

**WEDNESDAY | ASSIGNMENT 1****DEPRESSION / OUT OF THE DARKNESS**

Student Name

Consider the black paper as metaphor for experiencing a 'sense of darkness'.

Using chalk pastels, express using pure colour (vs imagery) to represent these inner feelings of disharmony in a more tangible way.

The process is not about naming the feeling or labelling the *sense of disharmony* but acknowledging and allowing it an opportunity to express itself through colour.

The galaxy image example is to potentially help an older adult with declining capacity to identify with the mystery of how they are feeling.

(In the case of even further decline, assigning tastes or smells to the emotion may be helpful)

Consider for a moment something that feels less harmonious within yourself. **Please choose something that you are able to work with safely on your own** that won't cause distress with which you have some distance and perspective on. i.e. the loss of an animal a year ago that was more than just the family dog.

If the above feels too overwhelming, then a quote may be used instead. (You would only do this with a person or group who still have capacity to explore its meaning and ability for exploration and interpretation).

**Sample quotes**

"Even a happy life cannot be without a measure of darkness." Carl Jung

"My own understanding is the sole treasure I possess, and the greatest. Though infinitely small and fragile in comparison with the powers of darkness, it is still a light, my only light. Carl Jung

***Please add your image (named Out of the darkness) into your folder together with a written short paragraph on the process to share with the group. (50 - 100 words)***

**WEDNESDAY | ASSIGNMENT 2****SENSE OF PURPOSE**

Student Name

Use any object to 'Creative Upcycle' or 'Repurpose' – an object that you may normally consider throwing away in the recycling/landfill or giving to a charity shop.

**Media** – paint, collage (tissue paper, magazine), etc.

Choose your object and choice of media to transform an object.

During the transformation and repurpose process of this object, consider it as a metaphor or catalyst for having a creative (non-verbal) and verbal conversation with a person about their 'sense of purpose'.

i.e. If the person is no longer defined by their roles in their family or society, there is often the question "What am I now?" "What I do?" or statements such as "I am no use to anyone anymore – I'm useless"

***Please add your image (named Sense of Purpose) into your folder with a written short paragraph on the process to share with the group. (50 - 100 words)***

**Deadline 20 December 2020**