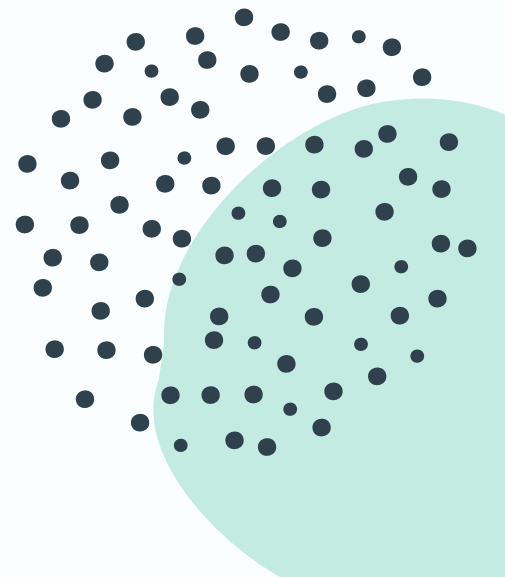


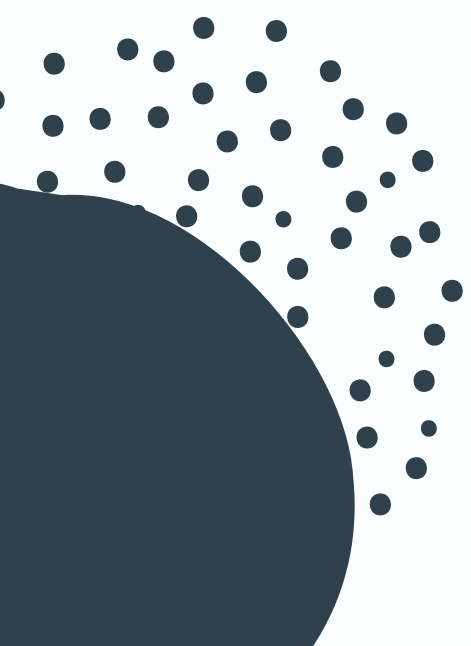
APRIL
2021

GUIDED VALIDATION WITH ART

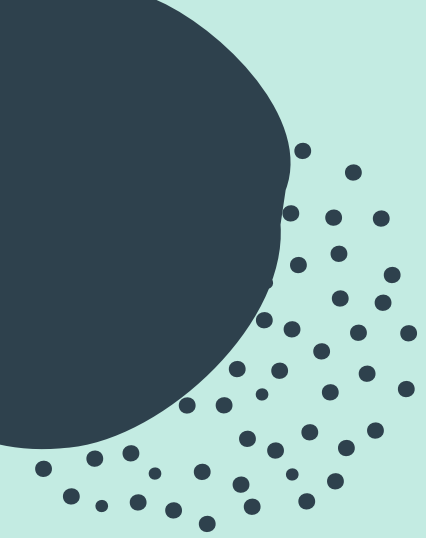
Presentation by Neha G Utmani



Warm-up



IF THE WAY YOU FEEL NOW IS A
LANDSCAPE, HOW WILL IT LOOK...



