MY SYMBOL



CENTRS MARTA

indoors

art expression
(drawing, painting, performing, dancing, creative writing, filming, photographing)

N° of pax max. 20
pairs | group

20-60 mins
The size of the group affects the length of the task.

PURPOSE

- To learn more about self and others
- To have an opportunity to talk about ourselves in an easier way

MATERIALS

- A4 paper
- Felt-tip or pencils, any other drawing materials

PREPARATION

- For the first part, you will need a place where participants can draw their symbols and materials for drawing.
- For the second part, you will need to sit in one big circle, so the room needs to be big enough.

INTRO

It is important to explain to the group that this exercise is not about one's ability to draw and we are not judging other participants' drawings, the drawing is just a symbol.

MY SYMBOL

STEPS

1. Start with giving everybody time (e.g., 10 min) to draw a symbol that represents themselves. Symbols can be anything they can imagine, but it is important not to write anything with words, only draw.
2. When everybody is ready, form a circle. Explain to participants that now everybody will present their symbol. Presenting must be done in "I form". For example, if my symbol is a cup, I will show my drawing and say "Hello, I am a cup and I am sitting on the table". The presentation is only about factual things – what is your symbol?
3. Then invite others to ask "the cup" questions. For example: "What is in your cup? Where are you? Who drinks from you? Do you like to be a dish? Are you used daily? Etc." Remind participants that when asking the questions, they don't give their opinions on "the cup". The owner of the drawing answers as he or she is "the cup", but if they don't want to answer the question they can do so.
4. The facilitator needs to be active and can ask questions as well. The facilitator needs to stop the group if they feel that the person who's presenting feels uncomfortable, or the questions have stopped, and the group is ready to listen to the next presentation.
5. Move to the next person presenting and start over the questioning process.

REFLECTION

Important: reflection questions should be about the process, not about the things we learned about others.

- How did you feel during the process (presenting/ asking questions/ answering)?
- Was it easy/difficult to choose an object that would represent you? How easy was it to answer the questions? Why?

COMMENTS

This exercise can easily hurt someone's feelings so it is important for the facilitator to be proactive and remind everybody not to judge or give their interpretations about what could be mean.