



NOTHING HAPPENS BY CHANCE

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

N° of pax 3+
indoors
30 mins - 1 hour



art expression | drawing

PURPOSE

GROUP DYNAMICS

- collective subconscious
- giving and receiving
- verbal and non-verbal communication through unusual channels

INTRO

- * This is an activity that can be used at the end of any kind of experience that the group has gone through. It has a closing function, allowing everyone in the group to express their feelings and emotions, using a non-verbal channel. This activity helps the facilitator and the participants to become aware of the dynamics that are present in the group, even the ones that are usually less noticeable. Usually the feeling that mainly characterizes this activity is that of a pleasant surprise, which allows for
- * the creation of positive emotions and the wish to interact with others with greater openness, even with those with whom they have not yet had meaningful connections.

MATERIALS

- sheets of A4 paper
- various colours
- container to hold all the sheets

PREPARATION

- Place a container in the centre of the space.
- The facilitator must facilitate the emotional expression of each participant, without judgement on the quality of the drawing.

STEPS

1. Sit in a circle and draw your feelings on a sheet of paper, using the colour that you think most appropriate. The quality of the drawing or the fine details are not important.
2. It is an impromptu and instinctive activity, which does not provide any rules except that of time, which should not exceed 5 minutes.
3. The facilitator asks everyone to fold their sheets and puts them in a container and mixes the sheets thoroughly. Then everyone is invited to take a drawing from the container, making sure not to open it until everyone has a sheet.
4. All together, then, everyone opens the drawings simultaneously and discovers what they „fished out.“ Usually at this stage spontaneous curiosity arises (often characterized by indistinct chatter, laughter, etc.), it is important to let people express this as it is natural that everyone wants to know who happened to get their own drawing. It is also at this time that you can discover similarities in the stroke and colour, or even clear differences.
5. When it is evident that the group is ready to share, sit in a circle and one by one show the drawing you received, expressing, without any judgement on aesthetics, only the emotions that that drawing arouses in you. The person who made it may talk briefly about how they did the drawing, if they wish. Then the next drawing is shown, and so on, until each sheet has been presented. At the end, everyone takes away the drawing that they have received.



REFLECTION

- What were your feelings during the activity?
- How was it for you to spontaneously draw your emotions?
- How do you think this activity can contribute to resilience building?

COMMENTS

- The facilitator is part of the group, so it's important that he/she takes part in this activity as a participant.
- Since it is an activity designed for closure, it would be better not to put background music, because it may influence spontaneous creation, which instead should be guided by the memory of the experience before.
- The facilitator must facilitate the emotional expression of each participant, without judgement on the quality of the drawing (eg. „This drawing is beautiful“ should be replaced by „This drawing makes me feel good because ... and I feel ...“, or „This drawing is ugly“ should be replaced by „When I look at this drawing I feel ...“).

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