



MULTI-DAY VISUAL ART CO - CREATIVE WORKSHOP



INTRODUCTION AND FRAMEWORK

This multi-day workshop has been carefully designed to guide participants through an accessible exploration of artistic co-creation excersises. We use a variety of differents setups, material and technices. The sequeense of the sessions can be changed freely.

The session are meant to reinforcing participants' confidence, curiosity, and capacity for creative self-expression. But also to engage in a collective art work. The workshops are designed to support adults with intellectual disabilities by offering hands-on, low-barrier activities that prioritize the process over the product, while honoring the participants' unique voices and creative choices.

The methodology used throughout the workshops is grounded in principles of inclusive, person-centered facilitation, as well as adaptive artistic mentoring. It draws from contemporary inclusive arts practices, participatory photography approaches, and the recognition that all individuals—regardless of ability—have valuable stories to tell and creative languages to express them.

WORKSHOP TITLE

MULTI-DAY VISUAL ART
CO - CREATIVE WORKSHOP

DURATION

3 - 5 DAYS

SESSION LENGTH

OPTIONAL

TARGET GROUP

ADULTS WITH INTELLECTUAL
DISABILITIES

MENTOR ROLE:

FACILITATE EXPLORATION WITH
MINIMAL CORRECTION, OFFER
HANDS-ON SUPPORT, AND
ADAPT TO INDIVIDUAL ABILITIES
AND SENSORY NEEDS.

FLOW OF THE WORKSHOP SERIES

OVER THREE TO FIVE DAYS, PARTICIPANTS WILL ENGAGE IN ARTISTIC CO-CREATION THROUGH MULTIPLE APPROACHES.

GENERAL GUIDELINES AND MENTOR APPROACH

Session Duration:

The length of the sessions depends on the group's abilities or needs. A recommendation is to try one or two exercises a day.

Adaptability and Flexibility:

Mentors are encouraged to observe and respond to the group's rhythm, adjusting the pace, depth, and focus of activities as needed. Some participants may need more time to engage, others may revisit previous steps. Repetition and choice are key elements of inclusive facilitation.

Preparation:

Mentors should always prepare materials in advance, ensuring that all tools, spaces, and activities are safe, accessible, and inviting. This includes testing devices, arranging calm workspaces, and preparing tactile materials.

References and Good Practices:

The workshop is informed by inclusive arts education principles, and participatory art methods. It uses storytelling as a tool to open the artistic flow and to create group dynamic.

CORE VALUES

Process over product: The journey of exploration, play, and discovery is more important than the final artwork.

Participant-led creativity: Activities are invitations, not instructions; participants decide how deeply they engage.

Accessibility and respect: All artistic expressions are valid; mentors create space for both verbal and non-verbal storytelling.

Celebration of individual and group identity: The workshop concludes by honoring each participant's creative voice, fostering pride, and sharing their work with the community.



SESSION 1: THE CREATIVE DINNER PARTY

This workshop is about inclusion, self-expression, cultural identity, co-creation through a creative “dinner”. You will need minimum 1 hour, but it can easily be extended.

Step-by-Step Instructions:

Materials: An old tablecloth, paint, water, paint brushes

INTRODUCTION, MATERIAL, DEMONSTRATION

- o Welcoming the participant to the creative dinner-party (sitting around the table with the cloth or on the floor).
 - o Look at the empty cloth. What's missing?
 - o Ask the participants about their personal favorite food.
 - o Inspire their imagination and tell them that we are visiting one of the finest restaurants in the World. At this restaurant they can demand whatever they want.
 - o But first everyone must paint it on the cloth.

WORK

- o What would you like to eat? Paint it on the cloth (find paint and brushes).
- o In the process it is essential to ask the participants what kind of tools they normally use at the dinner table. E.g. fingers, chopsticks, forks and knives, spoons ect. Paint it.
 - o What do you want to drink? What kind of glasses do you need? Paint it.

DEBRIEFING AND EVALUATION:

- o Place the cloth on the floor. Look at it.
 - o Express what you see and think.
- o The creative dinner-party has become a cooperative piece of art. Everyone has contributed and expressed their creativity and artistic way of work.
- o Debriefing. After the painting process we are looking at the result together. We are talking about the different kinds of meals at the table. What is the difference?

TIPS FOR FACILITATORS

Talk positively about the process. Show your respect for everyone and the collective result. No right or wrong. Some people like to think about what they want to paint, and others are working directly and expressively.

Maybe it has not become GREAT ART, but the cloth has become a picture of different foods, artistic traces and cultural background.

SESSION 2: THE NEVER-ENDING ARTIST BOOK

You will need heavy paper (minimum 30 x 40 cm). Recycled paper, colored paper, wrapping paper, glue sticks, scissors, Posca markers and string.

