

Practice 1 by ABANA

"Leave a Mark" (Empathy)

Duration: 1 hour and a half

The main objective of this exercise is to promote empathy among participants through a shared visual experience.

All exercises will be led by a leader and a group of people (6 to 20)

During the exercise, participants will have to communicate only through graphic practice and eye contact (possibly without speaking).

Step 1: Form a Circle

Invite the participants to arrange themselves in a circle, within which the space dedicated to the activity will be formed. The circle must be large enough to allow participants to move freely.

Step 2: Creating Pairs

Participants will have to find a partner among the members of the circle (the choice is optional, but it is recommended to choose someone you don't know). Once the pairs have formed, make sure they are facing each other, maintaining a distance of about 3 meters between them.

Step 3: Getting to Know the Companion

The members of each pair will have to establish eye contact while looking into each other's eyes for the duration of the entire exercise. This will allow you to create an empathetic connection between them.

Step 4: Movement Instructions

In this phase the participants will begin to walk slowly towards each other, taking a step forward every time the leader gives a signal. Each step will need to be calibrated to last a few seconds, so that the movement is deliberate and measured.

Step 5: Leave a Mark

During the movement towards the other, the participants will be told to make an instinctive and quick gesture with the pencil or pen in their hand to make a mark on their paper. This sign can be: a line, a circle, an abstract shape or anything else they feel they want to draw at that moment and start sharing their emotions.

Step 6: Looking Each Other in the Eyes

At the end of each step, after having made the mark, the participants will have to maintain eye contact with their partner. This will allow them to communicate emotionally through their gaze.

Step 7: Showing the Art

When the participants have reached a close distance, they will be encouraged to show their partner the marks made on the paper. This moment of sharing will be the first approach to getting to know each other.

Step 8: Return to the Starting Point

After sharing their artistic work, participants can return to their starting point by taking a step backwards and continuing to look into each other's eyes. This return represents a moment of closure of the experience.

Step 9: Discussion and Reflection

At the end of the exercise, the leader will ask the participants to express the experience and sensations felt during the activity. The discussion can be a powerful moment of sharing and reflection.

Tools necessary for the activity:

- A4 sheets of paper (one per participant).
- Pencils or pens (one per participant).
- A large and safe space in which participants can move.

The "Art of Connection" as a methodology for artists with and without disabilities © 2024 by Hopeart , Voarte, Supercluster, Abana, Action Synergy is licensed under CC BY-NC-ND 4.0. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/>