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Action KA210-ADU - Small-scale partnerships in adult education



THRIVE50+

Set of materials for the workshop



Title: Creative Arts for Stress Reduction - Exploring Art Therapy

Project title:

**Total Health Resources for Improving
Vitality and Endurance 50+**

Project No.:

2023-2-RO01-KA210-ADU-000184831

THRIVE 50+





FACILITATOR GUIDE



BASIC INFORMATION

This workshop introduces participants to the therapeutic potential of creative arts for stress management. Through hands-on activities like painting, drawing, and crafting, participants will learn how to use art both as a means of self-expression and as a relaxing practice they can incorporate into their everyday lives.



TARGET GROUP NEEDS

Individuals over 50 often face stressors related to health, lifestyle changes, and personal transitions. Art therapy offers a non-verbal way for individuals to process and release emotions, reducing stress and promoting well-being. This workshop provides a safe space for self-reflection and creative exploration, which is especially helpful for seniors dealing with stress.



DURATION

A 2-3 hours duration has been chosen to ensure that participants have sufficient time to learn and practice art therapy techniques without feeling overwhelmed. This length allows for a comprehensive introduction to the topic and practical exercises, ensuring participants remain engaged.

NUMBER OF PARTICIPANTS

The optimal number of participants is set at 2-15 to allow for personalized attention and interaction. This size fosters a supportive environment where participants feel comfortable sharing their experiences and can receive individualized feedback.

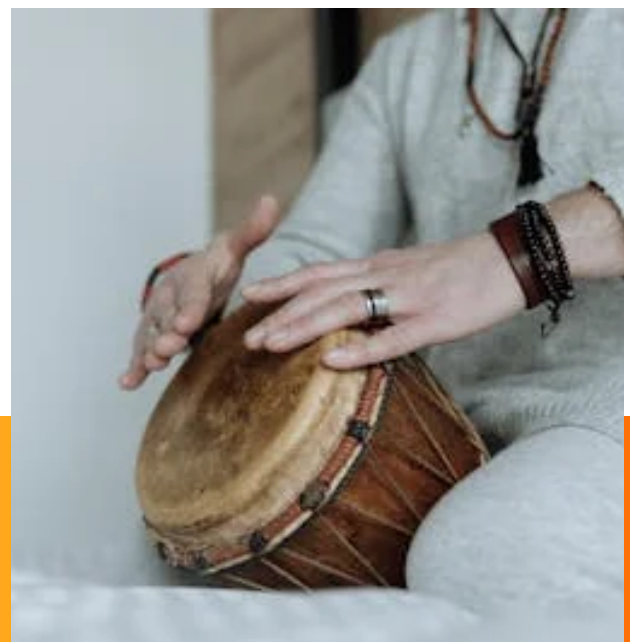
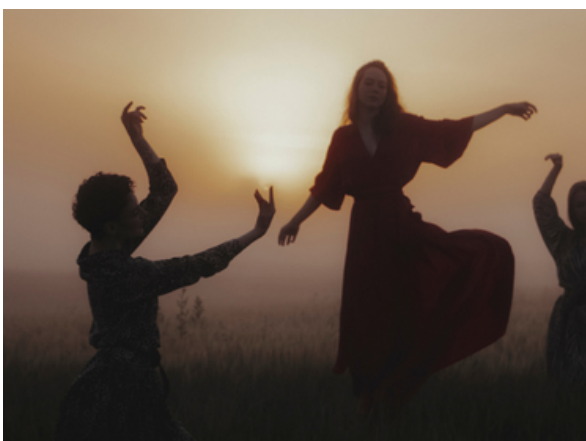
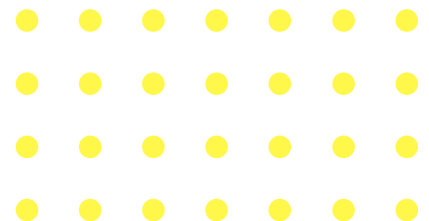


EDUCATIONAL OBJECTIVES

- Participants will understand the benefits of creative arts for stress management.
- Participants will engage in hands-on art activities as a form of self-expression.
- Participants will learn to create art for emotional exploration and relaxation.
- Participants will learn how to use art in everyday activities.

TECHNICAL AND EQUIPMENT REQUIREMENTS

- A computer or laptop with Internet access.
- A projector and screen
- Optional: Soft background music to create a calming atmosphere.