WHAT IS ART

The expression or application of skill

Art is

Feeling

Form

Beautiful

Imagination

Emotional power

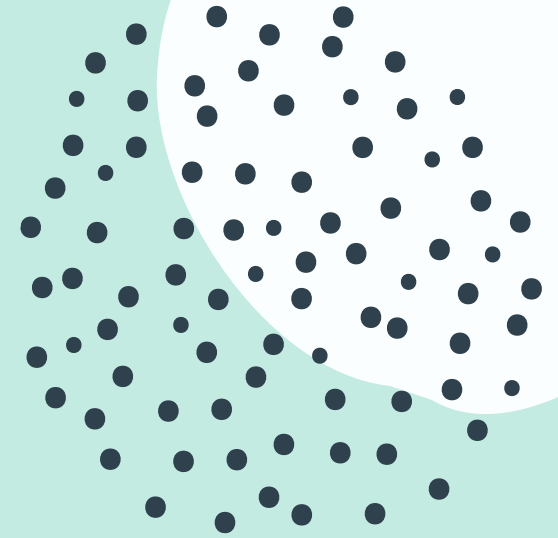
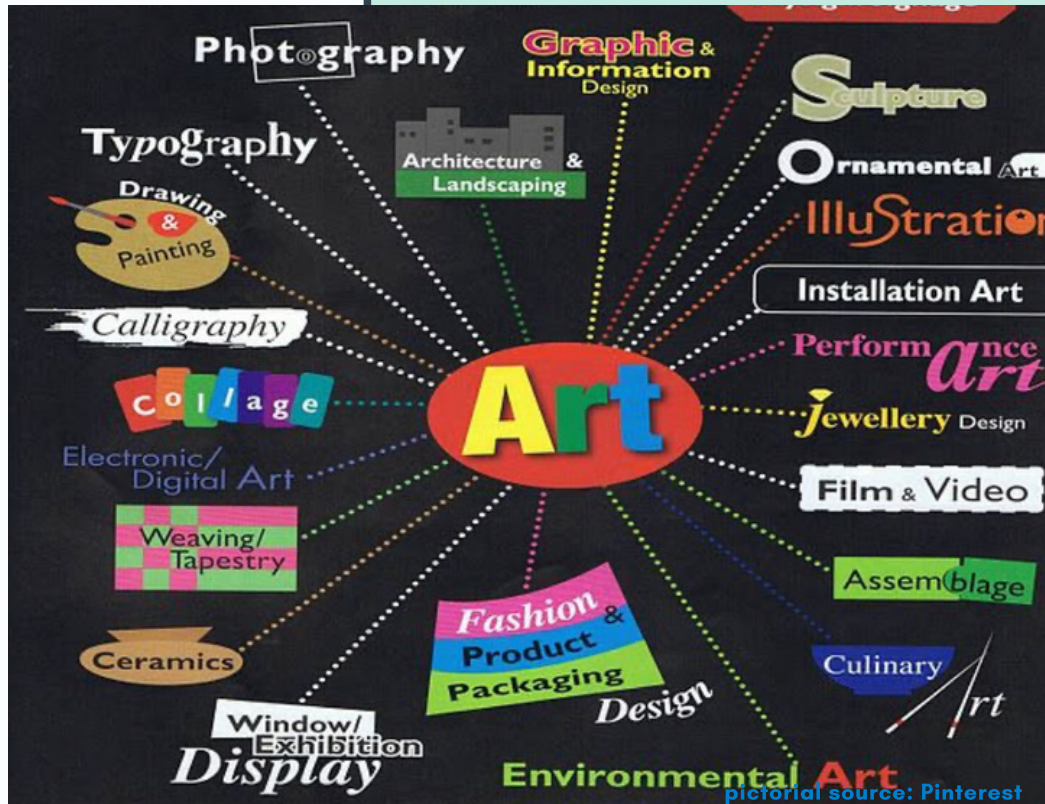
Creating something

Perception

Self expression

Documentation

THINK.....



Different forms of expression

You got it :)

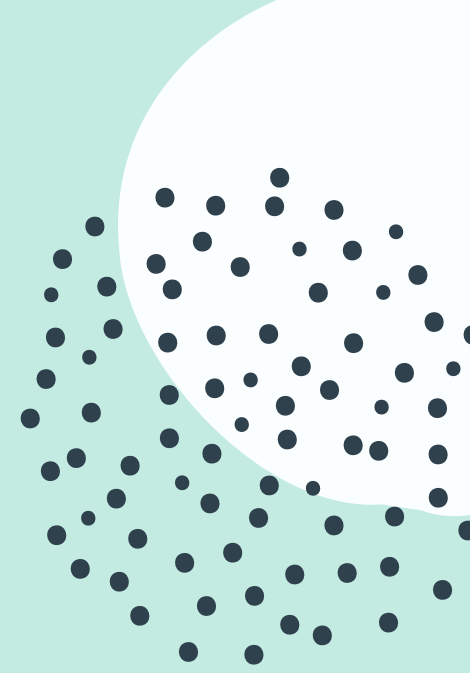


Yes we do..

**THE WAY WE WALK, THE
WAY WE TALK..**

So let's say art is ONE form of expression.
And not the only .

