



ERASMUS+ PROJECT 2021

Mindcraft



EXPLORING CREATIVITY



Opening a debate using 3 physical areas: agree, disagree, I still do not know. Different affirmations related to creativity are being read, and participants are invited to position themselves according to their response.

After a Carousel presentation on researches, reports and articles presenting the disadvantages of young people with block of creativity, views and arguments on creativity in youth work are exchanged.



Participants express what are the needs within their communities/workplace keeping creativity as the main focus of interest.

A plenary presentation and drawing of conclusions supports the understanding. The concept 'Continuum of creativity' is presented and participants are invited to compose their own 'River of Life'





Imagine your life as a river and try to express it on paper as you want. (different materials and tools are offered, go out of the comfort zone, paper can be in any shape). When we were done, we got into pairs and try to interpret the painting of our partner. After the interpretation the artist explained what he wanted to tell with his painting about his life.



LAND ART, GUERRILLA GARDENING - POSITIVE IMPACT OF ART IN PUBLIC SPACE

Thank to photos and videos Land art, Guerrilla gardening methods, Street art and other instalation in public place are introduced to understand the empowerment principles of use of art and creativity to change the point of view on public areas and have a positive impact. In the end, there will be a discussion about which is the situation where the participants live and how they can use art to make a change, a transformation.



<https://www.streetartfactory.eu/maua/>

<https://www.youtube.com/watch?v=rNyK9QTSgMI>

<https://www.youtube.com/watch?v=QcHpIKs856g>

Complete presentation is to be found in attachments



Participants fulfilled the desire of trying out some Land Art themselves thanks to a trip on the nearest beach!



Drone recording of participant's land art is to be found in the attachments



ORIGAMI AND ANCIENT ART TO WORK WITH PAPER



Introduction about the ancient Japanese art of origami.

3 parallel workshops of 15 minutes each, facilitated by the 3 trainers. Participants practice how to make simple and more complex shapes (the material collected has been organized in an installation around the whole building)



EMOTIONAL INTELLIGENCE, EMPATHY, ACTIVE LISTENING



Learning about emotional intelligence, empathy and active listening brings to creative thinking.

These concepts are presented then experiential learning takes place:

- The Aquarium method: a group of people will form a smaller circle, and around the inner circle will be an outer circle with the rest of the participants. The three themes will be discussed one by one. For each topic, the people from the inner circle will move in front of the person they have on their right. A group discussion is held to discuss the conclusions.
- Exercise to identifying other people's emotions through touch connection
- Active Listening: Uninterrupted listening for 5 minutes.

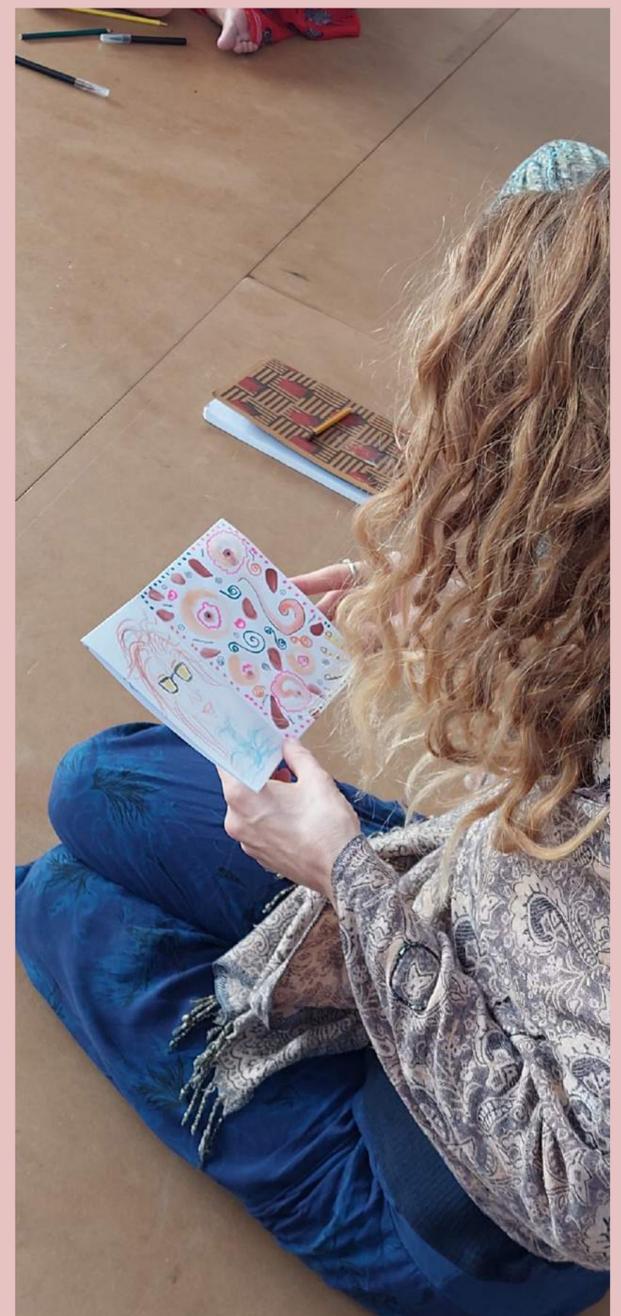


MIRRORING PROCESS, SKIN DRAWING AND PORTRAITS



Beginning with connection exercises between participants, such as the two-movement, human mirror, eye-gazing, and then different types of questions that youth workers can use to help young people facing difficulties.

