



ITLS INTERNATIONAL TEACHERS FOR TOMORROW'S SCHOOL

SYSTEM CHANGE AS AN OPPORTUNITY FOR INTERCULTURAL
SCHOOL DEVELOPMENT AND MUTUAL LEARNING

Construct your school of diversity: plasticinography as an inclusive method

Art therapy has emerged as a crucial component in the field of therapy, finding applications in various forms of treatment. It employs integrative approaches that engage the soul, body, and mind in ways that verbal communication alone often fails to achieve. Art therapy is indeed an inclusive method that can be beneficial for a wide range of participants, regardless of age, ability, cultural background, or language proficiency.

Plasticinography workshops can also be applied in teacher education in order to show teachers the therapeutic benefits of creative expression and non-verbal communication. As a result, they can create nurturing and empathetic learning environments and better understand their students' emotional needs. At the plasticinography workshops by harnessing the power of art and plasticity of plasticine as a material, individuals can delve into their inner world and tap into profound self-expression and fine motoric improvement that may be inaccessible through verbal methods alone.

Plasticinography workshops give diverse forms of expression, accommodate individual needs, and provide a supportive environment, so that in the consequence they create an inclusive space where participants can explore and grow. Plasticinography stimulates the development of all psychological functions, teach independent thinking, analysis, comparing, and presentation of creative ideas (Aleksandrovich, 2021).

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Type of Document:

art therapy
workshop

Target Group:

Youth and adults
from 3 till 99

Goals:

To promote
inclusivity and fine
motoric
development via
art activities with
plasticine

Keywords:

Art therapy,
inclusivity,
plasticine, self-
expression, fine
motoric
development.

Duration

3 hours (with one break of 20 minutes)

Space

Find a suitable space that can accommodate the number of 10-12 participants comfortably. The venue should have ample natural light and provide a calm and conducive environment for creative expression. Ensure the space has tables, chairs, and necessary art supplies.

Resources

Gather a variety of art materials to cater to different artistic preferences and therapeutic goals. This may include paints, brushes, canvases, sketchbooks, coloured pencils, markers, plasticine, collage materials, scissors, glue, and other relevant supplies for example for to play relaxation music and clean the hand after the workshop. Having a wide range of options encourages participants to explore various mediums. For the aim of this concrete workshop you will need plasticine of good quality (I can recommend <https://www.astrapolska.pl/pl/produkt/plastelina-astra-8-kolorow/>) and cardboard (children format A6, adults format A4).

Preparation

To carry out the workshop “Plasticinography” organizer should take care about appropriate space and resources mentioned above, as well as should determine the ideal group size based on the available resources, the space, and the therapeutic goals. A smaller group allows for more individual attention, while a larger group may encourage social interaction and a sense of community. Consider the dynamics and purpose of the workshop when deciding on the group size.

Market the workshop through various channels, such as social media, community bulletin boards, local newsletters, or by partnering with relevant organizations or therapists. Provide clear information about the workshop's purpose, target audience, and how participants can register or attend.

Activities

Warming up (15 min)

Organizer should have experience in conducting art therapy workshops and should possess the necessary skills to guide participants through the creative process, offer support, and create a safe and non-judgmental atmosphere. The organizer begins by introducing his/herself, welcomes participants and creates a warm and inclusive atmosphere. Next, the organizer introduces the concept of art therapy and explains how the workshop will use plasticine as a therapeutic tool. He/she conducts a short icebreaker activity to encourage participants to get to know each other and create a sense of community. Then, the organizer explains in broad terms the objective of the session and mentions the activities according to the structured order, the time stipulated for the session included. Next, they distribute the art resources among the participants.

Presentation of Plasticinography as Art Therapy Method (25 minutes)

An organizer discusses the therapeutic benefits of art therapy and how plasticine can be used as a medium for self-expression and reflection, presents examples of plasticinography artwork and discuss how they evoke emotions and capture the essence of a task "Sunset at the sea". Next, the organizer explains the basic principles and ways of working with plasticine in plasticinography technique and conducts the preparatory fine motoric gymnastics.

Guided Plasticinography Activity (50 minutes)

An organizer provides participants with plasticine in various colours, cardboards and paper towels. Instructs participants to begin creating their plasticinography artwork, focusing on the theme "Sunset at the sea". The organizer encourages the participants to explore colours, textures, and forms that represent their emotions and experiences. Next circulates among the participants, offering support, guidance, and feedback on their creations. I can recommend playing relaxing background music to enhance the therapeutic ambiance.

Break (20 min)

Reflection and Sharing (30 minutes)

An organizer creates a relaxed and supportive environment for participants to reflect on their plasticinography experience and the emotions evoked during the process. He/she asks each of the participants to share their artwork and describe their inspiration, feelings, and personal interpretations. They also facilitate a group discussion to explore common themes and experiences related to the man them "Sunsets at the sea".

Photography Session (20 minutes)

An organizer instructs participants to capture photographs of their plasticinography artwork using cameras or smartphones. He/she encourages participants to experiment with different angles, lighting, and compositions to showcase their artwork effectively, as well as to create on-line exhibition of the artworks.

Artwork Exhibition and Closure (30 minutes)

An organizer sets up display boards or walls to showcase participants' plasticinography artwork. They invite participants and attendees to view the exhibition and appreciate each other's creations. He/she provides closing remarks, expressing gratitude for participation and acknowledging the therapeutic value of the workshop.

Evaluation of the Workshop (10 min)

An organizer distributes the feedback forms to participants, allowing them to provide their thoughts on the workshop's effectiveness, their personal experiences, and suggestions for improvement.

Annexes

Here are some useful materials for the workshop created by Maria Aleksandrovich

1. Presentation "Plasticinography as Art Therapy Method"
2. Instruction for preparatory fine motoric gymnastics with plasticine
3. Workshop feedback forms

https://drive.google.com/drive/folders/139XZZBejADClDM_tmUUY1Kj4ZYhH8zFz?usp=drive_link

Further readings

Aleksandrovich, M. (2021). *Forming and Performing with Plasticine: Developing Problem Solving, Critical Thinking*. In: *School and Teacher Education 2030. Schule und Lehrer-/innenbildung 2030*. In: Tension Between New Trends in Postmodern Society. Im Spannungsfeld Neuer Trends in Der Postmodernen Gesellschaft, Susanne Linhofer, Oliver Holz, Marlene Grabner, Jürgen Kühnis (eds.), LitVerlag, p. 21-43.

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