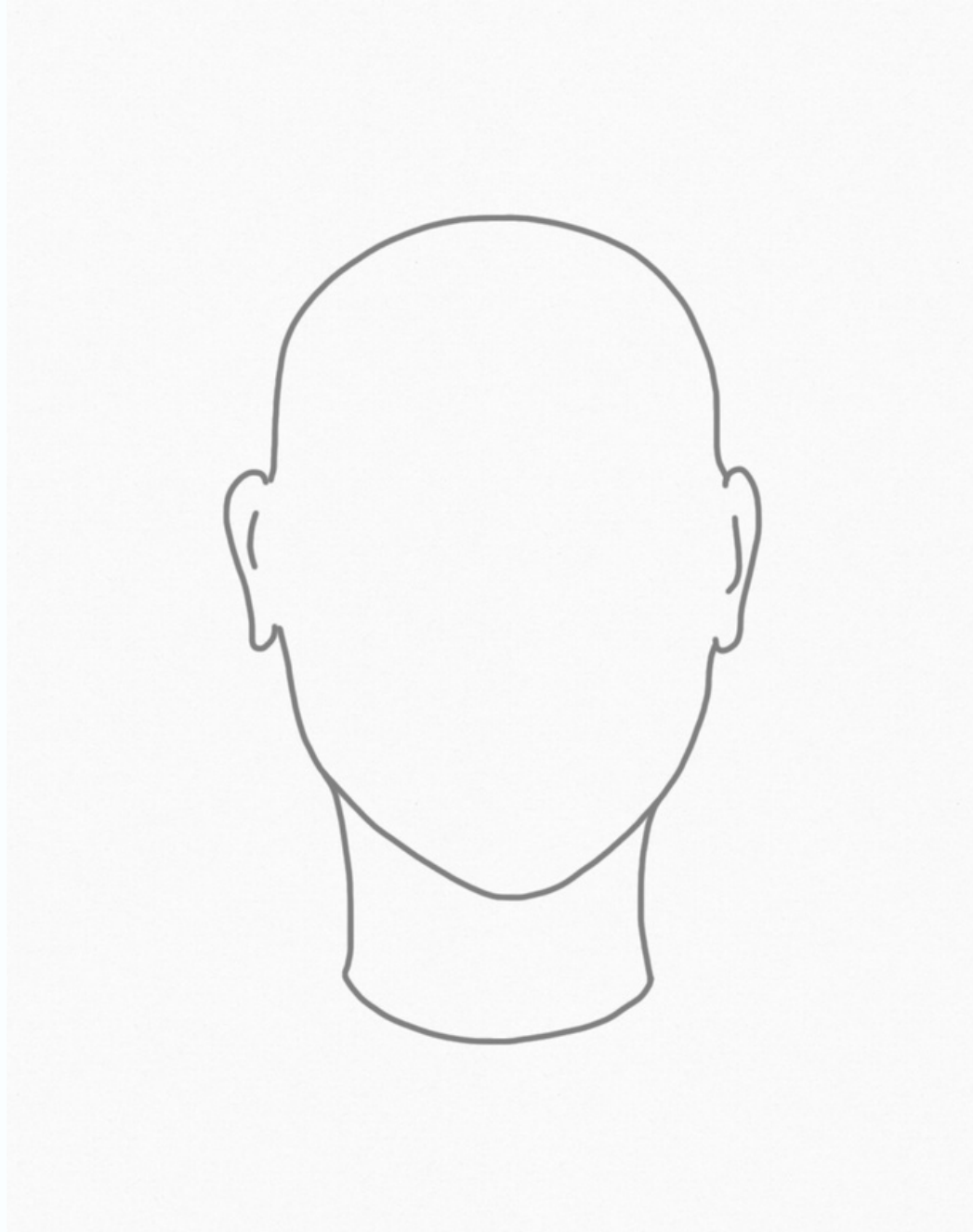
Be ready with the following materials



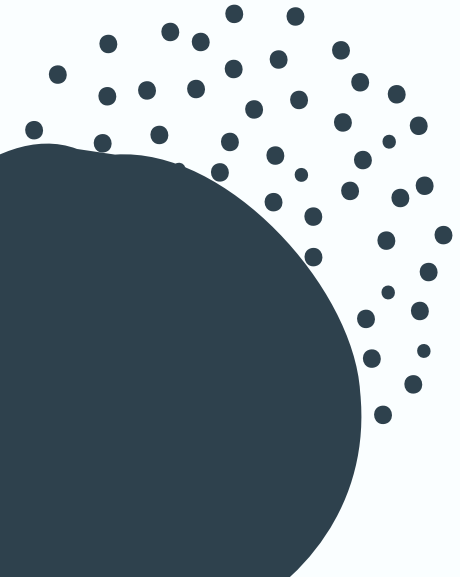
SURFACE TO WORK ON AND TOOLS TO WORK WITH

