

# LET'S PLAY WITH THE ARTS

## A WORKSHOP SERIES ON USING ARTS AS LIFE SUPPORT

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### SPACE AND TECHNICAL REQUIREMENTS

For this series of online workshops it would be ideal to have a room on your own where you have a table or any other place to work on. It also would be helpful to have some space for movement and relaxation. You will need a stable internet connection and a computer with camera, microphone and headphones or loudspeakers.

### GUIDELINES FOR THE WORKSHOPS

- ★ We treat things we get to know about each other confidential.
- ★ We are here with openness, interest, kindness and appreciation and respect everybody in her/his variety.
- ★ We try to be present and to listen to ourselves and each other carefully.
- ★ We can bring our perceptions, impressions, assumptions, associations, feelings and ideas.
- ★ We refrain from judging, giving advice, evaluating and interpreting.
- ★ There is no pressure to share.

### PRINCIPLES AND TECHNIQUES

- ★ **Trust the process** means to have the confidence that the process will result in something helpful even if this might not be obvious while being in the middle of it.
- ★ „**Low skill and high sensitivity**“ refers to simplicity in the art making and sensual attentiveness towards the doing.
- ★ **Aesthetic feedback** is our resonance to the artworks of the others and can be any creative response: a doodle or drawing; a word, sentence or poem; a gesture, ... .
- ★ **Journaling** refers to writing for yourself during or after the process about your thoughts and feelings or anything else that is present in that very moment.

### BASIC ART MATERIAL

- ★ Paper A4 or A3
- ★ Colors (e.g. pastels, crayons, felt markers, water color...)
- ★ Scissors, glue
- ★ Some newspapers and/or magazines
- ★ Pen and note pad

Optional: Modelling clay, Play-Doh, recycling material (packaging, card board, thread ... )

### LANGUAGE

The workshop language for our joint communication depends on the group.

English, French and German are the main options. Any other mother tongue can be used during the art processes and might be translated if it's applicable.