- Mirroring the movement of a personal story.
- Portraits as a creative way to get to know, express, share, communicate with empathy and kindness.
- Fast drawing to acquire knowledge and skills in order to use the non-formal method of Drawing. The participants are guided through some activities based on free drawing or specific drawing using different tools and colours being invited to answer some questions through drawing or expressing themselves (emotions and states).
- Small groups talk about the process exploring this way of self-expression.



DANCING AND INNER EXPRESSION: THINKING OUTSIDE THE BOX



The aim of this session is to acquire knowledge and skills in order to use the non-formal method of dancing- embodiment delivered by a set of physical exercises based (from simple to more complex) on dancing with the aim of raising awareness regarding the self expressing through movement without using words. Again this is a very potent method to be used with hard to reach youth who find it easily to connect using their bodies rather than using language.

Energisers, groups and pair work, elements of mindfulness, non-verbal communication, improvisation theatre methodology, elements of contemporary dance are all elements that can support this session activity.

A final debriefing underlining how the transfer of this method in one's own professional realities can be made.

Exploration of different stages: on the floor, using different surfaces (wall, mat, anything), eventually using people as surfaces.

Gradually applying this to all of those following stages:

Leaning on surfaces (passive)

Pulling/ Pushing away from surfaces (active)

Reaching and rooting, conquering more space, screwing into the ground with your feet, imagine arms as growing branches.





THE LIMP BODY EXPERIENCE

First: Watch small educational video about being “here” and “there”

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=video&cd=&cad=rja&uact=8&ved=2ahUKEwiOj6mfxpTzAhXD8qQKHWbnBl4QtwJ6BAgJEAM&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D9m-kbBamg_U&usg=AOvVaw3X7BVXWhkN8mOQzyn7c3cT

1. Getting to know the feeling of “limpness”. Indulging into the “here” by laying on the floor. Eventually you also move, but without the thought of getting somewhere, there is only this state, this moment.
2. In groups of 4: One person is the limp/dead/puppet person and does not have any sort of muscle activity and reaction. The other 3 manipulate, push and pull the body while taking care that the person does not hurt herself. They move and carry the dead body around the room, supporting the person with their own bodies. They try to make the person sit, walk and stand. The person has to pay attention to being limp in any moment.
3. Same groups: One person gets massaged by the others for 5 minutes. The others dedicate all undivided attention, gentleness and care to the person laying.



PAINTING THE MOVEMENT



The session is designed to experiment with several types of educational methods and activities that can be done connecting movement and drawing with young people. Some of the activities are done individually or in groups. Part of the group is moving and part drawing, using big papers to paint while moving or small ones to portrait people who are moving. After this period, a plenary discussion is held to draw conclusions and provide different recommendations on how to use moving-drawing activities with youngsters.

FACILITATION FOR THE MOVING PART OF THE GROUP:

- Creating a sequence of 5 movement (of affection or escape or any other theme)
 - Repeat you sequence, let it evolve into a solo
- 3 to 5 movers blindfolded in the space are invited to repeat their solo dance and search for interaction within it.

Many other exercises can be used for the combination of movement and drawing taking inspiration from: "Contact Dance", "The 5 Rhythms", "Authentic Movement", These activities are part of the holistic development process and stimulation of the hormones of happiness (endorphin). At the end of the exercises, a brief presentation of the impact of the movement and touch on the biology of the brain, thoughts and emotions is recommended.



PAPER PUPPET



Newspapper - each one gets one sheet of the newspaper. Place the newspaper in front of you and put your hands on it. Feel the movement, the breath and the feeling of your sheet of paper. Follow it - it can meet other newspapers, explore your or other body parts and put the newspaper somewhere to rest. Check where the newspaper feels comfortable.



To create a puppet from newspaper, every participant takes 3 sheets of newspaper. Roll them up lengthwise as described in the tutorial:



Explore the possibilities and interests of your puppet and share them in the circle one by one. Create groups of 4 and choose one puppet. One person takes the role of the director and the others are moving the puppet. Exchange the roles in your team.



Pairing up in couples. One person closes their eyes and the other one gives suggestions for the movement through direct contact of different body parts. Gradually decrease the intensity of the suggestion, until finally only using the heat of your body as an invitation to move.

Afterwards, exchange the roles.

