



PLAYING YOUR DRAWING

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



N° of pax 2-20



indoors



30 mins - 1 hour



art expression | music



PURPOSE

EMPATHY

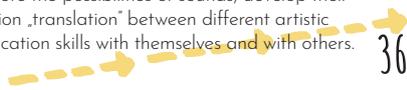
- self-expression
- non-verbal communication
- emotional connection

PREPARATION

- Create a safe environment for personal expression.
- This activity requires that participants know each other already due to the level of intimacy in the activity.
- * The presence of the facilitator during the drawing and the playing of sounds must be discreet and of observation alone.

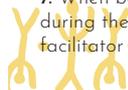
* INTRO

This activity allows participants to explore the possibilities of sounds, develop their creative abilities, create a communication „translation“ between different artistic forms, develop their personal communication skills with themselves and with others.



STEPS

1. Seated opposite each other, participants are asked to close their eyes and connect with themselves, with their body, their breath and with the breathing of others. The facilitator can choose to propose a short relaxation activity here.
2. In each pair there will be a „designer“ who will be responsible for drawing and a „player“ who will have the task of translating the drawing into a sound expression. The roles will be decided before the start of the experience.
3. The „designer“ will be asked to think of a memory, or the present time of their life, or just something nice not necessarily linked to themselves (a piece of music, a movie, a story, etc.). When the designer is very clear in their chosen image, they begin to draw (symbolic or descriptive) about that image.
4. Then the „player“, observing the gestures of the “designer” and the images that slowly appear, chooses a musical instrument that seems to fit best and begins to make sounds expressing what he/she observes, being careful to stay connected with the image and its changes.
5. The experience ends when the “designer” has completed the drawing.
6. At this point they reverse roles and repeat the experience.
7. When both have drawn, the facilitator invites the pair to share their emotions during the process with each other. The facilitator has the role of observer and facilitator of communication.



REFLECTION

- How did you feel during your experience as “designer” and as “player”?
- Was the sound created consistent with your imagination and the emotions connected to it?
- How do you think this activity contributes to resilience building?

COMMENTS

- It is preferable that this activity takes place indoors or at least in a secure environment to protect the very intimate space of personal expression. This activity requires that participants know each other already and can not be proposed as an initial introduction activity because it requires a lot of trust in the partner as well as a good connection between them due to the level of intimacy in the activity. The presence of the facilitator during the drawing and the playing of sounds must be discreet and of observation alone.

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