

# Exquisite Corpse



## OBJECTIVES:

- Representing the community as a collective that contains and sustains the individuality of each of its constituent parts.
- Highlight the importance of making room for different worldviews, forms of communication and intentions within the collective.
- To materialise in artistic form the relational, dynamic and random spirit of community.



## AXES:

Pursuit of a common future goal(s)

## AGE GROUPS:

Adults



## STEP BY STEP DESCRIPTION OF THE ACTIVITY

### ►► First part of the activity: In Search of Empathy

Begin with a brief introduction on the relationship between the importance of empathy and the relationships that support a resilient community. For example: "Community is built on relationships. Relationships in life go through cycles and ups and downs. Empathy, as a factor of individual resilience, shapes the nature of our relationships. It helps us to broaden our self-concept and to foster cooperative behaviour".

Explain to the participants that they are going to do a conscious walk in nature. This requires three elements: slowing down our pace, being in silence and using our senses to connect with ourselves and our surroundings.

This walk is divided into 10-minute sections. Each section starts with a simple enquiry. Participants are asked to look for something specific in nature while walking. Once they find it, they are asked to draw or write about it. At the end of the 10-minute walk, participants gather in a circle and share their findings and/or any ideas that arose from the invitation. Depending on the time available, ask participants to find:

1. An example of struggle/challenge
2. Something that inspires gratitude
3. An example of unity within diversity
4. An example of support and benevolence
5. Something that instils a sense of healing

### ►► 2nd part of the activity: Exquisite Corpse of Collective Resilience

Building on the learning from the first part of the activity, explain to the participants that they will now create an exquisite corpse that represents the notion of collective resilience. This second part can be done through writing or drawing.

Ask each participant individually to write/draw about collective resilience trying to combine elements of nature and the different senses. For example, one could write: "We are under the same tree with different roots...".

Once they have finished, ask participants to fold their creations so that they cannot be seen and place them in a cardboard box or cloth bag. Invite participants to sit in a circle.

Place a piece of paper A3 or larger in the center of the circle and next to it the box with the different creations, glue and scissors.

See the other side for further instructions.

Explain to the participants that, one at a time, they will go to the center of the circle, take a random piece of paper from inside the box, open it, show/read it out loud to the group, cut it out if they feel like it and stick it on the A3 paper next to them.

When all participants have contributed, there should be no paper/creation inside the box.

Invite to observe and reflect on the exquisite corpse created by the group.



## MATERIALS:

- Notebooks/sheets of paper
- A3 paper and/or roll of drawing paper
- Writing and drawing paper in different sizes, colors and textures
- Coloured pencils and graphite
- Pens/pencils
- Scissors
- Small cardboard box or cloth bag
- Paper glue

## METHODOLOGY:

**Nature-based art and forest bathing**

## PREPARATION

### Prior knowledge

Become familiar with the concepts of conscious walking and exquisite corpse. It might help to conceive the exquisite corpse if one shows an example that has been previously realized.



## TIPS FOR THE PERSON DOING IT

If it is not possible to carry out the activity outdoors, in nature, the first part can be conceived as a meditation process in an enclosed space.

You can ask participants to think/imagine the elements of nature within the ten-minute intervals. You can even use loudspeakers to play nature sounds and bring small elements such as sticks, seeds, etc. with the intention, as far as possible, of a natural space.

If possible, it is interesting to introduce the activity with a conscious/sensory breathing exercise. For example, with the beginning of the activity called "How do I feel?"



## WHEN:

**At the beginning of a training to foster collective feeling**



**DURATION: 2h**



## THEORETICAL FRAMEWORK

Activity inspired by the surrealists' artistic-playful technique known as *Le cadavre exquis*, whose precursor was André Breton.