

„Scrapbooking albums”

Creativity applied to fear (activity 12)



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„Creating Wellbeing”

CREATIVITY APPLIED TO FEAR

1. NAME OF THE ACTIVITY

Scrapbooking chronicles and stories made by objects - creative workshops.

2. DESCRIPTION

The activity is based on the social innovation project “Chronicles of memories as the creative approach supporting seniors in adaptation to living in care houses”. The idea refers to the creative workshops where seniors were preparing albums with their memories using photographs, little souvenirs, ornaments, hand-made elements, all the materials they could use to describe their memories even without photos. Group work and interaction is an important part of the process. The leader/ moderator helps the seniors technically but also cares about the open and friendly atmosphere and asks questions that may inspire or give directions to the participants, helping to find illustrations (also on the internet). Additionally, some editions of the workshops were based on “stimulating objects’ – the physical objects that may be inspiring to tell a story (in this case – a personal story), this approach addresses the assumptions of “narrative psychology”. The evaluation of the workshops that took place during the project shows that the level of self-effectiveness, self-esteem, general life satisfaction, positive thinking was higher among the seniors that participated in such kind of activity.

A detailed description of the social innovation is published (in Polish):

<https://epale.ec.europa.eu/pl/resource-centre/content/kronika-wspomnien-jako-tworcza-forma-wsparcia-seniorow-w-procesie-adaptacji>

The idea and the outcomes of this innovation are interesting and can be inspiring also to use it (with or without some modifications) in the situation when the seniors feel fear (or other difficult emotions) to overcome it or change the perspective or the focus. It’s important to have in mind that the person who is leading the workshop should be experienced especially when the subject relates to personal memories and should be careful because the difficult memories may be activated during the process.

That’s why using less personal subjects at the beginning may be a good practice (e.g. music, places, kitchen – as proposed here below).

This activity has a transversal character – may be appropriate in the situation when the senior feels fear, but also anxiety, sadness or loneliness.

It’s dedicated to seniors in a good condition regarding mental health and cognitive abilities.

3.

OBJECTIVES

- applying creative activity to relax and activate positive thoughts;
- applying creative workshop to manage the situation of fear by changing the focus;
- strengthening the self-effectiveness, positive attitude and general life satisfaction of the seniors.

4. RESOURCES AND MATERIALS

- all kinds of photos,
- colored papers, scissors, stickers, other stationery materials,
- computer, printer,
- recordings of the classical and popular singers,
- photos of famous people (singers, actors), places, town (where the participants live), magazines (colored and daily),
- all the objects that may be inspiring according to the workshop's subject.

5. IMPLEMENTATION – INSTRUCTION

The form of the activity is the creative, group workshop. Participants are preparing their own “page from the scrapbooking album” on the subject proposed by the moderator.

The moderator brings materials and resources, if the subject refers to personal memories, participants bring their photos or objects (in this case moderator has to be careful and lead the participants to the positive thoughts and memories).

Propositions of subjects:

MUSIC

Memories related to music.

Moderator prepares a set of songs from the past, the participants are guessing who plays or propose their own songs.

Then participants prepare the scrapbooking cards related to their favorite songs or the songs with which they have good memories using the singers' photos, other photos and stationery materials and then present it to the others.

MY TOWN/ MY PLACE

Memories related to the town they live in or neighborhood.

Seniors talk about places that have a meaning for them or they like or just know in the neighborhood (where they lived, worked, walk, have family, spend childhood)

Then they prepare a scrapbooking card presenting this place to others.

KITCHEN

The seniors talk about their favorite dishes and recipes.

The possible material that may help are the photos with popular products from the past.

They are preparing a card with their favorite dish or recipe (from the past or present).

6. POSSIBLE MODIFICATIONS AND INSPIRATIONS

Other possible subjects:

TRAVEL, CINEMA/ TELEVISION, FASHION.

The activity may be also used as one-to-one, but as the presentation is the important final of the process in this form might be less interesting and effective.

IMPRTANT NOTICE: if the subject of the activity relates to the past, it should be implemented with special care, because some kinds of memories may provoke the sensation of loss or sadness. When the moderator doesn't know the participation seniors, the subjects should be neutral.

7. EXPECTED RESULTS

Positive memories and thoughts should appear as the consequence of the workshop and the focus should change from the situation that causes fear to more pleasant topics.

According to the outcomes of the social innovation project also the workshop and creative activity based on (personal) stories and objects should strengthen the general feeling of satisfaction as well as personal effectiveness, self-esteem and positive attitude.

8. PREPARED BY

