Thank you for attending the Creative Facilitation Workshop at the Schools Out Washington Bridge Conference. This handout contains arts activities you learned in the workshop.

Partners for Youth Empowerment is an international non-profit founded in Seattle in 1996 doing arts empowerment camps for teens and adults from diverse backgrounds. We now work in 15 countries providing training for youth workers, teachers, and other adults who work with youth using our Creative Empowerment Model.

Our model represents a blend of experiential learning, group facilitation, and the intentional use of the arts. Using the model fosters a core set of essential social and emotional skills like creativity, collaboration, empathy, motivation, and problem solving that help youth thrive in a changing world.

We run ongoing trainings in the Seattle area each year from our 2-day Creative Facilitation trainings to our 5-month in-depth Art of Facilitation Training. We also run a Power of Hope Arts/Empowerment summer camp on Whidbey Island each summer. We are always interested in developing partnerships with youth-serving organizations in our region. We’d love to hear from you: Helena@partnersforyouth.org

For information on our trainings and camp see: www.partnersforyouth.org
Research shows that creative expression—in a supportive setting—nurtures qualities like empathy, teamwork and problem solving while also fostering joy, hope and a sense of purpose. Creative facilitation can be learned quickly. It adapts to diverse cultures and contexts, and it can be applied to a wide range of subject and program areas. These are the life skills that are developed for participants when using this model.

Life skills are the abilities that humans need to deal effectively with the challenges they face. These are the ten life skills that are developed in adults and youth through the practice of creative facilitation. As you read through these, think of when and how you might have strengthened these skills during our time together.

<table>
<thead>
<tr>
<th><strong>Creativity</strong></th>
<th><strong>Purpose</strong></th>
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<tbody>
<tr>
<td>The ability to think</td>
<td>The ability to feel connected to something larger than yourself; to understand who you are, what matters to you, and live with intention</td>
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<td>things up and make</td>
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<td>them happen: to</td>
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<td>innovate, solve</td>
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<td>problems, and envision</td>
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<td>possibilities</td>
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<tr>
<th><strong>Connection</strong></th>
<th><strong>Communication</strong></th>
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<tr>
<td>The ability to build</td>
<td>The ability to know your own thoughts; to express yourself with clarity and compassion and deeply listen to others</td>
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<td>positive relationships</td>
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<td>with others including</td>
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<td>people from different</td>
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<td>cultures, life</td>
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<td>situations, generations,</td>
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<td>and world views</td>
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<tr>
<th><strong>Depth</strong></th>
<th><strong>Collaboration</strong></th>
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<tr>
<td>The ability to access,</td>
<td>The ability to work with others toward a shared goal; to know your own strengths and trust in the strengths of others</td>
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<td>explore, and share</td>
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<td>your inner world of</td>
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<td>imagination, beliefs,</td>
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<td>and emotions</td>
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<tr>
<th><strong>Agency</strong></th>
<th><strong>Curiosity</strong></th>
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<tr>
<td>The ability to accept</td>
<td>The ability and desire to investigate learn new things in all aspects of your life; the capacity to make meaning of new experiences</td>
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<td>yourself, feel your</td>
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<td>worthiness, and trust</td>
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<td>in your ability to</td>
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<td>influence your world</td>
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<tr>
<th><strong>Resilience</strong></th>
<th><strong>Adaptability</strong></th>
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<tbody>
<tr>
<td>The ability to adapt</td>
<td>The ability to live with uncertainty, to try new things, and to hold paradoxical perspectives</td>
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<td>to stress and adversity;</td>
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<td>to bounce back and</td>
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<td>persist in the face of</td>
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WHY THE ARTS

ELICITS JOY: Creative expression in a judgment-free environment is simply a lot of fun. Worries about the past or future disappear, and we find ourselves in the flow of the present moment. When we express ourselves without trying to be perfect, we experience happiness regardless of our circumstances.

PROMOTES HEALTH: Numerous studies point to the benefits of creative expression for health. Notable is the work of Dr. James Pennebaker, who found that writing with emotion about one’s life experiences increases immune function and decreases reliance on healthcare.

BUILDS CONFIDENCE: Arts-rich learning communities provide opportunities for everyone to shine and be seen and appreciated by one another. When people take creative risks and are appreciated by peers and mentors, their confidence jumps. Through repeated opportunities to take creative risks, self-confidence develops quite naturally.

DEVELOPS EMPATHY: Neuroscientists have discovered that our brains have mirror neurons that fire off when we witness emotions in another. Young people drop into empathetic resonance when they hear their peers expressing authentic feelings through poetry, music and other arts.

BRINGS LEARNING ALIVE: Creative expression creates relevance by putting us in touch with our thoughts and feelings. It creates excitement by putting us on our creative edge. It creates a sense of vitality by bringing our imaginations into play. Human beings are designed to make meaning of our lives and much of this happens in the inner world of our imaginations where heart and head work together.