- 3 or 4 plain papers of any colour.
- Printout of the blank face template.
- Basic art materials (colour pencils, sketch pens, crayons, pencil, eraser, sharpener etc).

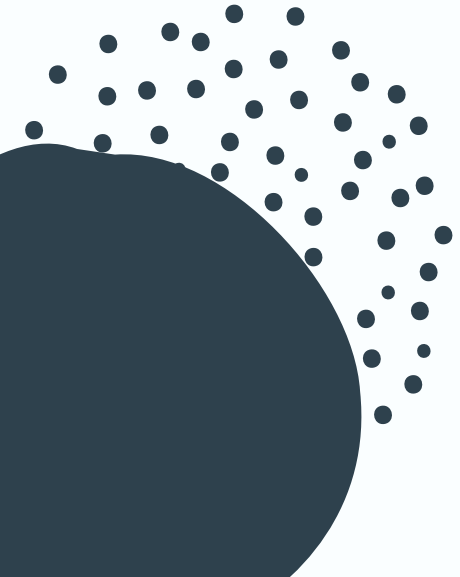
Blank template for
you to work on.



Personalise this blank template.



Within me,
Without me.



How to use this blank template.

MAIN ACTIVITY



WITHIN ME

a space for what is
happening inside me

WITHOUT ME

This outer space is the
space for validation.

Reflection



SO WHAT

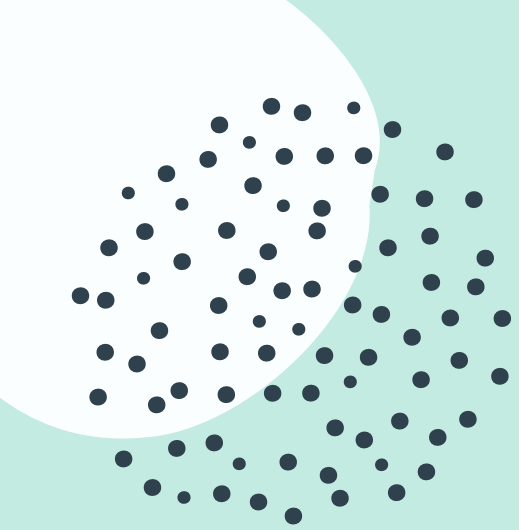
What did I experience in this session.

NOW WHAT

what did I learn with this experience.

