ELEMENTAL SCULPTURES-WATER



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N° of pax 2-20

outdoors

2,5 hours

art expression

PURPOSE

CREATIVE ENGAGEMENT WITH INNER & OUTER LANDSCAPES

- Connection with Nature awareness
- To develop resources for resilience
- Body awareness

MATERIALS

- whistle or drum
- (each participant) watch or timepiece
- outdoor clothes
- (optional) swimming costume
- camera

PREPARATION

- The facilitator choses an appropriate environment that has a water source: river, waterfall, ocean, lake, sea and clearly defines the working area.
- The facilitator should go through safety aspects of working in the chosen environment with the group before the activity, including that participants should take responsibility for themselves.

INTRO

"Water is a great teacher that shows us how to move through the world with grace, ease, determination, and humility" The intention of this activity is to engage creatively through the senses with the element and environment of water. To have a personal experience and then reflect back in a group setting to generate collective resources and develop creative responses to support inner resilience.

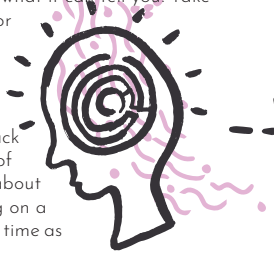
STEPS

The facilitator invites the participants to:

1. (30 min) Explore the environment, becoming familiar with your surroundings through your senses by:
Move through the environment taking time to pause at least 4 times.
Close your eyes, smell, listen, taste and feel the place where you have paused.

2. (30 min) Respond to the environment, through movement, stillness and relaxing in the environment, which can include entering into the water.

3. (30 min) Create a piece of nature-art influenced by your experience to honor the element of water, using natural objects you find.You can just allow what wants to take form and then see what it can tell you. Take photos of your creation to share in the circle or to resource you in the future.



4. (4-5 min each) The facilitator calls everyone back together. Optionally you can have a small group sharing before coming back into the large group for a full circle sharing of the experience. Share images, and / or walk about to visit each nature-artwork. If you are going on a walk to visit all the art pieces, allow for longer time as transitions will be needed.

REFLECTION

- How was the experience for you?
- What did your experience of water teach you about resilience?
- How can this experience support you in a current life situation?

COMMENTS

Before any activity that is performed in the environment, it is important that the facilitator assesses the location and particular features of the environment in terms of safety so they feel they and the group will be comfortable and visible. If you wish, create a waiver form for each participant concerning the participant's responsibility when working outside.
This activity can also be connected to NATURE'S SONG activity as a warm up or sequence of activities connecting with the environment.