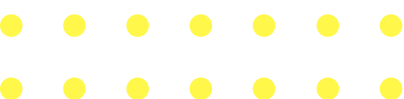


MATERIALS

- A guide for the facilitator with a curriculum and description of exercises.
- A presentation on Creative arts for stress reduction.
- Art supplies: paper, colored pencils, paints, markers, and various crafting materials.
- Template sheets for the emotional self-portrait and other introspective exercises.
- Journals or notebooks for post-activity reflections.

METHODS AND TECHNIQUES

- Interactive introduction: Icebreaker activity to foster participant connection and introduce the workshop theme.
- Short theoretical explanations: Brief presentations on the benefits of art therapy for stress reduction.
- Practical art activities: Participants will create emotional self-portraits and other small crafts for relaxation.
- Group reflection and discussion: Space for sharing experiences and deepening understanding of the benefits of art therapy activities.
- Q&A Session: Time allocated at the end of the workshop to address any questions or clarify doubts.
- Feedback Forms: To gather participants' insights and improve future workshops.





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Curriculum



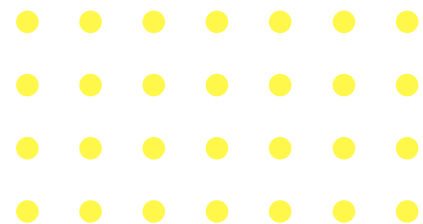


Welcome and Introduction (15 minutes)

Objective

Create a welcoming environment and introduce the workshop's purpose.

Explanation of activity:



Slide 1: Workshop Title Slide

Facilitator Notes: Greet participants and provide an overview of the workshop, explaining how art can be a powerful tool for daily stress management and self-reflection.

Slide 2: Overview of the Workshop

Facilitator Notes: Outline the workshop objectives, including how participants will learn about art's therapeutic benefits and practical applications for daily use.





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Icebreaker activity: Connecting with colors (10 minutes)

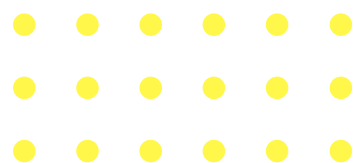
Objective

Help participants explore their emotions through color selection.

Explanation of activity:

Slide 3: Icebreaker - "Choose a color that represents you"

Facilitator Notes: Encourage participants to reflect on a color that represents them as individuals, rather than a temporary mood. Provide a brief interpretation of the chosen color to prompt further self-reflection.





Benefits of Art Therapy for Stress Management (20 minutes)

Objective

Discuss the role of creative arts in reducing stress and promoting well-being.

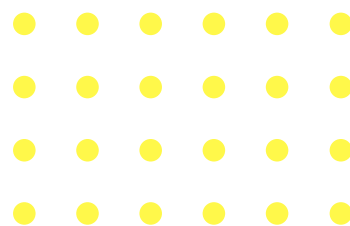
Explanation of activity:

Slide 4: Why art?

Facilitator Notes: Share something personal about your relationship with art to make the session feel more open and engaging.

Slide 5: Benefits of creative arts for stress management

Facilitator Notes: Use a conversational tone and ask participants if they've ever experienced these benefits, even by accident (e.g., through drawing or coloring). Invite personal reflections or examples.





Everyday art practice: The emotional Self-Portrait (10 minutes)

Objective

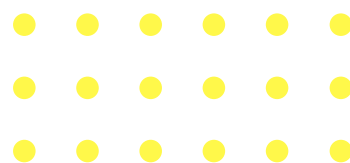
Introduce the concept of an emotional self-portrait as a daily or weekly practice for self-reflection and emotional processing.

Explanation of activity:

Slide 6: What is an Emotional Self-Portrait?

Facilitator Notes: Explain that the activity isn't about creating a "perfect" image, but rather exploring feelings freely. Encourage participants to create their portraits without judgment.

Practical Tip: Encourage participants to make this a recurring activity, creating a self-portrait whenever they want to process complex emotions.





Guided relaxation and emotional self-portrait creation (45 minutes)

Objective

Use guided breathing to help participants relax before creating their self-portraits.

Explanation of activity:

