and the participants should stop exactly at the point where they are at the moment and the group evaluates if the space is suitably balanced. After stop participants should walk at the speed which they last used.
4. When walking, it is necessary to be aware of those who walk around us: do not collide and do not stop. The exercises should be done quietly. As they walk it is important to look into the eyes of those they meet.
5. Repeat this several times and make sure participants have time to notice the balance they created.
6. Gather the group and ask the group to think about how they worked towards a common goal.



BALANCE THE RAFT



## REFLECTION

- How did you feel during the experience on the raft?
- How did the group work?
- How do you think this activity can lead to resilience building?

## COMMENTS

Variations: • upon hearing „stop“, everyone stops and then starts walking in a different direction • the image of the space used can be enriched by different contexts (eg: walking on the moon; move underwater; walking on hot sand; walking uphill or downhill, etc.) • or you can ask them to move as different animals (e.g.: walk like an ant; run like a leopard, move like a sloth, etc.).

# BRAIN- STORMING

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



N° of pax 5-15



indoors



2 hours



thinking | group work



## PURPOSE

### GROUP CREATIVITY

- encouraging the generation of ideas
- reaching a common solution;
- promoting group creativity

## MATERIALS

- big board
- board pens or chalk

## PREPARATION

- Each participant must be reassured that each contribution will be taken into consideration and added to the choices. No criticism, discussion or comment will be made during the session.

## \* INTRO

\* The Brainstorming method aims for a quick, unfiltered collection of ideas - in it, all group members give their contribution. The "storm of ideas" is made up of many ideas that are independent from each other but can be inspiring for others. Absolutely anything, however odd or improbable it may seem, can be put across, as the most original solutions are often the result of the combination of two ideas that have no connection at first sight.

# STEPS

**1. INTRODUCTION:** The facilitator invites the people to sit in a half circle facing the board, then he/she explains the topic of the collective thinking process (e.g. a communication problem, or a learning process, or a decision to be made, or overcoming creative blocks, etc.) in a clear and concise manner, without getting into too much detail. He/she also describes the framework (time, the process and so on) and the rules:

- criticism is forbidden
- all ideas are welcome
- association of ideas is desirable
- let the other finish talking before breaking in

the contributions should be fast and varied as well as coming from different people

**2. STORM OF IDEAS:** Here, people should say everything that comes to their minds and that has a vague connection (however small) with the object of the Brainstorming session.

The facilitator should write up the ideas and/or keywords on a board. It might be a good idea to encourage the participants that have not yet contributed, but they should not be forced.

**3. GIVE SHAPE TO IDEAS:** The objective here is to examine the ideas and make them flow into a common and integrated solution, resulting from a collective expression. The task of the facilitator is crucial as he/she facilitates a change in the point of view, the analysis of what has been proposed.



# BRAINSTORMING



## REFLECTION

- How did you feel during the various steps of the activity?
- How did the group work from your point of view?
- How do you think this activity can contribute to resilience building?

## COMMENTS

• The basic concept was introduced for the first time in 1939 by American author Alex F. Osborn and further developed by management theorist Charles Hutchison Clark. • This activity helps the participants to better grasp new information, to keep motivated to develop knowledge and to creative logic, creating connections and particular associations, "out of the box" • In many groups, there are dominant people who influence others with their own opinions in such cases, you should respectfully limit their contributions.

# THE CLOUD STORIES-GROUP

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



## 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.** 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.



# COLOUR MIXING

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



N° of pax 3-15



outdoors



1,5 hour



art expression | painting



## PURPOSE

### INCLUSION IN GROUP

- socialising through art
- acceptance of others and their diversity
- expression of emotions

## PREPARATION

- Research on the internet: the primary colors, the secondary colors - if needed.
- Prepare a space free of obstacles in order to spread out the entire canvas. The size of the canvas and the amount of paint depends on the number of participants.
- Display around the canvas the 3 primary colors on 3 spots far from each other.

## \* INTRO

This is a fun and artistic activity with great metaphorical value.

The symbolic meaning behind this activity is that, from the combination of many different parts, you can create something new, in which everyone is represented.

All people are important in contributing to a collective creation, everyone with their own style and resources.

The artistic product in itself is not important, but the process that led to it.