STRENGTHENS HUMAN CONNECTION: Daniel Goleman, the author of a series of popular books on social and emotional intelligence, says that the first job of a leader is to create emotional resonance with his or her group. Creative expression brings down the walls and builds trust, connecting us across cultural, religious, socioeconomic, and generational divides.

PROVIDES OPPORTUNITIES TO TAKE CREATIVE RISKS: Young people love to take risks. The arts provide an adventure with no right or wrong answers and an outlet for positive risk-taking without physical danger.

TEACHES 21st CENTURY LEADERSHIP SKILLS: Through the arts we learn how to see the big picture, synthesize information, live with paradox, collaborate with others, tell our stories, and so much more. These are all right-brain skills that leading thinkers claim are crucial for success in the modern world.
CREATIVE NAME TAGS
10-15 minutes

Purpose: Icebreaker, imagination, creative risk

Materials: Cardstock; glue or glue sticks; scissors; yarn or string; a variety of colorful materials such as glitter, glitter glue, marking pens, oil pastels, crayons, feathers. If you don’t have access to these materials, you can use old magazines, scraps of paper, leaves, sticks, pencils—anything you can find.

Instructions: This activity is such an effective icebreaker that we use it at all of our trainings and youth programs. Invite participants to make a creative name tag using card stock and a variety of materials. When the nametags are finished, punch two holes in them, thread some yarn or string through, and hang around the neck. The name tag table is a place where people can begin the process of getting to know each other through casual conversation.

Tips: Avoid using stickers and other pre-made images as they restrict the imagination.

EMOTIONS CHECK IN
30 seconds per person

Stand in a circle and go around the circle with each person saying their name, a word for how they are feeling, and an exaggerated gesture to demonstrate that feeling. After each offering, the group repeats the name, word, and gesture.

PATTERNED NAME GAMES
10 minutes for a group of 10

Purpose: learn names, relaxation, mirroring, creative risk

Instructions: Patterned name games are excellent for learning names because they include repetition, rhythm, and body movement. In some versions they also include associative thinking, another known memory aid. The instructions below lay out the basic pattern of the name game in this case using rhythm.

Ask participants to form circles of 8—12 people. Have one person in each group volunteer to be the leader (person A). Follow the circle around to the left.

Ask everyone to join you in the following 4 beat rhythm.

- Beat 1: slap knees with hands
● Beat 2: clap hands
● Beat 3: click right fingers
● Beat 4: click left fingers

Once you get the rhythm going, you play the name game as follows.

● A says his name on the finger clicks
● The group repeats his name on the next set of clicks
● B says her name on the next set of finger clicks
● The group repeats her name on the clicks
● The group then says A’s name on the clicks then B’s name on the clicks
● C says his name on the clicks
● The group repeats his name
● The group then says A’s name, B’s name, C’s name
● D says her name, etc.
● Continue this pattern all the way around the circle.

Once you have completed the circle, you can go backwards around the circle saying each person’s name once on the clicks. You can then mix the group up and go around the circle saying each person’s name once on the clicks.

**Variations:** You can replace the rhythm with a variety of options. Here are a few ideas. You can also make up your own. Follow the pattern outlined above.

● **Name and adjective:** Each participant comes up with an adjective that starts with the same sound as their first name. For example: Magnificent Michael or Shy Sherrie. The leader starts by saying his adjective and name while making a physical movement. The group repeats the participant’s adjective, name, and gesture, and that of each person that follows.

● **Name and gesture:** The leader says her name and makes a physical gesture to go with it. The group repeats her name and gesture, and that of each person that follows.

● **Name, emotion, and gesture:** The leader says his name, states an emotion he is feeling and makes a shape to represent that emotion; the group repeats his name, feeling, and gesture and that of each person that follows.

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**DANCE CIRCLE**

5-15 minutes

Purpose: imagination, rhythm, creative risk, mirroring, leading

Instructions: This game is a great opening or closing activity. It uncovers the hidden dance talents of some participants, gives others a chance to increase their comfort with dance, and
gives everyone the opportunity to take the lead. We have led dance circles with as few as 5 people and as many as 125.

- Ask the group to form one circle.
- Tell the group you will be putting on some danceable music and you’d like someone to volunteer to be the first leader.
- Once the music gets going, person A will lead a repetitive dance move for 10-15 seconds. Everyone in the circle will join in with the same dance move.
- A then passes the leadership to the person directly to her right (B). B comes up with a new dance move that he leads for 10-15 seconds and then passes the leadership on to C.
- The leadership passes around the circle until everyone has had a chance to lead.

Tips: Some people will be very uncomfortable when you say everyone is going to lead a dance step. It’s important to let people know that they can lead something as simple as waving their hands to the music right and left. They just need to do it as if they think it’s the best dance move in the world.

