

CREATIVE WELL-BEING & ARTS-BASED METHODS



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CREATIVE WELL-BEING

Creative well-being describes how culture, the arts, and creative activities can support or relate to a person's sense of well-being, both individually and within a community.

Creative well-being also includes the fulfilment of cultural needs and rights. Every person is, in their own way, a cultural, creative, expressive and communicative being, regardless of age, health or living conditions.

Art and culture are seen as part of a good quality of life and lifelong learning.

They also encompass the cultural dimensions of everyday life.



ARTS-BASED METHODS

Arts-based methods are an umbrella term for the applied use of various art forms to promote well-being.

The purpose is to use various art exercises together with other activities to improve health and well-being.

These approaches can support participation and provide opportunities to engage in meaningful activities based on one's own abilities and starting points.



CREATIVE WELL-BEING

SOCIAL | HEALTH | WELLBEING

From maternity clinics to palliative care

Children, young people, families, adults, older people
People in vulnerable positions

Creative wellbeing belongs to everyone!

Wellbeing services counties
Private sector
Third sector
Municipalities
Parishes

For example:

- Maternity and child health clinics
- Outreach youth work
- Child protection services
- Hospital wards, outpatient clinics and care units
- Social work units
- Assisted living facilities and 24-hour care units
- Social, wellbeing and health sector organisations
- Reception centres
- Prisons

Preventive, therapeutic and rehabilitative activities



Everyday culture

- Self-initiated, everyday cultural activities

Visits to art and cultural venue

- Individual visits and group trips to various art and cultural sites and/or events

Art and culture in social, wellbeing and health settings

Professional artists

- Performances, workshops, exhibitions, art within institutions

Creative wellbeing coordinators / Producers

- As a link between artists and healthcare staff
- Connections with volunteers
- Development work in collaboration with a multidisciplinary sector

Social, health and wellbeing sector care staff

- Art-based methods in care work
- Distributing cultural prescriptions

Volunteering / volunteer organisations

- Cultural companions

Facility solutions

- Facilities and professional sensory rooms
- Art in public spaces, including Percent for Art projects

ART | CULTURE | EDUCATION

Artists

Art and culture organisations and companies
Municipal cultural and education services
Ministry of Education and Culture
Other actors involved in art and culture



Different variations of art forms, from subculture to high culture.



PARTICIPATION | WELLBEING



Group division

6 groups: Animals

12 groups: black and white animals

Find the members of your own group by making the sound of the animal you were given.

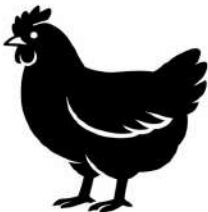
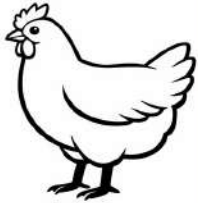
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CAT



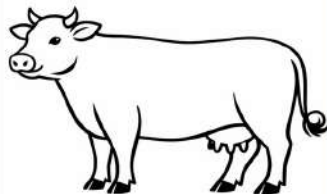
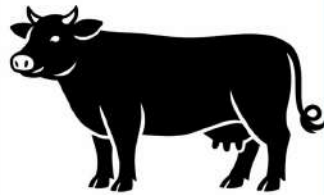
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CHICKEN



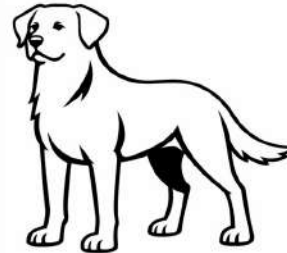
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COW



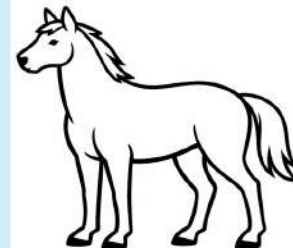
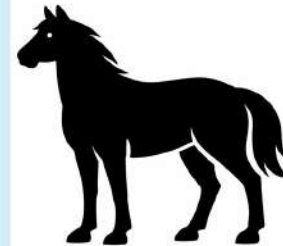
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DOG



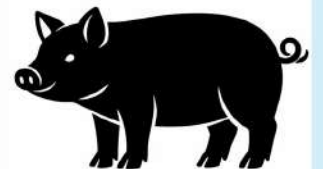
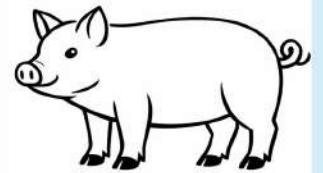
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HORSE