NEXT STEP

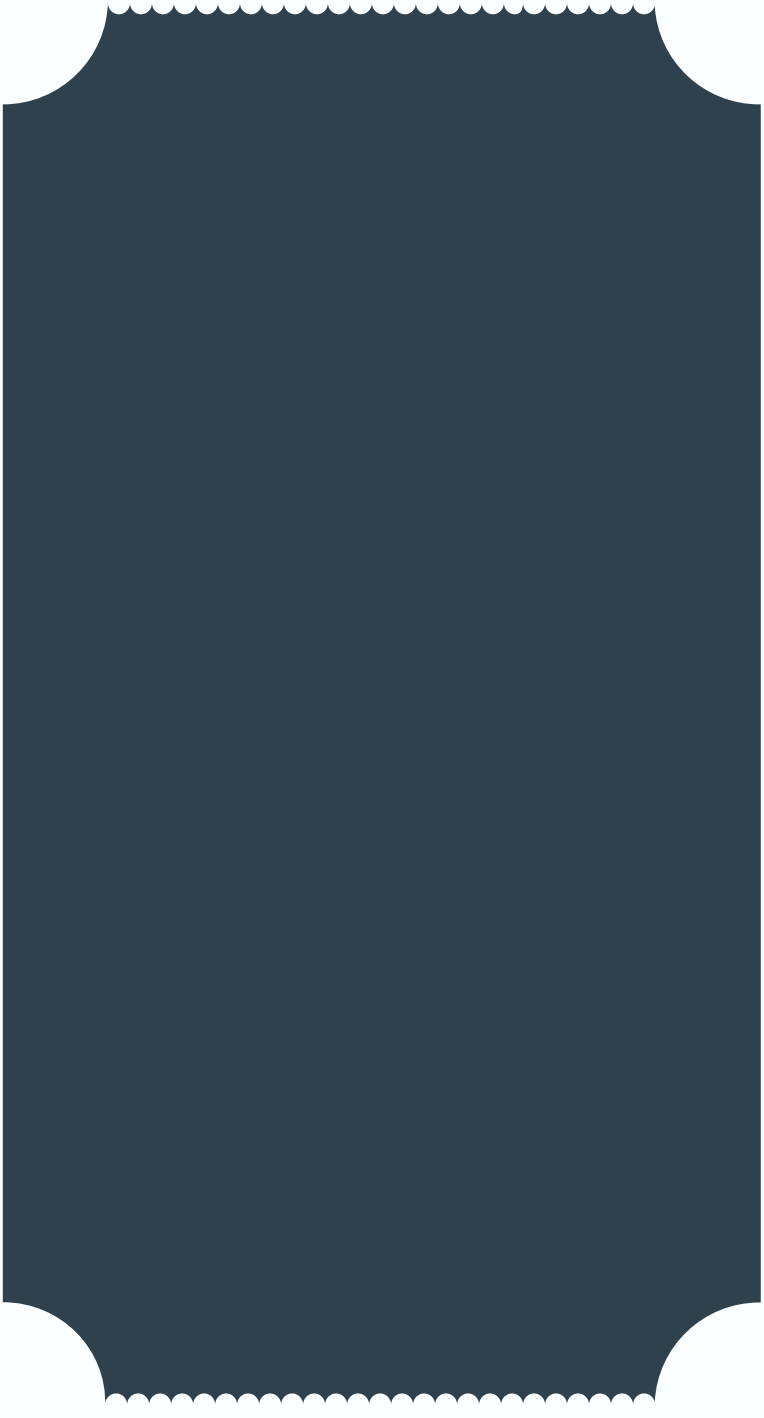
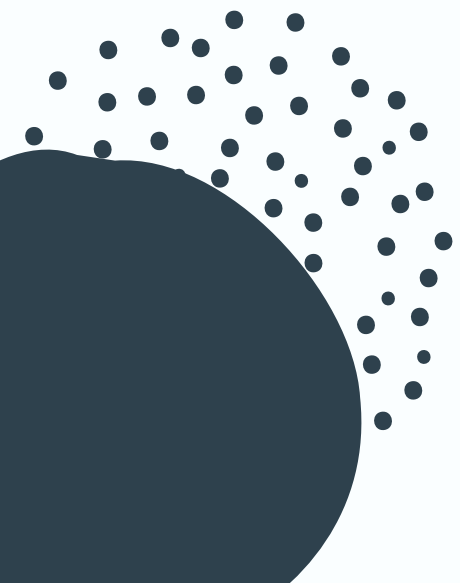
What will I do with the information I have.



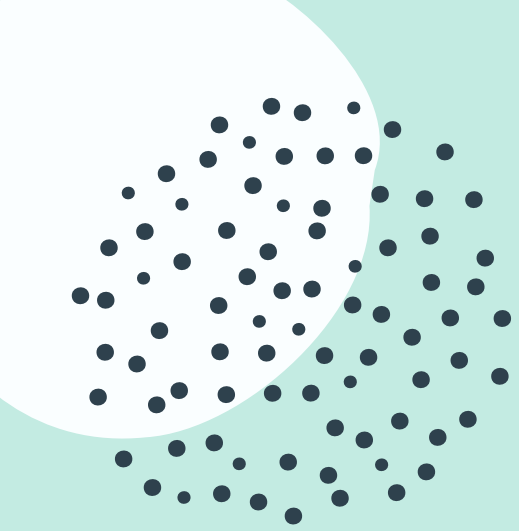
Meditation



Exit ticket



One word for what I will take back from this session today.



THANK
YOU

Neha G Utmani

Email: nehautmani@gmail.com

Blog: <http://nehautmani.blogspot.com/>