

Our Spaceship



OBJECTIVES:

- Identify the elements that constitute our collective identity.
- Symbolize our sense of belonging to the group.



AXES:

Sense of belonging and collective identity



STEP BY STEP OF THE ACTIVITY

>> Introduction to the activity:

We will work by zoom in small groups where there will be a facilitator per group to help in these groups. The objective of the activity and its steps are explained.

>> 1st part of the activity:

We will hand out a drawing of a spaceship to each of the participants. Its basis will represent the origins of our school, how it started, its name (see image). In the structure of the spaceship each person will write the names of the people who “compose” our school. In the engines, they will write the values common to the institution/centre. In the nose cone, we will ask them to draw different planets or stars that represent the collective goals and dreams that each person thinks the school has.

>> 2nd part of the activity:

Divide the participants in groups of maximum five people. Provide each group with an image of the spaceship, and ask them to complete it together, in such a way that each participant includes at least one element of their individual ship. When writing the values, ask them to outline those values that are most represented among the group. Finally, bring the group back together to the main room and ask the different groups to present their ships to the others. While the groups are presenting, the facilitator will use a whiteboard to collect the contributions of each group on our ship.

>> 3rd part of the activity:

Ask the participants to observe the whiteboard with the common spaceship for a few minutes and to reflect on the usefulness of visualising all these elements through the metaphor of the ship and the universe. Reinforce, if necessary, the idea of how visualising our common project, our objectives and the elements that make up our community, enforce involvement and help us determine where we are and where we are heading. In short, we feel more connected and aligned.

>> Closing of the activity:

We ask each participant to share how they can contribute to reach the different planets/stars (goals and dreams) and ask them to draw this contributions on the whiteboard (common spaceship).

>> Conclusion:

Remembering what unites us and visualising it in a playful/artistic way allows us to feel part of this ship. In this way, it strengthens our personal commitment to reach our planets/stars (dreams).



METHODOLOGY:

Art Therapy



DIGITAL TOOLS INVOLVED:

zoom whiteboard, and canva/design platform for spaceship .

PREPARATION:

- Prior knowledge

- Send attachments (the ship) to the participants.
- Have a Canva design and copies (for both when they divide into groups -one for each group- and one for the closing of the activity) and a whiteboard ready.

PLATFORM USED:

zoom, meet-up, menti, etc.



DURATION:

1.5 hours (minimum)



TIPS FOR THE PERSON DOING IT

In case the participants are not comfortable with the design platform, it is important to be able to send the attachments (the spaceship) at least one day before the training so that participants have them printed out and can work on them on paper and have pencils available.

If, due to technical problems, the community whiteboard does not work, one person from the group will take notes and will oversee filling in the spaceship.

It is recommended that, once the activity is over, the common spaceship be shared by e-mail with the participants to serve as a memory aid and a visualisation of the common project that encompasses both the community identity, the group diagnosis and the future projection.



THEORETICAL FRAMEWORK

In art therapy, symbolising through an object allows you to distance yourself and allows to visualise, express and engage more personally.

ANNEX

Ship example:

https://drive.google.com/file/d/1yMajiuJaNbLcM7Pom4unpvgT_Npy7kyX/view?usp=drive_link