

Symbols

Symbols, by Johari Windows. This technique intends the creation of symbolic metaphors of the group members by means of animals and/or objects, based on the attitudes that are usually observed in each member of the group throughout the sessions.



Participation in democratic life, common values and civic engagement



YOU.TH. Manual for youth workers - 3.3 Theatre Methodologies
<https://youth-theatre.eu/>



Storytelling, Improvisation



A room with free space



13-30



90 minutes:
15 minutes to conduct the exercise
45 minutes for comments on the drawings
30 minutes for reflection



15-25 participants



Everything you need for drawing



Participants can use online boards

Implementation:

The technique is designed to give and receive feedback.

The steps are as follows:

- The facilitator will ask everyone to sit in a circle and will arrange drawing materials in the middle of the room: paper and pens of different colours.
- The facilitator explains how everyone should discover the animal or object that most resembles each of the different members of the group and themselves.
- They should draw the object or animal identifying the person in question.
- When all the symbols have been drawn, each person says aloud how he or she has seen the others. The essential part of the technique is that there is a graphic representation of each member of the group, a public exposition and a round of clarifications.
- It concludes with a reflection on the exercise.

Tips and notes to the facilitator:

This technique requires a certain degree of confidence and maturity within the group.

In techniques like this it is necessary that the facilitator prepare the group with a warm up phase preventing the difficulties that may arise disclosing the feelings about others, one of the most appropriate indications is that the members accept the exercise with fair play.