

Training Programme

Challenging our own ways of thinking

Day **3**

8 Making me

Exercise

75 min

Useful for:

Exploring how to represent one's own diversity

Resources needed:

As many different resources as possible, pen, pencils, paints, crayons, paper of many colours, pipe cleaners, coloured electricians tape, scissors, glue, sticky tape, post-it notes, simple musical instruments, the big sheets of paper with the 20 statements of each participant, ...

Room Layout:

Participants should have separate spaces they can work at. They might also want to leave the room to prepare.

What happens?

Participants have time to work on their own to create a self-portrait which represents the 20 statements about themselves they produced the day before. Participants can choose different media and use any of the materials provided. The works can be very abstract or very realistic, but they have to represent as many of the 20 statements as possible. They can create a short three to five minute performance, a piece of music or a short video they record on their phone. They have 30 minutes to prepare their self-portraits.

The artworks, posters and performances are then exhibited. The facilitator then leads a guided tour of all the exhibits or performances and each participant has the opportunity to say a few words about their creation.

There is no group reflection but if there are any question allow space for them to be asked and answered.



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