

Practice 4 by ABANA

"The gift" (Generosity)

Duration: 30 minutes to 1 hour

This exercise aims to promote generosity and creative sharing among participants, through the creation of unique artistic gifts to exchange with each other.

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

During the exercise, participants will be able to express themselves and share the moment as they wish.

Step 1: Regrouping of the Group

The group will meet again and arrange the completed works next to each other so that they can be observed in their entirety.

Step 2: Observation and Reflection

Participants will be encouraged to carefully observe all the details of the artworks created in the previous exercise, including those of other groups' works. Each participant is encouraged to reflect on those artistic details that strike them most or that inspire them in some way.

Step 3: Selection of Details

After the observation and reflection phase, participants will be invited to select one or more artistic details that they would like to use in the creation of their artistic gifts. These details can be drawn from your own group's works or from those of other groups. The choice is personal and based on your own inspiration.

Step 4: Creation of Gifts

After selecting the details, participants will begin the process of creating their gifts, using the art materials available to them. They will be able to cut out the chosen details into shapes of their choice, which can be both regular and abstract. The goal is to transform these details into something new and unique.

Step 5: Exchange of gifts

During this phase, participants will have the opportunity to exchange the gifts they created with other members of the group. This sharing gesture will symbolize not only the creative generosity but also the artistic connection that developed between the participants throughout the entire process. Each gift becomes a tangible memory of that special moment, imprinted on a fragment of paper, which participants can keep as a testimony of their shared artistic experience.

Tools necessary for the activity:

- Artworks created in exercise 3.
- Art materials such as scissors, paper, markers, paints, glue, fabrics, etc.
- A large and safe space in which participants can move.

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