

Journaling through collective art

DATE: / /

PART 1. GROUP EXPERIENCE

1. Every participant in the group takes a turn to share ideas on what a *collectively-created environmental art piece* could be, which uses a large area (a sculpture, a mandala, a built structure, or other ideas).

THEME FOR YOUR ARTWORK:

"YOUR GROWTH EXPERIENCE THROUGHOUT THIS YEAR"

2. Decide together on the work you will create - try to achieve a consensus, not a voting decision. Use at least 20 minutes to complete your art piece, without speaking (you can use non-verbal communication). Use mainly natural elements in your surroundings - you can also use the chalk provided to add colour or symbols.
3. Add symbolic elements that reflect your individual experiences, your challenges and successes, as well as how they all connect to your shared growth as a group.
4. While discussing and working, observe and reflect on your personal involvement in the group task, and take note of how the group experience unfolds.

PART 2. INDIVIDUAL JOURNALING

5. Find a space nearby where you can work comfortably and by yourself. Create a mixed-media journaling log (video, voice recording, photos, notes) to capture your personal reflection of this experience and your growth as a group. Use the lines below to add some ideas if needed.

REFLECTION PROMPTS FOR YOUR LOG (SELECT AT LEAST 2):

- Which moments (that I remembered from this year, and from doing this activity) have given me joy? How can I invite more of them into my day-to-day?
- Which qualities and talents do I value the most in my group members? And from myself? How are these values (mine and theirs) represented in this artwork?
- When do we work best together? What happens when we do so? Which moments from this creative activity best reflect this? How is this represented in our collective art?
- How and when have I – and we as a group – shown courage and growth in this year? Which elements in this artwork can represent this?
