PATH OF HEART

By Audicia Lynne Morley/ RSMT/E

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indoors

30-40 mins

N° of pax 2-20

art expression | drawing | thinking

PURPOSE

DAILY GROUP REFLECTION

- honours and acknowledges everyone's learning experience
- generates resources from an experience
- generates positive reflection and how to experience the gift of a day

PREPARATION

- prepare the materials for each group
- this activity is designed to happen in a workshop that lasts longer than one day

MATERIALS

- A3 paper and crayons (for each group)
- 1 red marker (for each group)
- 3 different coloured Post-It pads (for each group)
- postcards (3 for each participant)
- (optional) 3 flipchart pages and coloured markers

INTRO

This is a self-reflective exercise, developing the skills to look deeply into an experience and find learnings, challenges and resources. Exploring what may be a resource for a particular challenge.

3 STEPS

At the end of a day's activities, the facilitator divides the group into small groups of 4 to 6 people.

1. (30 min) Each group is invited to map through the events of the day and to create a drawing that reflects the day's activities as a journey, scene, landscape or other image. Once finished they should draw a clear red line that marks the timeline from the beginning to the end of the day and then, add to the drawing anything else if needed.

2. (30 min) Each participant is now invited to self reflect and to write in yellow post-it new learning, in a red one a challenge and in a green one a resource that could support them with the challenge. Once finished, they are invited to share it in small groups and to place the post along the red line.

3. (5 min each group) At this point, the facilitator invites all to come together as a big group to share their collective drawing, the learnings, challenges and resources.

4. (20 min) Finally, the facilitator helps the group reflect on what has come forward, trying to notice if there are any collective learnings, challenges or resources.



REFLECTION

- How did you feel during the different parts of the activity?
- What learnings, challenges and resources did you collect each day?
- How do you think this activity can lead to resilience building?

COMMENTS

- Variation 1: Have 3 large pieces of flip chart paper in the circle and a participant with coloured pens who takes notes. Each page has one of the following titles: Learning, Challenge, Resource.The writer takes note of all the learnings, challenges and resources so as to collect all the themes as they are shared.
- Variation 2:This self-reflection can also be combined with either a large group or small group harvesting of each day.
- This activity can be connected this with the Heart Thread Journey activity and with the Labyrinth activity
- The facilitator should lead the participants to gather in small groups and do this activity at the end of the day