



TELL me...

Information and Schedule for:

Workshop 3 of 4

15 hours of training

Tell me ... about yourself

(the art of self-presentation, supplemented with artistic forms of communication)

Target Group: Young people who have problems communicating with the environment

Location:

<p>Session 1 3 hours</p>	<p>Activity 1.1 - Good News Only 1 hour Activity Itself: 55 minutes Setting: Mimic a conference room, like the ones that authorities make to share good news or announce something.</p> <p>The youth leader should say, "Every day we all receive news, good or bad. Some of them have been cause for great joy and therefore remain in our memory with perfect clarity. Today we are going to remember some of that good news".</p> <p>Then the participants have 10 minutes to think of 1 happy news from their lives. Starting with the facilitator, followed by the neighbour on the right, and so on, until everyone has done so. There will be 5 minutes for questions or commentaries from the journalists/colleagues after each "Good News" announcement.</p> <p>Discussion Time: 5 minutes The stories each person tells mirror people's priorities, values and likes/dreams. We are a bit of everyone and everything, and sometimes there are stories similar to ours that make us create other networks and other stories that are so different that they force us to think about other things and live new experiences.</p> <p>Activity 1.2 - Neurography 30 minutes Material: Setting: Space convenient for drawing, flipchart, pencils and felt-tip pens. You can use instrumental music in the background. We chose some music with a calming effect.</p> <p>Place a long blank paper in the floor. At one end, place 3 different colours, have 2 pens for colour. Ask the participants to sit around the paper and feel comfortable.</p> <p>Start the session by explaining them some basics guidelines, but don't write them:</p> <ul style="list-style-type: none">- Each participant has to draw one unique symbol in the paper, using only one
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	<p>color.</p> <ul style="list-style-type: none"> - They can draw their symbol as many times as they want, using always the same color. - They can vary the size of their draw if they feel like; - At least one pen has to be always available; - Everyone has to have the chance of participating at least once; - They can only colour if the music is playing but they can do it freely whenever they want; - When the music is playing they are not allowed to talk. <p>Start the music (NB: Don't tell the participants how long the workshop will be) and let it play for 20 minutes.</p>
<p>Session 2 3 hours</p>	<p>Activity 2.1 - Identity Onion</p> <p>1 hour</p> <p>Setting: The participants are shown the sample onion, composed of a centre and different layers of different colours. They are asked to cut their own onion. They should try to imagine themselves as the onion now, where each layer will be a different aspect of their identity.</p> <p>They are given 10 minutes to think and form their onion.</p> <p>2nd Step: My onion-Your onion Participants are asked to get into pairs with someone else; compare their onions, and discuss the common and different things (15 minutes)</p> <p>3rd Step: OUR Onion The pairs are asked to form groups of 6 people (3 pairs together) and try to do the same thing as a bigger group this time.</p> <p>Discussion Time: How is it when you were forming your onion? Difcult? Easy? How did you choose the most important part of your identity? Why are they important? What is the place of your identity in society? Was it easier/more difcult compared to individual work?</p>

How did you choose the common identities?
Does everybody feel being represented in the group onion?
Are we all different?

Activity 2.2

40 minutes

Setting: Ask the participants to create a personal form while reflecting on the activities they desire to put into practice in their life;
(1) their skills (using 1 post-it/skill);
(2) the challenges they are willing to accept (using 1 post-it/challenge).
This form will be the tool with which they will connect with the others.
Invite the participants to be as precise and accurate as they can.

The ideas I like
What I would like to
Skills / Know-how

Skills / Know-



Challenges

Session 3
3 hours

Activity 3.1 - Thoughts like stuff

1 hour

Give a piece of paper to participants and pens, ask them that in that paper they have to reflect and answer the following questions:

What I will put in the fridge?

Tools, thoughts, ideas that I will not use in a nearby future but that I will keep in mind because I will use them later.

What I will put in the oven?