Each participant cuts and pastes a page from the book. The pages are put together to create The Never-Ending Artist-book. Inspired by the book's different expressions, you can use your imagination and discover an infinite number of stories.

STEP-BY STEP INTRODUCTION

1. All materials are placed on the table.

Welcome the participants and introduce them to the Never-Ending Artist-book workshop.

- I have been told that you can make a book with an infinite number of stories.
- I need your help to make it.
- Everything we need is on the table. (Give each participant a piece of the thick paper)
- You are welcome to work on both sides of the paper

2. Creative work

Everyone starts to work on their book page. You can tear and cut the paper. The pages become collages of paper and lines of Posca markers. If needed, you can help the participants in their individual process, with inspiration or practical advice.

3. Co-creating process

When the participants are done with their individual pages, the book can be assembled. We help each other to make two holes in all the pages. In the same place! The pages are tied together to a book with a piece of string.



DEBRIEFING AND EVALUATION:

Now our Never-Ending Artist-book is finished. Use your imagination and tell each other some of the stories that you can see. The next time you look at the book, you can definitely find new stories.

TIPS FOR FACILITATORS

Talk positively about the process. Show your respect for each one and the collective result. Be mindful of participants' sensitivities. Avoid forcing anyone to share if they are uncomfortable.

Remember there is no right or wrong way to be creative.

Maybe it has not become GREAT ART, but The Never-Ending Artist-book has become a very special piece of art with a lot of different expression.

The next time you make the artist-book together, you can include new processes and materials.

SESSION 3: THE TRASH ART GARDEN

You need a piece of fabric the length of the table, glue guns, recycled “goodies” e.g. old lids, corks, plastic gadgets, empty buckets, small pieces of wood, etc., a friendly toy animal, let's call her “Lisa”.

An empty box.

The participants co-create the artwork The Garbage Art Garden. The beautiful old Garbage Art Garden needs new sculptures. You are the artists who create them. Finally, the friendly toy animal Lisa shows you around in the Art Garden.

STEP-BY STEP INTRODUCTION

1. Setting the scene

The art mentor begins by setting the scene through storytelling. The words and level of guidance is adjusted to the group's abilities. The piece of fabric is in the middle of the table for the entire length of the table. It is the beautiful old garden. All the recycled material, pieces and scraps and glue are ready on the table. The friendly toy animal Lisa is sitting in the garden. She greets the participants and asks them to sit down around the table and she tells them that this is her garden. Everything in the garden has fallen apart and the participants are asked to help out.

- Would you like to help me? (Everyone would love to help)
- You can find the glue and the lost pieces on the table.
- Now we will put the lost pieces together and make new fabulous sculptures



2. Individual creative work

Everyone starts to work on their own sculpture. If it needed you could help the participants in their individual process with inspiration, practical advice etc. Listen carefully to the participants while they are working. What do they say about their process?

3. Co-creating and completion

When the participants have made their individual sculpture, the art mentor will say something like “What lovely sculptures we made. Now we will place them in the garden. And the leftover pieces, we didn't use, we will put in the empty box”. Everyone places their sculpture in the garden. Now the friendly toy animal Lisa are going to visit the garden.

DEBRIEFING AND EVALUATION:

The toy animal Lisa facilitates the debriefing process. You make sure that Lisa examines all the sculptures and includes the participants in the conversation on the way around the garden. Can the sculpture be eaten? Maybe there are artists who show Lisa their sculpture themselves.

TIPS FOR FACILITATORS

Talk positively about the process. Show your respect for everyone and the collective result. Remember there is no right or wrong way to be creative. The Garbage Art Garden has become a cooperative piece of art. Everyone has contributed and expressed their creativity and artistic way of work. Maybe it has not become GREAT ART, but The Garbage Art Garden has become a very special piece of art with a lot of different expressions.

Variations: Can be other settings than a garden – a village, a museum, a festival, a circus, etc. The toy animal can have different forms and personalities.

