

## **Creative Activity:**

This activity, adapted from the work done by K. Mantas (2007), requires a small group of people to participate. Each person needs a large piece of art paper, a journal, coloured pencils, writing paper and an envelope.

Below, find the music: On Wings of Song (Johnston & Shippey).

1. Individual: Think back on previous sessions:
  - How was the experience of the walking meditation? What stood out for you in that experience?
  - Review your mandalas—what did these add to your learning/experience?
  - Think back to your chosen metaphors and the learning from that activity.
  - What came to your awareness about person-centred care/practice in all the creative activities you engaged in to date?
  
2. Circle: Sit in a circle with the art paper and coloured pencils in front of each person.
  - Begin to play the music
  - Think of a question you still want answered in order to better understand PCC; write your question on the back of the art paper without sharing it with anyone else
  - Turn the art paper over and listen to the music; pause to be present with your question; intuitively choose colouring pencils and let your hand move across the paper as you continue to listen to the music. You do not need to draw anything in particular – just let the music guide your hand as you listen. Any thoughts that come into your mind, simply let them go.
  
3. Circle: After one to two minutes, move one position to the right, so that you are in front of your neighbour's art paper; just continue listening to the music and colouring. Repeat this changing of places to the right until you return to your original position.
  
4. Individual: Continue to listen to the music and look closely at the colours/images on your art paper
  - Consider what these images are telling you.
  - Re-read your question and contemplate what is being revealed in relation to it.

- In your journal reflect on:
- How was my question answered?
- What did I learn from/through this exercise about my question?

5. Individual: Write a letter to yourself about how you see person-centred care/practice and what it means to you now that you have participated in these arts-informed narrative inquiry sessions. [look back over your journal and original definition of PCC]

6. Circle: Share your writing to the level of your comfort with the group.

7. Individual: Address the envelope with your home address, put the letter in the envelope and mail it to yourself. When you receive the letter in the mail, note how you respond to what you had written.

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## References

Mantas, K. (2007). Meeting mermaids: Co-creating images and process in inquiry. In G. Knowles, T. C. Luciani, A. L. Cole & L. Neilsen (Eds.), *The art of visual inquiry* (Vol. 3, pp. 153 – 166). Halifax, NS: Backalong Books and Toronto, Ontario: Centre for Arts-Informed Research.