

Creative arts methods as tools for behaviour change activities

Creative arts can be a way of engaging and intervening in community settings, to work with people of different ages, diverse social and cultural contexts and abilities.



Even if you are not a professional artist, you can use learning practises across the arts - such as creative writing, singing, dancing, visual and performing arts, photography and film.

The advantages of creative activities are, that language, talking, is not the main instrument.

Creative projects can be more joyful as a process, and satisfying, because you

see a result. They can be therapeutical too. And a different way to understand, to reflect and to communicate.



Project: millefleurs

The idea: Our girls are our blossoms. Precious and sensitive. Likewise blossoms and flours symbolise the female sex.

We will create flowers to celebrate the beauty of the female sex. The method is easy to learn. The materials, unspun wool and soap, are available and not expensive. The process is sensual and joyful. The results are decorative and symbolic.



Wet Felting

Arrange thin layers of wool fibres in a cross-hatch pattern on a textured surface, such as bubble wrap or a sushi mat. Dampen with hot, soapy water, roll up textured mat and run the bundle back and forth under your hands to agitate. Unroll the bundle and shape the flower's outlines with your fingers as the layers begin to tangle together. You can incorporate different shades of unspun wool to add highlights and details. Rinse the soap out with clear water. Adhere a felted carpel, stamen and flower stalk.