Resilience Shield

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N° of pax 2-20 | outdoors | 4 hours

art expression| drawing | thinking

PURPOSE

DEVELOPING RESOURCES FOR RESILIENCE

- connect with Nature
- enliven shared resources for resilience

MATERIALS

- drawing pad
- A3 paper
- crayons
- notebooks
- pens
- backpack with water, snacks & warm clothes
- whistle or drum

PREPARATION

Participants should feel comfortable to be out in nature, healthy in mind and body, responsible for themselves, and creatively attuned. Be open to explore, share and discover from both personal and group activities.

INTRO

This is an activity of exploration of nature and deep engagement with its elements to then reflect and draw resources from it, see how they can support you building resilience and finally exchange your discoveries with others.

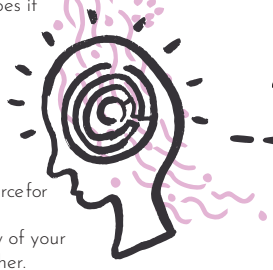
STEPS

The facilitator takes the group to a safe area in nature.Once in the defined limits of the working place, the group starts to discover the area:

1. (20 min) Each participant follows where they feel called to wander and relax in the environment: Find a place to settle that feels comfortable for you, where you feel safe and well. This is your personal hotspot or home base.

2. (15 min) Turn your attention to the natural elements that surround you in your personal hotspot. Observe the area you have chosen and the elements located here Air, Earth, Water, Wood, Fire. Create a drawing of your personal hotspot that captures some of the quality present here, how this place makes you feel, the quality or the atmosphere.

3. (40 min) Then there is a time for deepening the exploration with one element that feels the most nourishing or appealing for you: use all your senses, fully engage in the adventure of discover, let the element teach you all about itself and even imagine you can become the element and how does it feel in your body, heart and mind?



4. (15 min) Then, write in a journal about what qualities you are discovering in this element. How might these qualities assist you in relation to the theme of resilience in your life?

5. (30 min) Create a Personal Elemental Resilience Shield that contains all the resources the element is teaching/offering or what you imagine could be a resource for you when working to support your own reliance.

6. (15 min) Gather in pairs/trios to share the draw of your resilience shield and your experience with each other.

7. (30 min) Then, create a group Elemental Resilience Shield that contains one resource from each participant's personal shield and write about it on the shield to harvest the experience as a collective.

8. (60 min) The facilitator gathers everyone in a closing circle to share and reflect on the experience and on the resources. Each person shares at least one resource.

REFLECTION

- How did you feel during the activity?
- What element, personal and group resources you found during the activity?
- What did the elements teach you in relation to resilience?

COMMENTS

The timing can be adapted to suit the facilitator and the experience of the group. It's advised to shorten the times for the first time or new groups.