Safe space collage

Learning objectives

- Raise awareness about mental health
- Promote prevention and develop resilience
- Define and create a safe space for the participants
- Develop creative self-expression
- Enhance coping strategies and explore self-care practices
- Promote Mindfulness

Participants

This workshop is suitable for individuals **aged 14-19**, however, it is most effective when participants are relatively close in age, such as **young people between 14-16 or 17-19**. The activity is versatile and can accommodate both small and larger groups. It's essential to consider that with more participants, additional time may be needed for the sharing phase. For an optimal 1.5-hour duration, a **group size ranging from 6-15 participants i**s ideal. This activity serves well as an icebreaker for groups unfamiliar with each other, but it is also adaptable for participants who have known each other for an extended period.

Needed tools and resources

Ensure you have a various supply of newspapers and additional materials, such as textiles, nature elements like seeds, and small objects. Additionally, gather scissors, glue pens, and pencils. It is recommended to play background music to create a conducive atmosphere for participants to focus on themselves and share their feelings. Ideally, choose a room equipped with chairs and tables to ensure participant comfort during the activity.

Duration of the workshop

For optimal engagement, participants should have a **minimum of 30 minutes** for creating their artwork. Considering the introduction and sharing phases, allocate at least an hour for the activity. If feasible, we recommend setting aside **1.5 hours** to allow for a more comprehensive and enriching experience.

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Description of the workshop

1 Energiser: Start with a quick game designed to energise and engage participants.

Example: “Our Music” - Form a circle around the tables and ask participants to place their palms on the table after crossing them with their neighbours. The task is simple: they must tap on the table in the order of their hands. If someone taps twice in a row, they must change direction.

2 Warm-up activity: Choose an activity that encourages participants to focus on themselves.

Example: Provide participants with space and ask them to find their place one by one, portraying an object or animal that brings them comfort today. They can engage in easy movements or be statues and also they can connect to each other with the main goal being happiness and comfort. Once everyone is in the “picture,” go around and ask each participant to share who they are and what they are doing.

3 Creating Collage

Ask participants to find their place next to the tables and provide them with all the materials and tools needed for the activity.

Describe the activity as follows: “Now, I invite you to think about your safe space (you can discuss what safe space means) and create it using the tools and materials on the table. You can use anything you want, with the main goal being to create artwork that embodies everything that makes you happy, comfortable, relaxed, and helps reduce stress. After completing your artwork, we will organise an exhibition and explore all the pieces together.” Once participants understand the instructions, play music and let them be creative. After completing their artwork, ask them to place it somewhere in the room and invite a volunteer to start the sharing. Go around with the whole team, asking creators to share their ideas about their safe space. After each picture, encourage others to ask questions or share similar feelings or experiences, fostering assertive communication and empathy.

4 Debriefing

Wrap up the workshop with an evaluation activity to gauge participants’ feelings and takeaways from the session.

Example: Evaluation discussion - Have participants sit down and ask the following questions, allowing them to share:

1. How did you feel during the activity?
2. What did you learn about yourself, and what will you take home from this experience?
3. Did you gain any new ideas from others?

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