

DIDACTIC PLAN

WORKSHOP, SEMINAR, SESSION TITLE:
ART THERAPY

AIMS:

Be aware of the previous ideas and thoughts before starting a creative activity

Be aware of the ideas and thoughts while doing a creative activity

Be aware of the ideas and thoughts after doing a creative activity

CONTENTS:

Intrapersonal dimension: selfesteem, in dialogue and self judgement.

Interpersonal dimension: my attitude toward others in different steps during the creative activity.

ACTIVITIES:

We must build a sculpture from waste materials such as: cords, ropes, cables, wires, different kinds of paper, glue, chipping, metallic waste, various sizes of carton and so on

When the work is ready, some questions are made in order to promote the individual reflection. After this, a brainstorming of ideas will be set where each person may participate. At the end, all the works will be exhibited.

Questions.

Decide a title for your work and justify it

Which were your fears before starting this activity? What have you thought about the materials? How have you been feeling? Did you think you could do a nice work or it wouldn't turn out well? Have you thought about quitting? Have you taken it as an exciting adventure?

During the activity:

How have you been feeling? Were you encouraged or discouraged?

What were you thinking about when it didn't turn out as well as you wanted? What has been your reaction when someone else wanted the same material as you? Did you give it? Did you share it? How have you been managing mistakes?

After the activity:

What's your opinion about your creation? Are you happy or is it worthless? Do you feel like showing it to everybody or destroying it?

Answer these questions after a deeply reflection upon everything done

during the workshop. Write them down on your notebook. Afterwards you may share them with the whole group.

We exhibit the work creations in the hall.

TIMING:

Two hours

RESSOURCES AND MATERIALS :

Waste materials such as: cords, ropes, cables, wires, different kinds of paper, glue, chipping, metallic waste, various sizes of carton and so on.

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