



Erasmus+

3rd Session:

nARTure



MISIONES
SALESIANAS



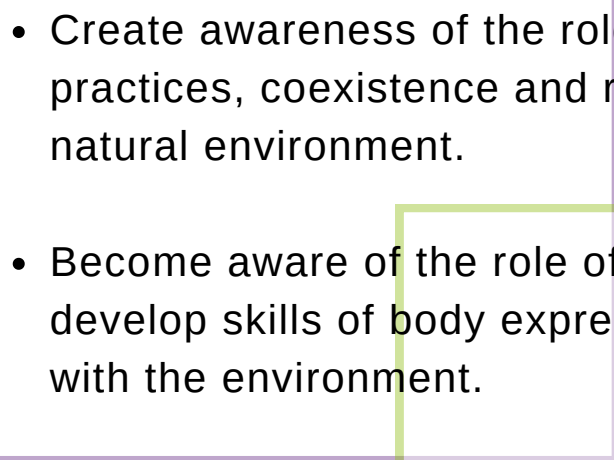
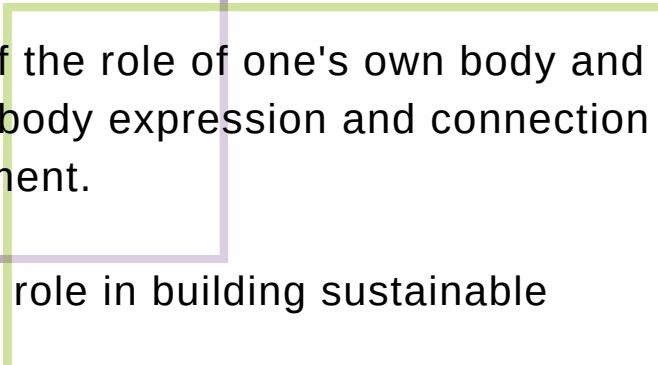
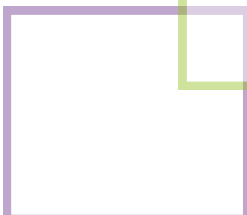
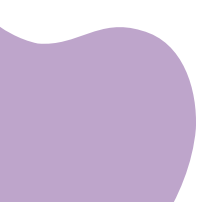

The High Mountains
Networking & Social Innovation



CULTURAL AND ARTISTIC ASSOCIATION



Objetives

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- Create awareness of the role of culture in our practices, coexistence and relationship with the natural environment.
 - Become aware of the role of one's own body and develop skills of body expression and connection with the environment.
 - To take an active role in building sustainable cultural habits.
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**Social
Ecosystem**

The diagram features two overlapping circles at the top. The left circle is light green and contains the text 'Social Ecosystem'. The right circle is a darker green and contains the text 'materials'. Below these circles is a large purple rectangle that serves as a container for a list of materials. This rectangle is partially overlaid by a green rectangle. Inside the green rectangle, the materials are listed. A smaller purple rectangle is positioned at the bottom of the green rectangle, partially overlapping it.

materials

Cardstock

Pens

Colored markers

Cardboard sheet size

Space with tables to work

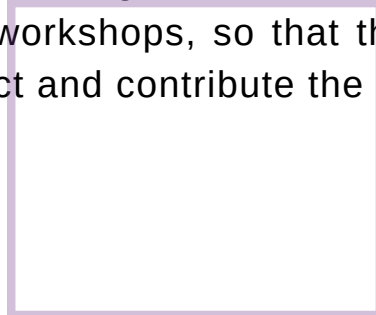
step 1:

Recap



Remembering

Together, we will remember and collect experiences lived during the outing, as well as actions carried out so far in previous workshops, so that the participants are the ones who collect and contribute the key ideas.



step 2: Mapping

¿where are we?

We will divide into three groups and using a poster board we will draw pictures of what we did during the excursion and we will collect emotions and sensations experienced in nature.

Once collected, these emotions will be associated to everyday situations (e.g. *I feel calm when I read, when I hear music*) collecting situations that connect the emotions we feel in nature with everyday life, reflecting on the connection with oneself, as part of the connection with the environment and the natural environment.

When all the groups have finished, they will share with the rest of the participants to generate a compilation of sustainable sensations and actions that we carry out in our daily lives and that connect us.



step 3: Sound Experience

Keeping in the groups formed, each group will be given a word associated with the mapping done (*E.g. Wind, leaves, river, cold, autumn, etc.*).

Each group will have to translate the word into sounds and organize themselves to be able to transmit it to the rest of the groups.

Once prepared, they will place themselves around the space and produce it while the rest of the people listen attentively with their eyes closed.

We will reflect on the corporeality in listening and how our posture and attention influences our perception of the environment.



step 4: Debate

Finally, we will place ourselves in a semicircle, and with the guidance of a person, each group will make its sound according to the indications given: increase volume, decrease or stop. Building a concert of sounds and producing a common sound experience.

We will reflect on the importance of interconnection. How nature is made up of interdependent ecosystems and how we also make up social ecosystems and networks of interpersonal connection. We will reflect on the impact that our actions have on the context and the natural environment and the sustainable practices that we already have in our lives and in our culture.





Corporality

materials



Pens

Blank paper

Space to move around

Tables to work on



step 1: warm up

During this session we will connect with our own body through different theatrical and improvisation techniques.


Ninja

We will walk through the space at a normal pace, avoiding bumping into other people. At a certain moment we will clap our hands and everyone will have to remain still and close their eyes.

