



FROM MEETING TO STORY

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



N° of pax 3+

indoors | outdoors

art expression | painting



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

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.

3 STEPS

1. The group is divided into small groups of three people. Each group is given a fairly thick A3 sheet, some A4 papers and tempera paints or watercolours.
2. (10 minutes) Each participant chooses a colour and everyone starts working on the A3 sheet. Without any clear ideas or plans, using their hands to apply the colour. During the colouring activity, colours will meet, making new ones, will combine and new unplanned or unexpected shapes will be made.
3. After this phase, the facilitator gives time for observation and working out the shapes and images that have been created.
4. (15 minutes) Starting from their images, each subgroup will write a short story on the papers provided.
5. The first emotional sharing takes place in the subgroup, no specific questions are asked.
6. Participants return to the large group and share their experience and their productions with others.



REFLECTION

- What did you feel during the overall experience?
- How did you experience the encounter with the hands and the colours of the others?
- How do you think this activity can contribute to resilience building?

COMMENTS

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* PREPARATION

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

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