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E-WISEE LAB

Name of activity	Identity Collage
Description of activity	The objective of the “Identity Collage” activity is to engage participants in a reflective and creative process that fosters self-awareness, self-expression, creativity, and interpersonal communication. Participants will create collages that represent different aspects of their identity. They will use images, words, and symbols from magazines, newspapers, or digital sources to build a visual representation of how they perceive themselves and their socio-affective growth.
Who are the participants?	This material is meant for youth workers in their work with young people (12 - 18 years old) using non-formal education methodologies.
Competences Strengthened	<p>Self-awareness: Through the process of selecting images and words that represent them, participants engage in introspection and gain a deeper understanding of their identity.</p> <p>Self-expression: Creating a collage allows participants to express themselves artistically, which can be especially beneficial for those who may find it challenging to express themselves verbally.</p> <p>Creativity: Participants are encouraged to be creative in their choices of images and the way they arrange them on their collages. This fosters creativity and individuality.</p> <p>Reflection on personal growth: As participants make their collages, they naturally reflect on their personal growth and the elements that have shaped their identity over time.</p> <p>Interpersonal Communication: Sharing their collages and explaining their choices in a group setting promotes communication skills and encourages peer interaction.</p>
Number of participants	6-15 participants.
Duration	1.5 hours
Materials for the activity	Magazines, scissors, glue, and large sheets of paper, markers to decorate the collage These materials are chosen to facilitate the creative and reflective process.
Activity Steps	<p>1) Introduction Purpose: The introduction serves as the foundation for the entire activity, setting the tone and clarifying the objectives. Youth Worker’s Role: The YW’s role is to create a safe and open atmosphere where participants feel comfortable expressing themselves. Key points:</p> <ul style="list-style-type: none"> • Clear expectations. Explicitly state what the activity entails

and what participants are expect to achieve

- Emphasize significance. Explain why self-expression and reflection are important for personal growth.
- Encourage Engagement. Use motivational language to engage participants and build their enthusiasm.

2) Materials DItribution

Purpose: Providing materials efficiently ensures that participants have everything they need to begin the creative process.

Youth Worker's role: The YW oversees the distribution to ensure fairness and accessibility.

Key Points:

- Equal Access.
- Clear instructions. Offer concise instructions on how to use the materials effectively.

3) Collage Creation

Purpose: This is the core of the activity where participants engage in self-expression and creativity.

Youth Worker's Role: The Youth Worker is available for guidance but should allow participants creative autonomy.

Key Points:

- Personal Freedom. Encourage participants to freely select images and words that resonate with them.
- Artistic Expression. Promote creativity by not imposing strict guidelines on collage format.
- Time Management. Ensure participants have sufficient time to create meaningful collages without feeling rushed.

4) Sharing and Discussion

Purpose: This step promotes interpersonal communication and encourages participants to articulate their thoughts.

Youth Worker's Role: The Youth Worker facilitates the sharing process and guides discussion.

Key Points:

- Structured Sharing. Allocate time for each participant to present their collage, promoting an orderly and inclusive sharing session.
- Open-Ended Questions. Encourage open-ended questions that delve into the choices made during collage creation.
- Active Listening. Emphasize the importance of active listening among participants to create a supportive atmosphere.

5) Debriefing

Purpose: Debriefing helps participants connect the activity to broader personal and interpersonal themes.

Youth Worker's Role: The Youth Worker guides the debriefing process and encourages critical reflection.

Key Points:

- Thematic Exploration. Discuss overarching themes and insights that emerged during the activity.
- Personal Impact: Encourage participants to share how the activity influenced their self-perception and understanding of personal growth.
- Goal Setting: Discuss potential goals or actions based on the insights gained, promoting practical application of self-reflection.

6) Closing

	<p>Purpose: The closing serves as a concluding and reflective moment Youth Worker's role: The YW summarizes the key takeaways and provides closure.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Gratitude. Express gratitude for participants' involvement and willingness to engage in self-reflection. • Encourage ongoing reflection. Stress the importance of continuous self-reflection and personal growth beyond the activity. • Foster community: Reinforce the sense of community and support among participants.
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