Some people will be tapped on the shoulder and they should immediately open their eyes and walk stealthily among the rest of their companions trying not to be detected.

An indication will be given (e.g.: another tap/ say "close your eyes again"...) and the ninja people will stand still again and close their eyes. The ninja will be told to open their eyes and the people who have not moved will have to try to guess the number of people who have been walking while their eyes were closed.

With this exercise we will continue to deepen on body listening as an integral experience and on the senses beyond sight.



Titanic

After finishing the first dynamic, music will be played. People will be asked to choose a song they like. With this song they will walk following its rhythm.

They will be told that they are on the Titanic and, when the music stops playing, they will have to organize themselves in lifeboats following the indication of the number of people per boat.

The dynamic will end forming 2 groups, indicating the number corresponding to half of the people present.





step 2: Conecting

In the formed groups we will walk through the space maintaining the division of each group without mixing.

If it is a small group (10-12 people) it will not be necessary to divide, if it is larger and there are two groups, we recommend the use of two classrooms or two separate spaces.


While we walk, we will explain the rules to follow: when STOP is said, we will have to stay still, when we clap our hands, we will have to jump and if we step on the floor, we will turn on ourselves.

We will do several rounds saying randomly the orders, increasing the speed and frequency of the same.

After a while, once the rules have been acquired, it will be announced that the criteria change and now each action will respond to a different order (e.g. STOP - jump, clap - turn around and stomp - stay still).

At the end of this part, we will continue with the slogan of walking with the space but, this time, at a given moment, an animal will be called out and we will have to walk imitating that animal.

We will reflect on listening, the connection with the body and the need of the body to adapt to changes.

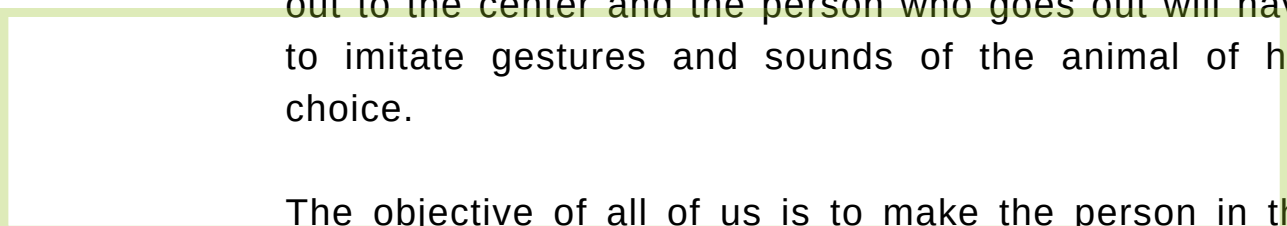




step 3: hot spot

Keeping the groups, we will be placed in a circle. Explanation of how the dynamic works will be given:

HOT SPOT: it is a place where someone does not want to be for a long time because it burns.



It will be explained that we will start with one of us going out to the center and the person who goes out will have to imitate gestures and sounds of the animal of her choice.

The objective of all of us is to make the person in the center stay there for no more than 5 seconds. The way to avoid this is for another person to come to the center and take his place. In this way, we will be alternating, trying to make sure that no one spends too much time in the hot spot.

This dynamic reflects on group dynamics and trust. The security of going out is related to knowing that after helping a person, there will be someone behind who will also support us.

The reflection is related to the functioning of nature and ecosystems.

How all its components make it continue to function and in turn benefit from their environment.



step 4: Letters to Nature

At the end we will gather all the people together and briefly share impressions and sensations experienced.

After the moment of sharing, we will divide again but this time in smaller groups (3-4 groups depending on the number of people).

Through the dynamics of chained words, each group will write a letter in a collaborative way addressed to nature trying to collect and convey a general impression or something they would like to convey to the forest visited during the excursion.

árboles - Flores - CASA - Cascada - Piedra,
Madera, Montañas, Selas, Río
Hay que cuidar el bosque y los árboles
El bosque calma el alma - Río -
Hay que cuidar

Hemos tenido un día muy especial en el bosque, hemos
visto árboles, flores, cascada, montañas y muchas cosas que nos
dan paz y tranquilidad. Así parece nuestra segunda casa.
y para nosotros ese paz hay que cuida ese sitio y cuidar y respetar
los animales que viven allí.
y queremos dar las gracias al bosque y a los monjes por
aguantarnos y todo eso.

Gracias.

We will finish reading the letters from each group and collecting impressions and sensations of all the people.

Querido bosque y sus ^{los} banitos, árboles ~~banitos~~,
andor por el bosque, fue en día muy frío.

- Naturaleza maravillosa, Plantas ~~agua~~ el sonido
del ~~la~~ agua el viento que no paraba de batir
las hojas, la cascada que nos encanto los ojos
y el árbol que lo conservas de 500 años ~~gracias~~
gracias por las maravillas de tu casa.



Arbol - flor - Planta - Hierba - Tladera - Tiesa - Comida -
Familia - Amor - Novios - confianza - Amistad - Atención Cariño

El Árbol como una flor de color rojo y la planta
del color de ~~Hierba~~ Hierba,

Una familia unida es un Regalo que dura para
Siempre Con Cariño y Amor
Por ejemplo la cascada y como sabemos ~~agua que cae~~ que tenía como un logo.

Este conjunto de palabras representa una serie de sensaciones y expresiones
que van a un lugar que es la vida.
~~Por ejemplo la cascada~~



the end.