Slide 7: Preparing for the emotional self-portrait

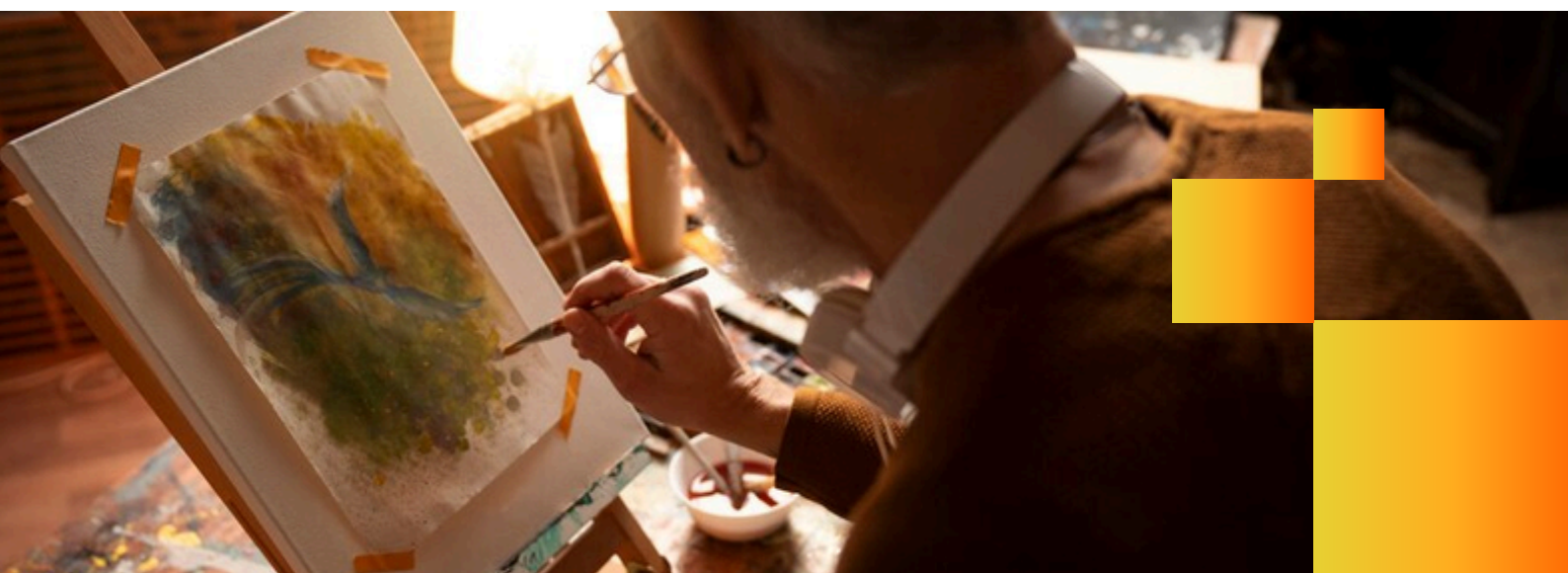
Facilitator Notes: Lead a short breathing exercise, asking participants to visualize or think about their emotions before starting. This helps transition into a creative, introspective mindset.

Slide 8: Hands-on activity: Emotional Self-Portrait

Facilitator Notes: Reassure participants that there's no wrong way to create their self-portrait. Encourage them to be free and intuitive, letting their emotions flow onto the page.

Activity Instructions: Use colors, shapes, and patterns that resonate with your current emotions. Focus on expressing how you feel rather than what you look like.

Key Tips: Use lines, colors, or symbols that feel right in the moment. Don't worry about creating a recognizable image—let your emotions guide your hands.





Reflection and group discussion (15 minutes)

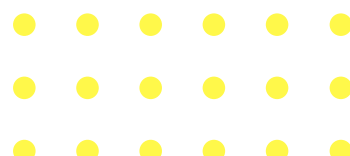
Objective

Allow participants to reflect on their experience and discuss how it made them feel.

Explanation of activity:

Slide 8: Reflection on the creative process

Facilitator Notes: Invite participants to share their thoughts or feelings. Ask open-ended questions to prompt reflection on what the process revealed about their emotions or state of mind.



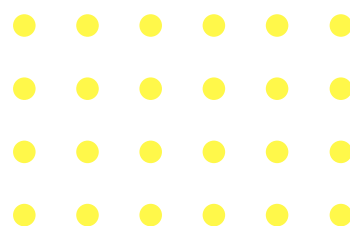


Practical tips for using art in daily life (15 minutes)

Objective

Provide participants with a variety of creative outlets that they can use in their daily routines to promote relaxation and self-expression, emphasizing that art extends beyond drawing and painting.

Explanation of activity:



Slide 10 and 11: Art for everyday relaxation

Facilitator Notes: Share a variety of art forms that participants can explore to incorporate creativity into their daily lives. Emphasize that art is versatile. Participants don't need to focus solely on drawing or painting. Encourage them to explore multiple forms to find what resonates with them.

Suggestions: Music, origami, sculpture, dance, writing/poetry, etc.





Closing reflection and Q&A (10 minutes)

Objective

Summarize the main points and allow time for questions.

Explanation of activity:

Slide 12: Final reflection and Q&A

Facilitator Notes: Recap the benefits of using art for stress reduction and daily self-care. Invite participants to share their reflections and ask questions.