At the end of the activity both partners perform the activity together at the same time with closed eyes.

Pay attention to the quality of the movement.



Puppet Show

One person performs movements with the quality of the previous exercise (not too fast). The others try to mirror the movements with their puppets. You can experiment with role changes, interaction of the puppets etc. , e.g. human imitating the puppet and puppet nr. 2 reacting to it.

EMBRACING WHOLENESS THROUGH THE ARTS

In this session, participants learn how to facilitate mindfulness activities to reduce stress and induce a state of well-being for young people.

The group starts by sharing the practice of meditation facilitated by a trainer.

Then each participant can choose the creative activity to which apply meditation and practice: visual art, drawing, painting, drawing of mandalas, creation of mandalas, expression through poetry, music, eco-art, sculpture, clay work. Facilitation and guidance of the team of trainers keeps the focus with reminders and stimuli.



CLAY WORK



Clay work start with some experimental invitation to be conducted blind folded:
-each participant, blind-folded gets given a piece of clay and interacts by getting to know the material.

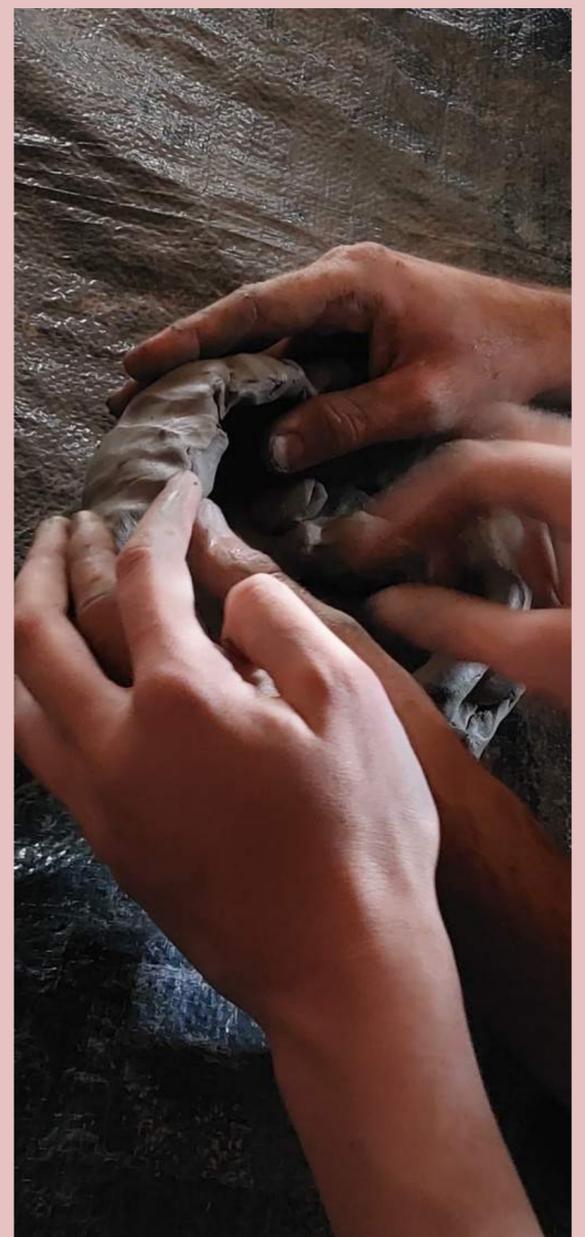
-In pairs one will help the other one blind folded to create something following what the trainer will guide into.

-The blindfolded group will then be guided by their mate outside the working space, he/she will return with sight vision and tries to recognise his/her clay work.

-repeating by changing roles.

- Group exchange of ideas about 5senses and perception, on how to use and develop this method of working with clay, blindfolds and touch.

-The group returns modeling clay individually and starts to create their art piece. The trainers will show techniques and methods to work with clay on details.



FROM CLAY TO BODY

The group already worked with many different materials, explored and practiced creative and mindful handwork, now the material will coincide with the instrument: the body.

-contact improvisation exploration with all the group is facilitated, starting from the exploration of one's body, into the space, onto other bodies sharing the same space.

-In couples one with closed eyes receiving, the other open eyes exploring through mindful touch, getting to know the skin, muscles, tissues and bone structure.



WOOD WORK



-First contact with wood through the 5 senses.

- Experiencing a selection of autumn leaves collected for the occasion and experiencing leaves through the 5 senses.

-Immagination task: with eyes closed a visualisation of the Secret garden is lead by a trainer, at the end of which the participant will be left with the visual image of the leaf they are most connected to.



-The trainers introduce wood and the tools to carve it.

-Dimonstrations on how to work the wood safely

-Participants are invited to create their leaf first with clay then into wood.





THNAK YOU MINDCRAFTERS
FOR SHARING A SPECIAL
ERASMUS+ PROJECT

PADOVA, SEPTEMBER 2021