6

PIG



Workshops in small groups

12:20

2 x small ROOMS upstairs

Group 1	(Cat)	Sound art	(Maikki + Elsa)
Group 2	(Chicken)	Sound art	(Elsa + Maikki)

BIG SPACE

Group 3	(Cow)	Painting	(Ildiko + Cornelia)
Group 4	(Dog)	Painting	(Cornelia + Ildiko)

Group 5	(Horse)	Black out + human statue	(Benita + Maritina)
Group 6	(Pig)	Black out + human statue	(Maritina + Benita)

12:50

2 x small ROOMS upstairs

Group 3	(Cow)	Sound art	(Maikki + Elsa)
Group 4	(Dog)	Sound art	(Elsa + Maikki)

BIG SPACE

Group 5	(Horse)	Painting	(Ildiko + Cornelia)
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Group 1	(Cat)	Black out + sculpture	(Benita + Maritina)
Group 2	(Chicken)	Black out + sculpture	(Maritina + Benita)

13:20

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→ 13:50 all the groups back to the big space

**Two-part assignment:
STREAM OF CONSCIOUSNESS WRITING + VIDEO**

Materials needed: paper and a pen

Part 1:

Personal writing following the given instructions

Part 2:

Small-group work – 12 groups: white and black animals

Part 1 of the Task: Stream of Consciousness Writing

The task begins with free, individual writing.

The workshop facilitator gives opening words whose purpose is simply to help start the first sentence.

The writing task has three parts. Each part has its own set of opening words. The words for each section are given only after the previous one has ended.

Instructions for the writer

- Write without planning, pausing, or censoring yourself.
- When the time starts, continue writing after the given opening words and let all words, thoughts, images, feelings, and sentences that arise come onto the page.
- Write quickly; keep the pen moving at all times.
- Do not correct, erase, or evaluate your text.
 - You do not need to think about whether the text is good, logical, or beautiful.
- If you don't know what to write, write:
"I don't know what to write, but I'll keep going..."
and continue from there.
- The goal is not a finished text, but the free movement of the mind.
- Everything that appears on the page is valid.
- Stop exactly where you are when the time ends.



Phase 1: Stream of Consciousness Writing

5 minutes

Sentence starter:

I expected from this...

Instructions for the writer

- Write without planning, pausing, or censoring yourself.
- When the time starts, continue writing after the given opening words and let all words, thoughts, images, feelings, and sentences that arise come onto the page.
- Write quickly; keep the pen moving at all times.
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- Everything that appears on the page is valid.
- Stop exactly where you are when the time ends.



Phase 2: Stream of Consciousness Writing

5 minutes

Sentence starter:

I had hoped...

Instructions for the writer

- Write without planning, pausing, or censoring yourself.
- When the time starts, continue writing after the given opening words and let all words, thoughts, images, feelings, and sentences that arise come onto the page.
- Write quickly; keep the pen moving at all times.
- Do not correct, erase, or evaluate your text.
 - You do not need to think about whether the text is good, logical, or beautiful.
- If you don't know what to write, write:
"I don't know what to write, but I'll keep going..."
and continue from there.
- The goal is not a finished text, but the free movement of the mind.
- Everything that appears on the page is valid.
- Stop exactly where you are when the time ends.



Phase 3: Stream of Consciousness Writing

5 minutes

Sentence starter:

I have received...

Instructions for the writer

- Write without planning, pausing, or censoring yourself.
- When the time starts, continue writing after the given opening words and let all words, thoughts, images, feelings, and sentences that arise come onto the page.
- Write quickly; keep the pen moving at all times.
- Do not correct, erase, or evaluate your text.
 - You do not need to think about whether the text is good, logical, or beautiful.
- If you don't know what to write, write:
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and continue from there.
- The goal is not a finished text, but the free movement of the mind.
- Everything that appears on the page is valid.
- Stop exactly where you are when the time ends.



Part 2 of the Task: **Sharing the Texts and Creating a Collective Piece**

Small groups x 12: White & Black animals

Group members read their texts
—or selected excerpts—to one another.
From these stories, the group picks out
words and/or sentences that will be combined
into a shared piece.

The final poem or story should last
1-1,5 minutes when read aloud.

The collective work can take any form:

- a poem or a story
- something logical and realistic
- or something completely absurd, dadaistic,
or artistically experimental in any way



Part 3 of the Task: Video

Needed: iPhone (or Android phone and its charging cable.)

A video is created based on the collective piece.
The video is recorded in two separate stages:
first the audio, then the visuals.