## MATERIALS

- clothes to paint without worrying about getting dirty
- Fluid water-based non-toxic paint: yellow, blue, green, white, black
- Large canvas or double bed white sheet
- Brushes of any size or suggest that participants paint with their hands

## STEPS

1. Supply the group with paint of the primary colours (red, yellow and blue). Tell them about primary colours and secondary colours. It is also important to underline the effect of the colour white in the way it alters the tone and brightness of colours.
2. Explain that they need to break into three groups, one group for each of the three primary colours. Ask the participants to think, which of the three colours best matches their mood at the moment. Then, let them create the subgroups based on the similarities of emotions among the participants and the colour. Supply the colour to each subgroup.
3. You tell the participants to imagine that the centre of the canvas is a large cake. Ask one subgroup at a time to apply their colour, starting from the center part of the canvas and only occupy of the cake so as to leave room for the other two "colours". The area outside the cake is available for freer painting.
4. After this, ask if anyone feels the need to add some white anywhere on the canvas, being careful not to alter all the colours applied so far with the white they add.
5. The result at this point will show the group the effect of integration of colours. At this point, the black can be applied, not to mix with the other colours, but with the aim of drawing elements that emerges over the others, with a shape/background effect, making sure that that the new contribution does not take away what was previously created.
6. Sit around the canvas and, while observing the result, stay in touch with your feelings. Share the experiences. Use the colour metaphor as a metaphor to acknowledge the important contribution that each member can give to the group. Give the opportunity to every participant to talk about their experience and their idea of integration.



## COLOUR MIXING

## REFLECTION

- How did you experience your colour changing when it met the other colours?
- What did this experience leave you with?
- How does this activity contribute to developing your resilience?

## COMMENTS

- The role of the facilitator is to guarantee everyone has an opportunity to take part, encouraging shy participants to define and use their own space, and if necessary, set some boundaries to anyone who might use too much space.
- As this activity is based on metaphor, both the language used by the facilitator and the metaphorical content can vary according to the age of the participants.
- You can do this activity outdoors. Runny colours mix more easily. Black must have a thicker consistency than the other colours.

# CRYSTAL DANCE

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



N° of pax 5-10



indoors | outdoors



art expression | dance



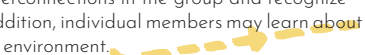
1 hour

## PURPOSE

### GROUP CONNECTION

- emotional connection
- individual identity within a group
- awareness of the interconnections of the group

## INTRO

- \* This is an activity that integrates dance movements and theatre with the use of photography as an expressive channel and as a tool for reflection.
- \* It's function is to improve the connection between the members of the group through non-verbal communication, the observation of the other, the recognition of their own space and that of others. Through this experience, the members of a group can become aware of the interconnections in the group and recognize recurring patterns of behaviour. In addition, individual members may learn about how they usually connect with their environment.
- \* 



## MATERIALS

- music device & music
- projector & computer
- comfortable clothes

## PREPARATION

- The space in which the activity takes place should be protective and large enough to allow everyone to move around freely.
- Set the projector and the computer ready to project on a wall.

## STEPS

1. The facilitator asks participants to spread in the space, take up a comfortable position and observe the others, their positions in the space, and the spaces empty. Then they are asked to close their eyes and connect with themselves, through breathing and noticing their own muscular tensions. After that the facilitator brings the participants into a relaxed state, accompanied by background music.
2. Staying connected to the music, everyone starts to dance in the space, crossing paths with the others, experimenting with different modes of movement.
3. When they feel it is appropriate, one of the participants freezes in their position (like a statue). Gradually every other participant, always dancing and remaining connected with the music and with the movements of the others, completes the statue, making sure that at least one part of their body makes contact with the body of another person. The position is kept still until the connection runs through everybody, each in their own position. The end result will be a single statue created by the whole group.
4. Then, one at a time the participants spontaneously „melt away“ from the group's position into dancing, until someone else stops and starts a new statue that is then again photographed. The sequence is repeated until the music stops playing.
5. At the end, the facilitator projects the photographs on the wall in progressive order, inviting participants to observe: themselves, the others and the group as a whole. The result will be a collective exchange of observations of the individual images.
6. Finally, the participants share the whole experience in small groups.



## CRYSTAL DANCE

## REFLECTION

- How did you experience the contact with others?
- What was your experience when looking at the pictures of the statues made by the group?
- How do you think this activity can contribute to resilience building?

## COMMENTS

- This kind of experience can have a very strong emotional impact on the individual and/or group, it is therefore important that the facilitator is familiar with the group, its inner workings, its needs.

# DRAW IN A CIRCLE

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



## PURPOSE

### GROUP IDENTITY

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

## 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.

## MATERIALS

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

## 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.



DRAW IN A CIRCLE

## 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.

# DRAW MY SOUNDS

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



## PURPOSE

### EMPATHY

- self-expression
- non-verbal communication
- emotional connection

## MATERIALS

- sheets
- pencils, pens
- various colours
- \* various musical instruments of various kinds

## \* INTRO

This experience allows you to explore the possibilities of sound, to develop creative skills through the use of two artistic channels, to develop communication skills with yourself and with others.

