

SÄG DET SEN GÖR DET

(Say it - then do it)



CREATIVE TASKS

SÄG DET
SEN GÖR DET



ARBETARNAS BILDNINGSFÖRBUND



**ALLMÄNNA
ARVSFONDEN**

GET CREATIVE WITH YOUR EMOTIONS!

This material is aimed at people who have watched our short film or performance and/or who have participated in one of our workshops and now wants to continue exploring and expressing difficult emotions.

This booklet contains three different creative tasks. Using these tasks, either alone or in a group, you can experiment with expressing and describing difficult emotions through artistic and creative means.

Each task has a different focus: describing through words, illustrating through image and expressing through the body. Choose the one that suits you best or try out all three!

Experiment and don't forget to find a safe and comfortable way to share what you create. This might be publicly in the form of an exhibition or digitally on social media. Feel free to use the #Känslobanken hashtag if you like BUT if you prefer you can simply share in your group or by sending your creation by text to a friend, for example. As long as we are sharing it doesn't matter exactly how. Since each time we share, we create a larger emotional space around us and a greater degree of understanding and acceptance for the fact that even difficult emotions are important and purposeful. Thanks for daring!

WATCH THE TANGLE
short film and find more
information about our other
work on our website
www.känslobanken.se

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Personal or private

It is important that all participants feel that sharing is voluntary and that it doesn't need to be in private.

It is okay to share a personal experience about how something feels without discussing the background to this emotion and without giving any specific details.

IDEA

The Emotions Jar

We have developed a useful tool which we call the Emotions Jar. Use it to get started, as a warm-up exercise or when you don't feel like choosing yourself and want to explore Emotions that you are perhaps not very familiar with.

You will find instructions on page five.

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Performance anxiety

The result of your work is not something to be judged. It is easy to feel anxious when presenting something that you've created but just remember that the idea is to explore and work through your emotions, not to produce a masterpiece!

Give feedback to yourself and others based on what the artwork makes you feel and not based on whether you think it's good or not.

REFLECTIVE QUESTIONS

SHORT FILM: THE TANGLE

After watching the short film, we recommend taking a moment or two for some reflection.

Below you will find some short questions that will help you to reflect on what you have watched and what emotions the film has stirred up in you. These are often a good way to get warmed up before going on to work with the creative tasks.



You may need some paper and a pen or similar to make some notes.

Start by taking a deep breath and then, if you can, close your eyes while you reflect on the following questions:

There is not very much dialogue in the film; instead the story is told through pictures and music.

- What did you feel the film was about?
- What characters did you get to follow?
- Choose one of the characters and reflect on who they were.
- Was there any particular situation in the film that you remember particularly well?
- Where was your character in this scene?
- What do you think they were feeling?

Write out a list of the different Emotions that you think your person might have felt over the course of the film. If you are working with others, go around the group so that everyone has a chance to share how they felt.

WATCH THE FILM HERE!



Scan the code with your smart phone to watch the film on our website

CREATE YOUR EMOTIONS JAR

We have developed a tool that we call the Emotions Jar. It can be used in many different ways!

Use it by picking out a feeling for the day when you meet in the morning and discussing your thoughts around the selected feeling in your group; play charades during your fun hour or after-work session or pick out a feeling and draw for 30 seconds whenever you need a bit of a break! You will also be able to use the jar in the creative tasks which you will find later on in this booklet.



Write out a list of all the different feeling words that you and your group thought the characters in the film might have experienced. Read through the list and think about whether you are missing any Emotions that you think are difficult to talk about or which you would like to explore further. Add these Emotions to your list as well.

Then write each word on its own piece of paper, either by hand or using a computer. If you are using a computer, make sure that you have a printer you can use and be sure to leave enough space around each word so that you can cut them out individually. Fold up all the bits of paper and put them in a jar or a container that's big enough to get your hand into. It's as easy as that!

