



A POLAROID STORY

OBJECTIVES:

- Stimulate creativity and imagination through artistic expression.
- Promote collaboration and storytelling skills among participants.
- Encourage emotional expression and reflection for personal growth.
- overcoming the block that a person may have in front of a blank sheet of paper

CHALLENGES&TIPS:

- Some participants may initially struggle with coming up with creative ideas
- Some participants may find it difficult to connect their pictures to others in a meaningful way.

TIPS: As a facilitator, foster a non-judgmental and supportive environment where participants feel comfortable sharing their ideas and emotions. Offer guidance in the process of storytelling by suggesting connections between Polaroids. Promote communication and collaboration in small groups.

PRESENTATION

The activity consists of creating a story with polaroids, using recycled material.

A cardboard card with the shape of a polaroid, empty in the centre, is distributed and each participant is invited to create a picture inside it. Magazines, scissors, glue and paints are provided.

A place, a character, a situation, an object, etc. can be represented.

It is very important that participants feel free to represent what they want.

Afterwards, participants are asked to share their Polaroids by distributing them on the table. They are then asked to create a story using the Polaroids.

A string is hung with the clothes pegs and the participants give an order to the Polaroids and are guided in the creation of the story.

At the end of the activity, the story can be told verbally or written down.

Finally, the activity ends in a circle moment where those who wish can share emotions and feelings experienced during the activity.

PARTICIPANTS: 4-8

SPACE: Everywhere, it should be a safe space to share stories

DURATION: 1 hour

MATERIAL NEEDED:
cardboard card, white paper, colours, glue, magazines, strings, pegs