**MAGIC WORD**

5-10 minutes

**Purpose:** focus, listening, energizer, group cohesion, storytelling skills

**Instructions:** Ask participants to form a circle. Participants hold their right hands out, palm up, toward the person on their right. They hold their left hand above the hand of the person on their left pointing their index finger toward that person’s open palm. The person who is “it” stands in the center of the circle.

- Ask participants to decide on a magic word. It can be any simple word such as ice cream, gardening, jogging, blue, or bike.
- The person in the center then starts to tell a story. When she says the magic word, participants try to grab the finger of the person on their right while at the same time trying to pull their left hand up so their finger is not caught by their neighbor on the left. The challenge for the person who is “it” is to slip the magic word into the story in such a way that group is surprised. The person can also slip in a word that sounds like the magic word to trick everyone into reacting at the wrong time.
- The person who is “it” gets to try to trick the group a few times and then picks a new person to be “it.”

**Tips:** This is a great game to play when everyone is sleepy after lunch. It’s helpful to model it first. You can give people a chance to practice by identifying a magic word. Then say, “I will say 1, 2, 3, [magic word] a few times, to give you a chance to practice.” We’ve found that even very shy participants will successfully tell a story in the circle.
They are so focused on tricking the group that they forget themselves. Later on you can point out, “Do you realize you just told a story to a large group of people.”

**YES, LET’S**

**Purpose:** imagination, relaxation, laughter and play, creative risk

Ask everyone to stand. Explain these instructions:

- The first person will say, “Hey Everybody.”
- The group says, “Hey what?”
- Let’s fly around like birds (or anything the group can easily do)
- The group says, Yes, Let’s
- And then everyone flies around like bird.
- At any point a participant can loudly say: Hey Everybody!” The group stops what they are doing and says, “Hey what?” This new person comes up with a new idea: “Let’s sit on the floor in silence.” The group says, “Yes, let’s.” and everyone sits on the floor in silence. Continue the game until if feels like a good time to stop.

**YES, AND . . .**

7-10 minutes for a group of 3 or 4

**Purpose:** imagination, listening, attention, storytelling skills, group cohesion

Instructions: This easy-to-play storytelling game ignites the imagination and teaches the first rule of theater improvisation: “say yes”. Ask participants to form circles of 3 or 4 people and decide who will go first (A).

- A begins by making up a story. It can be any story, past, present, or future. After setting the stage through three or four sentences, A stops at the end of a sentence.
- B picks up the story with the words, “Yes, and…” B then continues to tell the story in the same voice as A. This means, if the story was started in the first person, the story continues in first person. B adds three or four sentences and stops at the end of a sentence.
- C then picks up the story with, “Yes, and...”, adds to the story and stops at the end of a sentence. The story continues around and around the circle with each person picking up with the words, “Yes, and...”
- Let the storytelling go for 7-10 minutes and then call “stop.”

**Tips:** Make sure participants know they are to come to the end of a sentence before passing it on to the next person. Demonstrate what you mean by everyone in the circle using the same storytelling voice. Encourage participants to stand up while playing this game.
SCULPTING EMOTIONS
15 minutes

Purpose: To explore ways to express emotions through body sculptures.

Instructions: Begin by demonstrating how one person can sculpt another—basically move them into a shape to form a statue that expresses an emotion. There are three methods to use.

   1. A asks permission to touch B and then gently moves B into position.
   2. A asks B to mimic A’s shape and facial expression.
   3. A moves B’s body by pulling an imaginary string that is attached to B’s hands, feet, etc.

Once you have demonstrated the sculpting process, ask partners to choose to be A or B. Begin with A sculpting B then switch. Give time between sculptures for participants to view all of the sculptures in the room. You can include any emotions. Be sure to end with a positive emotion. And at the conclusion of the activity ask everyone to shake the poses out of their bodies.
STAYING CONNECTED

Great facilitators never stop learning. We understand the on-going need for support and the benefits for connection and collaboration within a community of like-minded professionals, which is why we’ve put together the International Learning Network, an ever-expanding network of social artists and facilitators from around the world and a place where you can connect, share and learn. Together, we’re building a movement of people who believe in the power of art for social change and we invite you to jump in.

Website
Our website is full of tools and resources, including tested activities, a song library and stories about amazing facilitators in our network.

Online Learning / Discussion
Live Forums (3rd Thursdays) by Partners for Youth Empowerment on Facebook is an exciting format where participants contribute and discuss a niche aspect of group facilitation. Through a facilitated, threaded Facebook conversation we are able to connect our international network of facilitators. If you can’t make it for the conversation, they are all transcribed and stored on our website. Join us!

Volunteering
The Creative Empowerment Model was developed at arts empowerment camps now called Power of Hope Camps - www.powerofhope.org. Volunteer at a camp to experience what is possible through this work.