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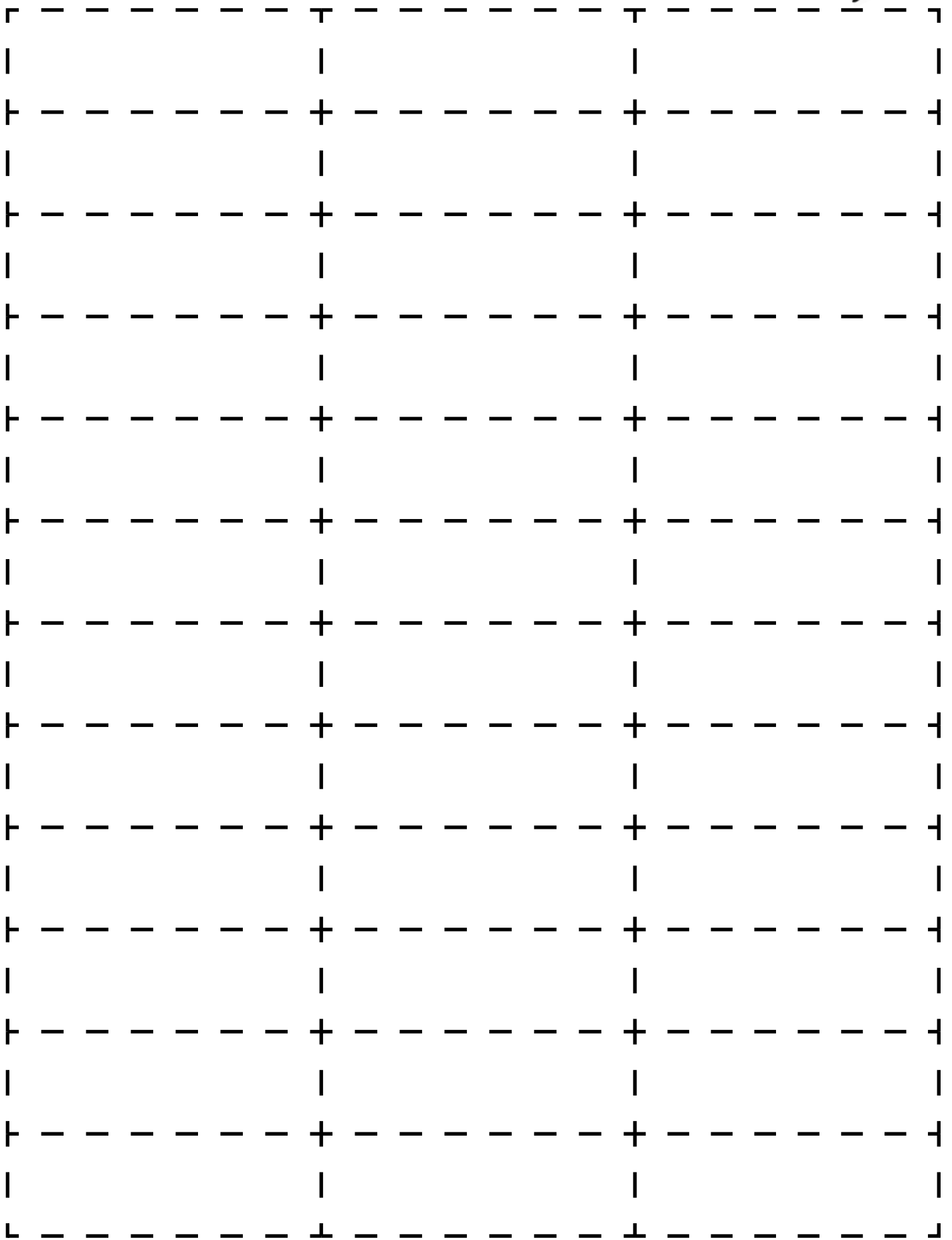
Why only difficult emotions

We have selected emotions that can be tough and difficult to talk about because these rarely get the attention they need, but feel free to select whatever best suits you and your group.

All emotions are important!



IRRITATION	SELF-HATRED	NUMB	UNHAPPY
UPSET	TIRED	BORED	LONELY
DISCOMFORT	DESPERATE	ANXIETY	SORROW
ANGRY	DEPRESSED	WORRY	DIRTY
BITTER	DEJECTED	PANIC-STRICKEN	REGRETFUL
FRUSTRATED	SELF-CRITICAL	PANIC ATTACK	MOODY
DISGUSTED	HOPELESS	NERVOUS	FRAGILE
CRAZY	NEGATIVE	UNCERTAIN	DEVASTATED
JEALOUS	UNCERTAIN	DIVIDED	DISSATISFIED
OFFENDED	EMBARRASSED	PARANOID	FAILURE
ENVOIOUS	SHY	REJECTED	APATHETIC
DISAPPOINTED	UNCOMFORTABLE	HURT	EXCLUDED
ASHAMED	STRESSED	AFRAID	MISUNDERSTOOD
POWERLESS	VULNERABLE	ISOLATED	MINIMISED
SHUT OUT	IMPULSIVE	GUILT	RESTLESS
SAD	UNNEEDED	INSUFFICIENT	RAGE
MANIC	THREATENED	DISGUST	FORCED
OBSESSIONS	HELPLESS	STRESS	SUICIDAL THOUGHTS



EMOTIONAL UTOPIA

DESCRIBE - USE WORDS



WHAT:

The objective of this task is to describe your emotional utopia.

Utopia = ideal scenario, a dream world.

YOU MAY NEED:

Pen and paper
Magazines
Scissors and glue
Computer or tablet

TIME:

Between 45 minutes and two hours

Feel free to divide over several sessions!

What does your emotional utopia look like? If it were up to you, what norms would you change or do away with and why? Is there something that already exists which you would like more of? Or is there something you would like less of? What emotions would feature more greatly than they do now? How would society treat you when you're not feeling great? Describe your own emotional utopia and choose for yourself how you want to describe it.

BUT WHAT FORM SHOULD IT TAKE?

EXAMPLE: You could write a poem, cut words out of a magazine and stick together a text montage, put together a list of feeling words that you're missing or record a voice message that describes your utopia.

