



# idevelop

**Program Paint and Art Therapy , 5 days**

Lisboa



## Program Description

Art is a way of relaxing and being and forgetting about everything. But it is also the way how to:

- Increase the creativity, intuition or selfexpression.
- Reduce stress and pressure.
- Experience more joy, peace and harmony.
- Healing what needs to be healed easily and gently.

When you are creative, live flow through you. Being creative opens possibilities and resourcefulness. Resourcefulness, the ability to find quick and clever ways to overcome difficulties, is nowadays "a must" in teacher's and students' daily lives and future. It helps to find the way where there seems to be none. It brings new brilliant ideas and creative solutions to the daily lives of teachers and their students.

Art is a powerful tool that unlocks your subconscious mind, allowing you to release pain, process emotions and find clarity and meaning gently way.

Previous painting skills are not needed, beginners and first time painters or those, who think that they can't are welcome!

## Competences

- Soft art therapy techniques easily applicable in your daily life and in the classroom in an enjoyable way.
- Ability to lower stress, pressure and frustration levels in the classroom.
- Effectively support creative thinking among teachers and their 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
- To deepen participants' knowledge about painting and art therapy applied to the classroom
- Use the creativity of their learners in solving problems
- Get to know and use a wide range of tools aimed at shaping creative thinking
- Use different methods of implementing creative solution in their professional life, discovering at the same time their own creative resources

## 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 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

By completing this course, participants will be able to:

- Use painting and art therapy techniques to relax, reduce stress, solve the challenges in life and classroom more easily and in a creative way. Increase creativity, intuition and self-expression of teachers and their students.
- Be more creative and resourceful in finding solution more easily.
- Manage and work better with emotions and mind and be able to help their students with this.
- Have more compassion, understanding and acceptance in their daily life, for themselves and students.
- Gain more positive attitude in your community.
- Access to a new network of teachers across Europe inspires new ideas, teaching methods and problem solving.
- 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. I am different. Art for inclusion.**

9.00-9.30 Welcome Session.  
9.30-10.00 Ice-breaker activities to get to know each other.  
10.00-10.30 Strategies for social inclusion of minorities.  
10.30-11.00 Examples and activities.  
11.00-11.45 Different background, same story.  
11.45-12.15 Dealing with stereotypes.  
12.15-13.05 Visual world map installation.  
13.05-13.25 Focus on: All that we share.  
13.25-13.45 Artistic expression: "Say my name" in collage.  
13.45-14.00 Focus on inclusion and integration.

### **DAY 2. I feel. Art and feelings.**

9.00-9.30 Morning meditation on the sea of emotions  
9.30-10.00 Soft way to work with students feelings.  
10.00-10.30 What my parents want vs. What I want.  
10.30-11.00 Vulnerability in the classroom.  
11.00-11.45 Imagination: Do you have it or not? Facts and myths  
11.45-12.15 Imagination: the creative process  
12.15-12.45 Dealing with anger.  
12.45-13.15 Music and other liberating techniques.  
13.15-14.00 Activity: group installation: The feelings of the community.

### **DAY 3. I am joy, Art and therapy.**

9.00-9.30 Morning in motion dynamics. Storytelling and body.  
9.30-10.00 Socially-engaged artists and artworks.  
10.00-10.30 Inspirations and ideas.  
10.30-11.00 How can I bring this in my classroom?  
11.00-11.45 Are we all that different?  
11.45-12.15 The Yum and Yuck factor.  
12.15-12.45 The box of joy activity.  
12.45-13.15 The moving canvas: shaping the space around me.  
13.15-14.00 Multi-sensorial experience.

### **DAY 4. I belong. Art and community.**

9.00-9.30 Broken telephone: Collaborative and multicultural conversation with symbols.

9.30-10.00 Empowering students to teach fellow students.

10.00-11.00 Techniques and strategies.

11.00-11.15 Coffee Break.

11.15-12.30 Individual and group practical activities: intuitive painting.

12.30-14.00 We co-create together: the forest: is not my painting, is our painting.

## **DAY 5. I am colourful. Art is everywhere.**

9.00-10.00 Exchange of ideas: collaborative art activities for building community.

10.00-11.00 Understanding and enjoying art out of the classroom – visiting or organizing art exhibitions.

11.00-12.00 Paint and flow. Anyone can paint.

12.00-13.00 Easy techniques.

13.00-13.30 Coping with Stress in the classroom techniques

13.30-14.00 Goodbye Session.