The group plans how the piece will be presented
both as sound and as imagery.
The group also decides on a title for the work.

Once all elements have been recorded,
(a photograph of the title, the audio,
the video footage, and the end credits
(first names of the creators)
they will be edited together later.

The finished works will be shown to everyone afterwards.

Because the final videos will be uploaded online,
the group should consider during the visual planning
whether people will be visible on camera or not.

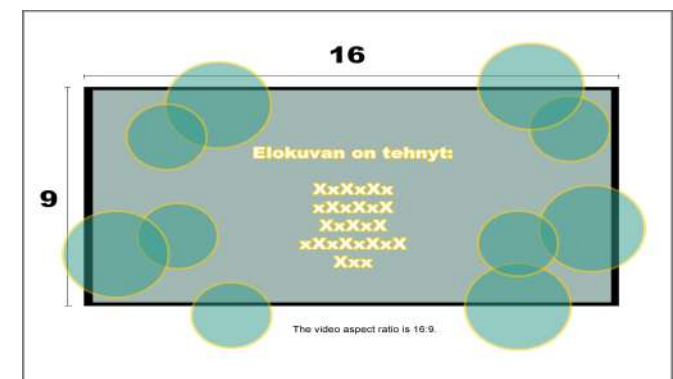
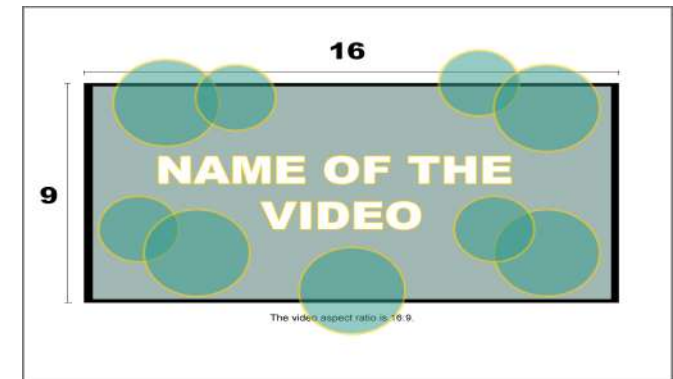


Keep the phone horizontal,
in landscape mode,
throughout the entire process.

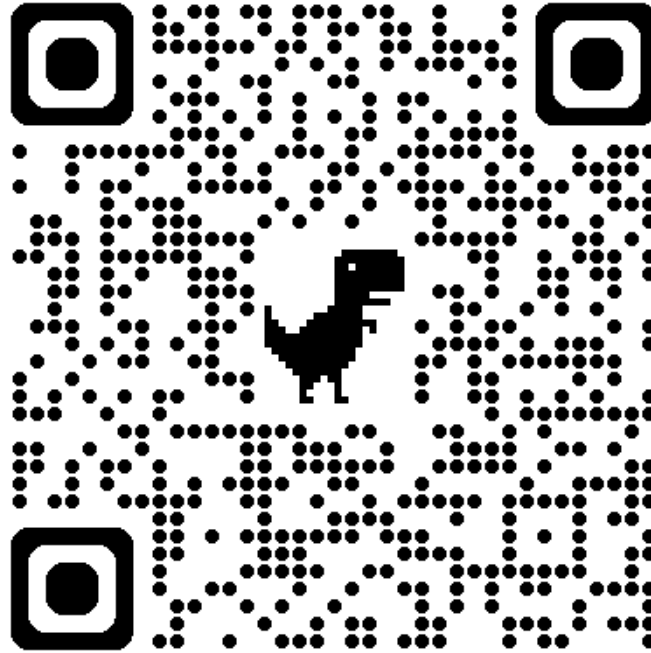
Part 3 of the Task: Video

1. **Create the title** (name of the film)
and credits (people, who made the film) sheets
2. **Record the sound** (poem + sound effects)
 - The length should be **1 – 1,5 min**
(Not more than 2 min)
 - Do **not** play copyrighted music in the background,
so we avoid copyright issues.
3. **Shoot the**
 - 3.1. **Title** (6 – 8 sek)
 - 3.2. **Video footage**
 - 1–4 video clips
 - 1 – 1,5 min = the same length
than the audio clip
 - 3.3. **Credits** (6 – 8 sek)

Keep the phone horizontal,
in landscape mode,
throughout the entire process.



SURVEY



<https://forms.gle/xUEZbTYWbhMeCcFr9>

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THANK YOU !!!

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Google drive:

https://drive.google.com/drive/folders/183Vxf6V29THvDVi4isBX_NOUI1qN3kjT?usp=drive_link