

# ACCIÓN \* CREACIÓN

TANIA UGENA Y BERTA DE LA DEHESA.  
CEAR GETAFE.  
2011

<b>Session n° Date</b>	<b>Topic/ Aim of the session</b>	<b>Kind of session/ Programmed activities</b>	<b>Resources and materials</b>	<b>Evaluation level 1, 2 or 3.</b>	<b>Expected results</b>
Session 1 9 November	Presentation	Dynamic presentation of the workshop and the participants.  Brainstorming about expectation for the workshop.  Therapeutic contract: what I would like to happen or not in the workshop.	Color cardboards, chalks, black marker, black and white acrylic, waxes.	Field diary.  Register .  Individual observation register.	Break the ice.  Present our project to improve it with their proposals.
Session 2 10 November	About my culture	Breathing, relaxation and movement activities.  Create something representative of their culture.  Dance with music they brought from their countries of origin.	Color cardboards, DIN A4, cartons, chalks, markers, temperas, colour pencils, waxes, plasticine.	Field diary.  Register.  Individual observation register.	Generate a common plastic space with representative elements of each culture.  Share gestures, body attitudes and movements of their own culture.
Session 3 16 November	Someone important in my life.	Breathing, rhythm and movement exercises.  Create a representation of someone important in my life, using three dimensions.	Cardboard and different materials (acrylics, temperas, colour pencils, waxes, plasticine, chalks).	Field diary.  Register.  Individual observation register.	Positive memories  Resilience.

Session 4 17 November	Paying attention "here and now" What is in my head?	Breathing exercises.  Free creation to translate what has been thought or felt during relaxation.  Working with the body, rhythm and the movement: ballet and flamenco.	Cardboard and different materials (acrylics, temperas, colour pencils, waxes markers, chalks).	Field diary.  Register.  Individual observation register.	Connect with "here and now".  Control anxiety and reduce body tension.
Session 5 23 November	A place in the world. Where I am? Where I would like to be?	Breathing, rhythm and movement exercises.  Create a significant place in three dimensions.  Group choreography.	Clay, plasticine, modelling paste.	Field diary.  Register.  Individual observation register.	Explore the real or imaginary space.  Add the individual to the collective.  Work the body awareness and reduce anxiety.
Session 6 24 November	What represents me? I identify my notebook.	Breathing, rhythm and movement exercises.  Create a symbol to identify the notebook.	Notebooks, color papers, magazines, newspapers, various materials (color pencils, pens, waxes)	Field diary.  Register.  Individual observation register.	Find a symbol that represents me.  Understand the notebook as a tool of personal work (emotional, physical and psychological register)
Session 7 30 November	Painting sensations Senses and feelings.	Breathing, rhythm and movement exercises. Painting together, body massage. Guided and free dance: Flamenco and body rhythms.	Big paper, temperas.	Field diary.  Register.  Individual observation register.	Working by couples the body contact and sensations perceived.  Group creation from a paint's stains.

Session 8 1 December	The colors: Wich color I feel today?	Breathing, rhythm and movement exercises. Perciving the color I feel today and traslate it into a free creation.	Large cardboards, waxes, color pencils, markers, color papers, magazines, temperas etc.	Field diary. Register. Individual observation register.	Plastically (artistic) working connection with own feelings.
Session 9 7 December	Exploring emotions.	Breathing, rhythm and movement exercises. Play mimics to learn about emotions. Draw a chessboard of emotions. Dance.	Big paper, cardboard, acrylics, plasticine, color pencils, chalks, markers.	Field diary. Register. Individual observation register.	Identify the basic and secondary emotions.  Learn emotional vocabulary and practice its verbal, gestural and plastic expression.
Session 10 8 December	A sky of wishes	Breathing, rhythm and movement exercises. Write wishes on DIN A4 and put it together with the other participants wishes. Hanging the clouds of wishes on the walls of the main dining room.	DIN A4 and different materials (acrylics, temperas, colour pencils, waxes markers, chalks). Stapler, scissors and nylon thread.	Field diary. Register. Individual observation register.	Reflect about their own wishes and concrete them in future actions.  Share their wishes with others.
Session 11 15 December	Freedom.  I am free when...	Breathing, rhythm and movement exercises.  Create a kite to reflect on the freedom/ responsibility concept.	Wooden sticks, colours tissues, rope, stapler, scissors, thread and needles.	Field diary. Register. Individual observation register.	Encourage group cohesion.  Create a space for collaboration and support among participants.

Session 12 21 December	Cooperative creative action	Breathing, rhythm and movement exercises.  Create Christmas ornaments for the centre: dining room.	Different types of paint, wooden sticks and colours tissues, ropes, glue, stapler, scissors, color cardboards, DIN A4, cartons, chalks, markers, temperas, colour pencils, waxes.	Field diary.  Register.	Encourage group cohesion.  Create a space for collaboration and support among participants. Make the Centre home.
Session 13 22 December	Cooperative creative action	Breathing, rhythm and movement exercises.  Create Christmas ornaments for the centre: First floor living room.	Different types of paint, wooden sticks and colours tissues, ropes, glue, stapler, scissors, grapadora, color cardboards, DIN A4, cartons, chalks, markers, temperas, colour pencils, waxes.	Field diary.  Register.	Encourage group cohesion.  Create a space for collaboration and support among participants. Make the Centre home.
Session 14 28 December	Autonomy	Breathing, rhythm and movement exercises.  Work at assembly group decisions and propose a common artistic project.	Different types of paint, wooden sticks and colours tissues, ropes, glue, stapler, scissors, color cardboards, DIN A4, cartons, chalks, markers, temperas, colour pencils, waxes.	Field diary.  Register.  Individual observation register.	Self-reliance of participants generating a dynamic self-management.
Session 15 29 December	Autonomy	Breathing, rhythm and movement exercises.  Work at assembly group decisions and propose a common artistic project.	Different types of paint, wooden sticks and colours tissues, ropes, glue, stapler, scissors, color cardboards, DIN A4, cartons, chalks, markers, temperas, colour pencils, waxes.	Field diary.  Register.  Individual observation register.	Self-reliance of participants generating a dynamic self-management.

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