

“Connected painting”

Time:

Guided meditation and visualisation: 5 min, Preparation and explanation: 10 min

Painting 60 minuten, discussing the works afterwards, 10 minuten per group. Total about 2 – 2,5 hours

Preparation:

- 1 easel with a large canvas per group and one smaller size canvas per person,
- Make groups of 3 or 4 persons
- Care for enough brushes, resevoirs or cups with water and some old rags
- Minimal 6 colours acrylic paint and plastic plates or wood for the paint
- Coveringplastic for the tables on which to paint
- *Start with a guided meditation with a visualisation of interconnectedness*

Procedure:

1st round

Work in groups of 3 or 4 persons. Ask the participants to look for exciting combinations of people to work with or to work with persons they don't know yet.

Every participant starts a painting on their own small canvas (40x50cm). The theme to paint is connecting or connectedness. After 5 minutes a signal is given. Everyone changes their canvas and continues the work of their predecessor. Everything is allowed to add something of yourself to it. After another 5 minutes again a signal sounds for another change of canvas. Again you add something of yourself to it until you think the work's finished. Everyone starts a work, contributes to a work and finishes a work. In this way a triptych is created that carries elements from all 3 of the participants. When you work in groups of 4 persons the proces goes on one more round, but then the paintingtime per round is a bit shorter.

2nd round

Now it becomes more exciting. Each person chooses only two colours. These are colours that appeal to you in a special way, your favorites. Now the people in groups work simultaneously on the large canvas, but... in silence, without talking! Do not discuss what the painting is supposed to become. Better is not to talk at all to be able to sense eachothers energy. When the persons in a group have chosen different colours it is possible to create many more colours by meeting eachother on the canvas to mix colours. So do not limit yourself to your own little space, but make it exciting and collaborate. You continue painting untill all members of your group think the painting is completed.

To discuss afterwards:

- ✓ What is your impulse and how clearly do you express yourself? How much courage do you have to follow your own ideas? Are you recognizable present in all paintings? How is that with your presence in groups in general?
- ✓ What was it like to paint over someone elses work and what happened when someone painted over your work? Did you feel respect for the other and did you have the courage to add something to it?
- ✓ Could you sense the common energy of your group in the creative process while painting? How did you experience the co-creation? Did you feel connected?
- ✓ Do the paintings of your group really belong together, is there a unity?
- ✓ What colour was your favorite and do you recognize yourself in the description of the meaning of the colours?

Explanation of the colours:

Red: aggression, dominance, power, emotion, passion, movement, nervousness

Orange: change, renewal, creativity, pleasure, action, stress, enthusiasm

Yellow: openness, extravert, humor, social, liveliness, organisational talent, future, mind, ego

Green: communicative, in balance, harmony, caring, safety, family, involved

Bleu: intimacy, rest, relaxing, introvert, thinking, serious, loyal, honest, perfectionist, honourable, clear

Violet: spiritual, understanding, idealist, fantasyfull, artistic, lonely, intuitive