Describe something from your own life, write about social norms or use the Emotions Jar and describe Emotions more generally. The great thing about making art is that there are no right or wrong answers, so experiment and find what works for you!

Once you have created something, remember to share it in a way that feels right for you. This might be publicly in the form of an exhibition or digitally over social media. Feel free to use the #Känslbanken hashtag. But you can also simply just share in your group or by sending a text message to a friend, for example. Sharing helps us grow and that's what matters – not how!

INSIDE OUT

ILLUSTRATE – USE IMAGES



WHAT:

For this task you are going to illustrate your feeling and express what it looks like in a picture.

YOU MAY NEED:

Paper and paint/colours
Pencils and brushes
Magazines
Scissors and glue
Scrap paper, waste materials etc.
Camera, computer or tablet

TIME:

Between 45 minutes and two hours

Feel free to divide over several sessions!

What colour is anxiety? What does rage look like? Is worry a small feeling or a big one? Is your emotion unruly, round, spiky, pointy or fluffy? Does it look like something else? Choose a feeling that you would like to explore in yourself or select a common feeling together with your group and see how your experiences of this feeling may differ or intersect with one another. You can use the Emotions Jar to choose a feeling.

Next you should illustrate the feeling (i.e. create a picture) using whichever method you prefer. A good idea is to start with a mind-map or a list of describing words (adjectives) which you associate with the feeling so that you have a guide to use when creating your artwork, e.g. **ANGRY – Large, red, spiky, explosion, growing, etc.**

BUT WHAT FORM SHOULD IT TAKE?

EXAMPLE: You might hunt through images and photos to make a collage, paint something yourself or use the camera on your mobile phone to capture your feeling. You could also look for different materials that you think are suitable and build a three-dimensional sculpture. The great thing about making art is that there are no right or wrong answers, so experiment and find what works for you!

Once you have created something, remember to share it in a way that feels right for you. This might be publicly in the form of an exhibition or digitally over social media. Feel free to use the #Känslobanken hashtag. But you can also simply just share in your group or by sending a text message to a friend, for example. Sharing helps us grow and that's what matters – not how!

EMOTIONAL MEMORY

EXPRESS – USE YOUR BODY



WHAT:

The idea of this task is to express the memory of an emotion using our bodies

YOU MAY NEED:

Empty floor space
Mirrors
Music and speakers
Camera, computer or tablet

TIME:

Between an hour and two hours

Do a warm-up!

Feel free to divide over several sessions!

Emotions are not just thoughts and words. Emotions exist in our muscles, our skin, our organs and in our mind and senses. What does worry look like? Whereabouts in the body does rage live? Is it a slow or a fast feeling? Heavy and wet or light and elusive? Does it stand completely still?

WARM-UP IDEA!

If you are working in a group then it is a good idea to do a warm-up exercise to get started. Use the Emotions Jar!

Get the group to move around the room while one person draws an emotion from the jar and reads it aloud. When you hear the feeling, interpret it with a movement or gesture while continuing to move around the room. Everyone in the room should perform their own interpretation and movement for the feeling.

Try to focus on yourself without thinking about what the others in the room are doing. You can do this as many times as you like until you feel you're ready to get started!

Then pick out a feeling that you remember vividly and which provoked a reaction in your body; e.g. tears.

A good idea is to start by making a mind-map or a list of reactions that you remember from the emotion so that you have a guide to use when creating your artwork. Use describing words (adjectives): **e.g. ANGRY – I felt warm and red, I lost feeling, everything felt enclosed and I threw things like an explosion from inside my body!**

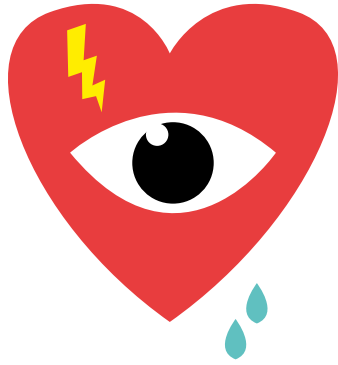
If you are working on the same feeling in a group then a good idea is to do this step individually at first before then coming together to agree on how you want to express the emotion as a group.

BUT WHAT FORM SHOULD IT TAKE?

EXAMPLE: You should express the feeling with your body but you do not need to use your whole body or even your own body. You might build a human sculpture with the others in your group or create your own sequence of movements – a simple choreography (dance). But it could also be something that you perform entirely with your hands or your eyes, for example. How can you make the feeling clear to somebody else? A body can also be an object in motion or placed in a room that expresses your emotion. Feel free to use sounds or music if it helps.

The great thing about making art is that there are no right or wrong answers, so experiment and find what works for you!

Once you have created something, remember to share it in a way that feels right for you. This might be publicly in the form of a performance or digitally over social media. Feel free to use the #Känslobanken hashtag. But you can also simply just perform to your group or send your creation by text to a friend, for example. Sharing helps us grow and that's what matters – not how!



**Thanks for
daring to
show your
EMOTIONS!**