



# idevelop

**Program Emotional Maps, 5 days**

Málaga



## Program Description

"Maps are the most important documents in human history, they give us tools to store and exchange knowledge about space and place". Brené Brown.

Human emotions and experiences are shaped by biology, biography, behaviour and backstory. This course offers strategies for the integration, recognition, name and make a sense of our emotions and experiences and how we can implement the following in a classroom:

1. Understand how emotions show in our bodies (biology)
2. Get curious about how our families and communities shape our connections (biography)
3. Examine our actions (behaviour)
4. Recognise the context of what we are thinking and feeling (backstory)

## Competences

Participant will gain:

- Actively will learn to maintain students' attention and motivation throughout a creative class and learning process.
- Will experiment soft art therapy techniques easily applicable to people of diverse cultural backgrounds and abilities in an enjoyable way.
- Will promote higher-self esteem and integration of minorities.
- Will Improve creative and collaborating skills and stimulate lateral thinking through group and individual projects.

## Methodology

The methodology of the course focuses on group experiences and needs.

The training will follow mainly practical approaches; visualisations, individual and group activities and movement, theatre improv, collage, writing, painting, art therapy as part of the course. The participants will learn how to implement these techniques in the various phases of their daily routines.

We will also create collaborative art projects (e.g., using street items, storytelling, and practicing nonverbal forms of communication). Through artistic expression, we will transcend language and cultural barriers and work to better understand one another.

## Results

### Knowledge

The participant:

- Will practice strategies for encouraging emotional and creative collaboration among students.
- Unblock patterns of thinking which we use on a daily basis, develop resourcefulness in participants and learn how to transmit it to their students.
- Will learn the power all forms of art to promote wellbeing, empathy, as well as personal development;
- Will understand how to use art, theatre, music, movement as a tool to promote inclusion among students.

### Skills

The participant knows how to:

- Experiment with art techniques to find a positive teacher-student relationship.
- Exchange project ideas and teaching tools with other teachers to develop an inclusive creative arts curriculum.
- Use different methods of implementing creative solution in their professional life, discovering at the same time their own creative resources.

- Understand and consider different ways of interpreting and teaching creatively.

## Day by day Planning

### **DAY 1. Places We Go when life is Too Much.**

- 9.00-9.30 Welcome Session.
- 9.30-10.00 Ice-breaker activities to get to know each other .
- 10.00-10.30 Understanding stress, anxiety and worry. What is behind that?
- 10.30-11.00 How fake smiling can back-fire: anatomy of our body.
- 11.00-11.30 In touch body and mind dynamics.
- 12.00-12.20 Coping with Stress in the classrom techniques.
- 12.20-12.40 Practice with improv theatre and movement with the emotional wheel.
- 12.40-13.00 Focus on: Can we control emotions?
- 13.00-13.20 Burn out and bitterness addressing.
- 13.20-13.40 Artistic expression: "Say my name" in collage.
- 13.40-14.00 Movement meditation: Animals: fear and instinct vs. Human conditioning.

### **DAY 2. Places we go when life don't go as planned.**

- 9.00-9.30 Morning writing routine.
- 9.30-10.15 Soft way to work with students feelings.
- 10.15-11.00 What my parents want vs. What I want.
- 11.00-11.40 Vulnerability in the classroom.
- 11.40-12.00 Boundaries and limits.
- 12.00-12.20 Saying No exercise.
- 12.20-12.40 Accusing language vs. Assertive language.
- 12.40-13.00 Dealing with anger, boredom, disgust.
- 13.00-13.20 Music and other liberating techniques.
- 13.20-13.40 The hidden feelings of the community.
- 13.40-14.00 Activity: group installation: hate and other "negative emotions".

### **DAY 3. Places we go when we compare.**

- 9.00-9.30 Morning pages.
- 9.30-10.00 Emotional wheel.
- 10.00-11.00 Art therapy: Mapping my heart.
- 11.00-12.00 My emotions of the last month.
- 12.00-13.00 Neuroscience approach: Where does that feeling come from?
- 13.00-13.20 The emotional moving canvas: shaping the space around me.
- 13.20-13.40 Walking meditation.
- 13.40-14.00 Multi-sensorial experience.

## **DAY 4. Places we go with Others.**

9.00-10.00 How to empowering your students to openness, honesty.

10.00-11.00 Techniques and strategies. Empathy, Joy, Content.

11.00-12.00 Mindfulness activity.

12.00-12.30 Active artist installation.

12.30-13.30 We co-create together: the forest: is not my painting, is our painting.

13.30-14.00 State of well-being tips for happiness.

## **DAY 5. Places we go when the Heart is open.**

9.00-9.45 Stream consciousness writing.

9.45-10.15 Exchange of ideas: collaborative art activities for building a more emotional in touch community.

10.15- Visualisation with touch.

11.00

11.00- How I want my next few month to be?

12.00

12.00- Positive psychology: The box of joy activity.

13.00

13.30- Goodbye session

14.00