Tools, thoughts, ideas that I use as soon as I am back home... or in a short time

What I will put in the washing machine?

Tools, thoughts, ideas that I liked but I will change them to better fit my needs

What I will put in the trash?

Tools, thoughts, ideas that I won't use or that I don't find relevant

Activity 3.2 - What skill do I have?

40 minutes

Materials: Post-its

Setting: Tell the participants that they are going to play a game to get to know one another better. Ask them to take an A4 paper each and to write their names clearly on it in the header.

Give a couple of minutes to think of their own skills and abilities and then to write them in a visible way, so that there will be a list of 2 real and 1 false characteristics listed on the paper for the other people to read. (The "false ability skill" can be totally fake or something they'd like to acquire or develop in the future).

They have to stick this sheet on their chest with some masking tape.

The next step is to let them go around in the room and stop randomly to chat in couples, trying to guess the false skill on their mate's sheet.

As soon as it comes out they have to leave and look for new people.

	<p>The game can be stopped in any moment the moderator considers it enough, depending on the time available and objectives to reach in the whole program.</p> <p>Discussion Time:</p> <ul style="list-style-type: none"> - Ask how they felt and if they found out something interesting regarding their mates. - You can let them reflect on the skills they realized to have, how they came to choose the false one, how much it is something they'd like to reach in the future and how they can get there.
<p>Session 4 3 hours</p>	<p>Activity 4.1 - Draw a Map of Your Feelings 40 minutes</p> <p>Setting: First, what is expressive art? Expressive art is visually depicting your emotions through images, symbols and yes... maps! List all the feeling states that you encounter throughout the day. This includes from the moment you wake up to the moment you go to sleep. <i>Feeling states</i> are adjectives such as <i>agitated, excited, groggy, worrisome, annoyed, stressed, apathetic, happy, elated</i> or <i>gratuitous</i>. Place your feeling words randomly on paper and use a material of your choice to draw an arrow from one feeling state to the other. What does the mood cycle of your day look like? You may even draw your environment next to each feeling state on your map. Who is around you and how does that make you feel?</p> <p>A map of your feelings can serve as a mirror, reflecting your inner workings on a diagram. Have fun, explore and get to know yourself from a different perspective!</p> <p>Activity 4.2 - Blackout Poetry 1 hour Materials: Newsletters, magazines, black pens</p>

	<p>To create a blackout poem (Example), you take already-completed writing, like the page of a book or a newspaper, and redact certain words so what's left forms a poem. Pay attention to what words the participants use, choose to keep, and what message is formed by the poetry they've written. You can also use the words they keep as the basis of a free association activity.</p>
<p>Session 5 3 hours 00:00 - 00:00</p>	<p>Activity 5.1 - The bridge we built 40 minutes</p> <p>Setting: the bridge drawing is one of the best tools for expressive art and self- discovery. At the start of the bridge, draw yourself where you are now in your life. At the end of bridge, draw where you want to be. This can be something as specific as a job title you are seeking or city you'd like to live in. The bridge destination may also be peace of mind, financial security or a better friend. Ask yourself, what actions do I need to take to get there? Add those actions to the middle of your bridge.</p> <p>What's more, materials such as chalk pastels, watercolor and ink are great to use for this directive! However, this could be a great prompt for a photography project or mixed media painting as well.</p> <p>Activity 5.2 - I Think of Me 40 minutes</p>

Please circle or tick the statements you think about yourself.

- I am kind
- I am helpful
- I don't say how I feel
- I cause trouble
- I am angry
- I get others into trouble
- I can be trusted
- I am good fun to be with
- I am hardworking



- I am clever
- I don't listen
- I have lots of friends
- I follow the rules
- I am good at sport
- I copy what others do
- I know what I want to do
- I don't care about my education
- I am cool

Now, let's think about what your friends might say about you. You can use some ideas from the previous activity, but try to think of your own as well.