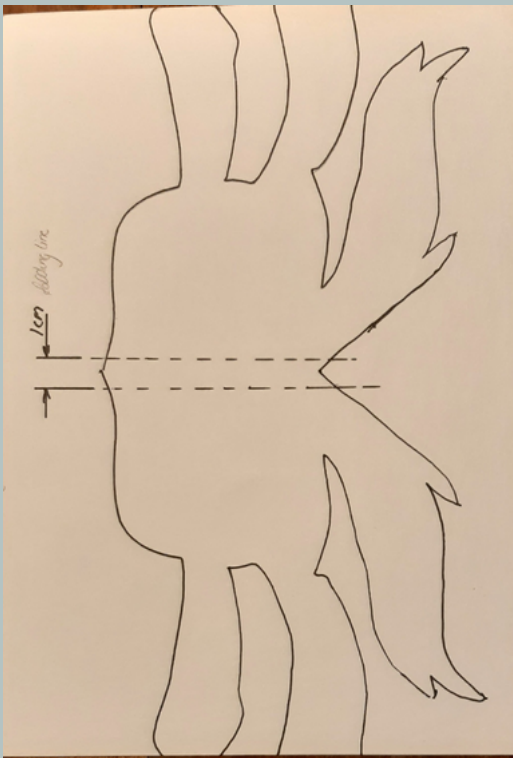
SESSION 4: MY LITTLE PONY – WHO AM I?

In the world of “my little pony” there 230 different figures. In this exercise the objective is to encourage self-expression, through exploring and boosting the participants visual side via creativity sculpture making individuals and raising awareness of the importance of “Who am I”. Individual importance in the dynamic of the group.

Normal A4 paper, white carton paperA4 or different coloured carton, make pen, glue, glue gun, hobby knife, scissors, yarn, what you can find of gizmos, recycled tings etc.

This is a template for making the figure – body and head (In real it should be at least A4 size)

Each participants create My little pony to Who am I. The figure can represent their identity, culture, or dreams using paper and recycled material.



STEP-BY-STEP INSTRUCTIONS:

Introduction

Explain the purpose of the activity (self-expression and inclusion).

Materials Setup: Distribute materials (1 normal A4 paper, 2 A4 ark of carton to each person, and everything else is in the middle of the table, to share). Demonstrate how to draw and use the scissors or hobby knife to cut out the pony. And you can have an example ready. Remember the importance of the folding line, 1 cm. See the drawing. It is important for the pony to be able to stand. Tell the participants that in the world of “my little pony” there a in total 230, show some pictures of the original “my little pony”.

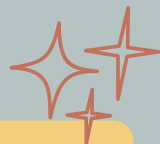
Individual reflection

Have some moments of peace to think of a design for the pony. Then create “Who am I”, if I was me as My little pony. (Can be based on e.g dreams, a favorite animal, culture, etc.)

Sharing

Participants present their Me as My little pony to the group and share their thoughts.





DEBRIEFING AND EVALUATION:

Reflection Questions:

- How did creating the Me as My little Pony make you feel?
 - Was it easy?
- What did you learn about others through their pony?

TIPS FOR FACILITATORS:

- Create a welcoming and non-judgmental atmosphere.
- Provide extra support to participants who might struggle with self-expression.
- All ponies count in the worldview, there is no wrong pony choice or pony personality.

Disclaimer: Be mindful of participants' sensitivities. Avoid forcing anyone to share if they are uncomfortable. Just let them show the end result.



SESSION 5: THE POTATO SOCIETY

Participants create a potato-animal to represent their identity, culture, or dreams. When the potatoes dry, they can sometimes resemble bronze adding a nice touch to the aesthetic values of the session. The objective is to explore and boost the artists' visual side via creativity sculpture making individual and raising awareness of the importance of each individual importance in the dynamic of the group.

Materials: Baking Potatoes, pinch-nose pliers, metal rods or just matches, vegetable knife and peeling knife. (Metal rods are the best, because you can make a hook at the end)

STEP-BY-STEP INSTRUCTIONS:

1. Introduction

Explain the purpose of the activity (self-expression and inclusion).

2. Materials Setup

Distribute materials (2 Baking Potatoes, vegetable knife and peeling knife for every participant, paper and pencil). Pinch-nose pliers, metal rods or just matches just on the table to share.

3. Demonstrate

how to cut and put together. You can have an example. (The reason for peeling the potato is, after some days or weeks it dries up and gets a coating a bit like a bronze figure).

4. Reflection

Some moments of peace to think, design a sketch of a potato animal.

5. Make the figure

Peel and cut the figure out of the 2 potatoes and assemble with metal rods or matches. (Can be based on e.g. dreams, a favorite animal, culture, etc.)

6. Sharing

Participants present their potato animal to the group and share their thoughts.

DEBRIEFING AND EVALUATION:

Reflection Questions:

- How did creating the potato animal make you feel?
- Was it easy?
- What did you learn about others through their potato animals?





TIPS FOR FACILITATORS:

- Create a welcoming and non-judgmental atmosphere.
- Provide extra support to participants who might struggle with self-expression.
- All animals count in the worldview, so there is no wrong animal choice.

Disclaimer: Be mindful of participants' sensitivities. Avoid forcing anyone to share if they are uncomfortable. Just let them show the result.

