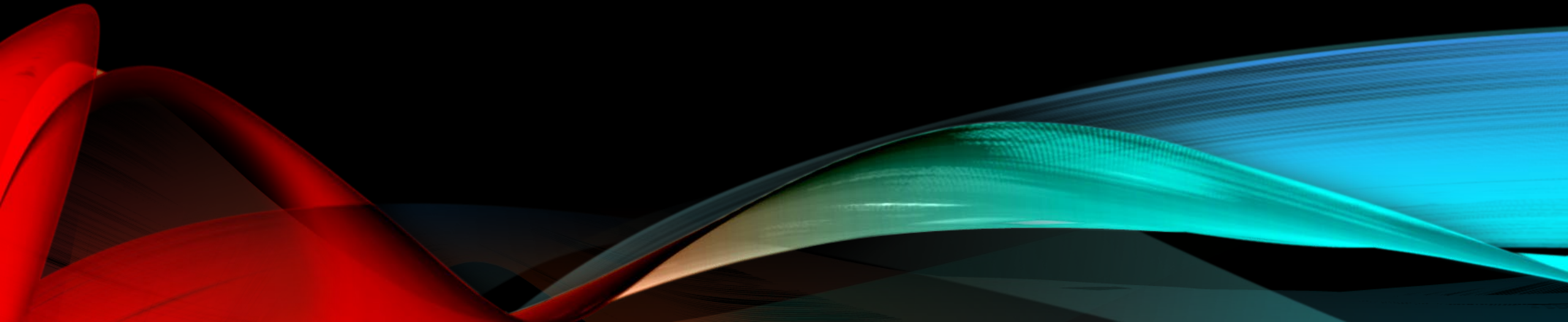


MULTIMODAL EXPRESSIVE ARTS

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WHAT IS A MULTIMODAL APPROACH TO THE ARTS IN A CLASSROOM?



A Multimodal approach focuses on the combination or layering of various expressive art forms such as: poetry, journaling, story telling, singing, music, drama, collage, sand play, dance/movement, intuitive painting, etc. ... and how these can be combined and to produce meaning & encourage interaction.

WHY USE MULTIMODAL APPROACH?





A Multimodal approach allows for all learning abilities and a variety of multiple intelligences whereby one can adapt techniques to the needs of each individual and situation.

THE PROCESS

- Centering 5 min
- Expressive Mandala making 10 -15 min
- Witnessing 10 min
- Spontaneous poetry 10 min
- Sharing 10 min



MANDALAS

It is a geometric figure representing the universe-
Representing growth toward wholeness

The Mandala is an archetypal image whose occurrence is attested through the ages. The circular image represents the wholeness or, to put it in mystical terms, the divinity incarnate in man. It is a representation of the unconscious self.

Carl Jung

JUNGIAN ARCHETYPES

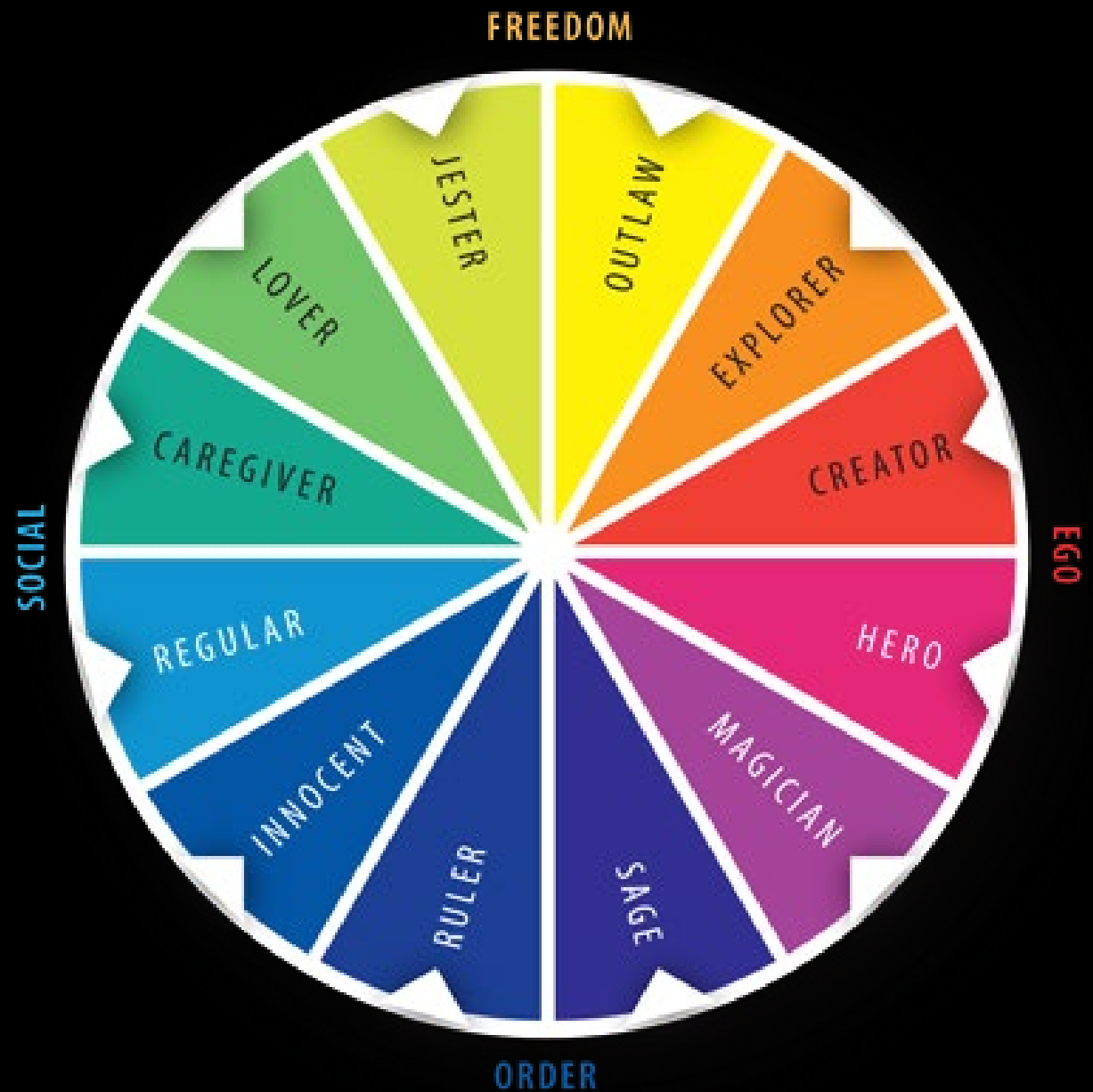
Prompts

Which archetype is bubbling up or calling you?

Being present. I am sensing something in me that feels...

Where do you feel it in your body?
Does it have color...movement?

This is a snapshot of the present



IT IS ABOUT THE PROCESS
NOT THE PRODUCT



Trust the Process

Enjoy the silence

JUST BREATHE ~

Slowly and deeply

“Breathing in, I calm body and mind.
Breathing out, I smile.
Dwelling in the present moment I
know this is the only moment”
~Thich Nhat Hanh



FEEL A MOVEMENT, SEE A COLOR, A GESTURE, WHAT IS
BUBBLING UP AND DRAW FROM YOUR
SUBCONSCIOUS

SHARING