## PREPARATION

- Place the musical instruments in the centre of the space
- The facilitator should observe and moderate group communication during sharing, making sure that no value judgements are expressed about the quality of the sounds or the drawings.
- It is preferable that this activity takes place indoors or at least in a secure environment to protect the very intimate space of musical expression

## STEPS

1. The participants sit in a circle around the musical instruments with their back to the centre, and receive as many sheets of paper as the participants that they must number.
2. (5 minutes) One participant at a time turns to the centre (while the others are still turning their backs) and starts playing one or more instruments (up to 5 mins). The other participants make a drawing on paper that to them is a graphical representation of the sounds they hear.
3. When the player is finished, he/she returns to his/her place, again sitting with their back to the centre, and the next person comes. The drawings must be numbered and participants are asked to write two words on the back, linked to the emotion provoked by the music.
4. When everyone has played, participants are invited to share their images and the feelings they had when listening and drawing, one at a time, in the order produced.
5. Each „musician” will be given all the drawings created during their sound expression. Allow a few minutes for everyone to observe the drawings and connect with them.



! ! !  
DRAW MY SOUNDS!  
! ! !

## REFLECTION

- How do you feel looking at the drawings created during your sound expression?
- What did you want to represent with your sound?
- How do you think this activity can contribute to building resilience?

## COMMENTS

- If the group is too large, you can split the participants and the musical instruments into smaller subgroups far away from each other.
- Do not force the contribution of everyone during the final sharing, because some people need more time before the other's reflections.

# 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.

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.

FISH OUT YOUR WORDS



# FROM MEETING TO STORY - INDIVIDUAL

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



individual



indoors | outdoors



art expression | painting



1 hour



## PURPOSE

### INDIVIDUAL CREATION

- freedom of verbal and non-verbal communication
- changing your point of view
- reaching out to yourself and others

## PREPARATION

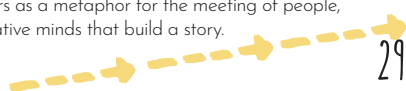
- \* • prepare the paint if watercolors
- protect the floor for the paint activity

## INTRO

This activity there is a meeting of colours as a metaphor for the meeting of people, that then evolves into a meeting of creative minds that build a story.

## MATERIALS

- A3 & A4 thick sheets (cardboard)
- pens
- watercolours and tempera paints
- latex gloves available (for those who do not like paint in their hands)
- plastic to protect the floor (if indoors)
- clothes to paint





## STEPS

1. (10 minutes) Choose the colours that you prefer a colour and using your hands to apply the colour on the paper without any clear ideas or plans. During the colouring activity, colours will meet, making new ones, will combine and new unplanned or unexpected shapes will be made.
2. (10 minutes) After this phase, give yourself time for observation and working out the shapes and images that have been created.
3. (15 minutes) Starting from the images you observed write a short story on a sheet of paper.
4. Then take your diary and write about what you felt during and after this experience.



FROM MEETING TO STORY - INDIVIDUAL



## REFLECTION

- What did you feel during the different part of the experience?
- How do you think this activity can contribute to resilience building?

## COMMENTS



# I AM

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



## PURPOSE

### INDIVIDUAL & GROUP IDENTITY

- develop mental and physical awareness
- strengthen the identity of the individual and of the group
- relaxation & recovery of energy

## \* MATERIALS

none

## \* INTRO

This is an activity of body awareness using sound and movement that is great fun, so it can be used simply as a game to release tension and re-energise. It's a type of activity that can serve to open and/or close any experience in a group.

## PREPARATION

- In this activity it is important that the facilitator follows the body parts in order from feet to head, naming the parts joined together, without skipping from one body part to another that is not attached (for example passing from the feet to the pelvis)
- It is also important that he/she encourages the exploration of sound and movement by not giving specific instructions but inviting the participants into discovery.

# STEPS

1. Sitting in a circle with the others, the facilitator guides the participants in a body awareness game, using sound and movement.
2. Then he/she guides them on their body awareness by saying: "Let's think of our body starting from our feet and ending with our head. We move our feet; what can I do to make my feet make a sound? We move our legs, what can I do to make my legs make a sound?" And so on up, naming all the parts of the body in order from bottom to top.
3. Once arriving at the head, the facilitator asks participants to imitate him/her, and says: "I start here and finish here", tapping feet first and then the head and vice versa.
4. At this point, everyone stands up, starting with the facilitator, one by one, and everyone says „I AM ..., I START HERE AND I FINISH HERE", pronouncing their name and tapping feet first and then the head. The rest of the group will call out „YOU ARE ...", saying the name.



I AM



## REFLECTION

- How did you feel doing this activity?
- What body part did you like to „play” with most?
- How do you think this activity can contribute to resilience building?

## COMMENTS

- Variation: After naming part of the body, he/she can associate the sound of a musical instrument to the body areas, so every time the facilitator plays an instrument, participants must move the corresponding part of the body.
- This type of activity can serve to open and/or close any experience in a group. It can be enhanced in many ways, depending on the facilitator's creativity and targets.
- This is a very adaptable and flexible activity, it can have different functions starting from the same basic concepts, depending on the objectives and the specific skills of the facilitator.