

# ART Y CREATIVITY

Face a white canvas has never been easy for most of us. Not even for kids. This process at times creates a lot of frustration, low self-esteem and distant to all the benefits that art, as a form of self-discovery and expression, could bring to our lives. So, before this happens, we will GET TOGETHER ON A CREATIVE JOURNEY where we will discover

the power of lateral thinking.

Let's put an example. We want to write a poem. Soon you realize you have become an expert basketball player while throwing drafts balls into the bin. But not satisfied. Now, let's take another road. We start by taking a walk on nature. We **collect some bark stamps** from different trees by **painting them with blueberry juice** and we **pick up some elements from nature**. We touch them, smell them, hear and at times even taste them. We put them together and **explore their shapes by painting them with watercolors**. We come back, take a paper and **write all the words and feelings** that come to us. But **following the same pattern that the bark lines left in our stamp**. Now we are ready to write our poem.

In this workshop we will explore all kind of artistic techniques to discover our creativity. From building and decorating our own masks to painting mandalas and zentalas with Chinese ink, designing comics, mosaics with old photographs...

And in this journey, we will discover more of ourselves, our emotions, our potential, increase our self-esteem, and meet the artist we all have inside.

The objective of this workshop is to discover that it always exists a second road that we could take to achieve any dream or idea we have.

*Camp Leader Tam Tam Tami*