

## **Workshop that will be done from Romania Team**

### **The name of the activity- Collage**

### **The description of the activity**

What would we need-**art materials** needed-colored papers, newspapers or magazines, scissors, white A3 papers(1 per each), crayons.

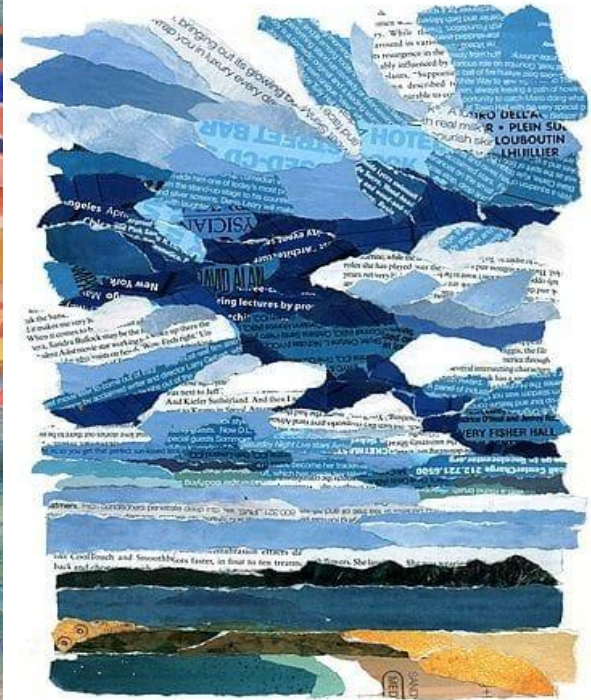
**Time needed**-1h-1h 30m

### **Objectives**

**Art is a great way to express ideas, emotions and opinions especially complex ones so we hope this workshop will**

- bring connection between people (that s our main goals).
- provide a sense of purpose, satisfaction, and accomplishment
- reduce stress
- promotes relaxation
- promotes empathy (because we are gonna express someone else idea of calm through art)
- promotes patience

Inspiration photos-Reference photos





### **What would we do?**

1. We will write on pieces of paper a thing, a source that brings us happiness, a state of calm. ( For example a home , a cat, a sunset or maybe a bed can bring to someone peace)

2. We will put our papers in a bowl, we will mix them and everyone will take someone else's source of calm/ happines etc.

3. We start doing the collage

Recomandation -The workshop can be done on the beach to help concentration and deep thinking, because the only sound would be the waves and the blowing wind (but the participants can talk to each other if they want) .

4. After 1h-1h 30 m we finish our collages and we can do a mini exhibition. In this way we can admire the works of others and analyze if someone's source of calm or happiness is it also on our list and we will find out if we have things in common with another participants.