



Art Based Teaching Strategies - Syllabus

Day 1:

- WELCOME. Introduction to the course.
- 1st Exercise, visual rigour. Drawing in a paper (100x70 cm) with charcoal a classical sculpture as subject, without any help.
- Critical analysis. What went good, which are the mistakes?... why? We watch, but do we really see?
- Twenty minutes break.
- Explanation. Strategies to face a drawing under the idea of visual rigour.
- REFLECTIONS-DEBATE.

Day 2:

- Short meditation-Focus.
- 2nd Drawing (100x70 cm) using visual rigour strategies, with help.
- Twenty minutes break.
- 3rd Drawing (100x70 cm), freeing gestures. After knowing a little about visual rigour, strategies to break the rules. Different ways to be more creative.
- Some art-theories. REFLECTIONS-DEBATE.

Day 3:

- Short meditation-Focus.
- Polivagal theory. Some corporal exercises to connect better with the others.
- Twenty minutes break.
- Drawing with music trying to express the feelings music provides.
- More art-theories. REFLECTIONS-DEBATE.

Day 4:

- Short meditation-Focus.
- "Sardana" theory based in a traditional Catalan dance. Practising the experience of being in a circle holding hands, watching up and seeing all the faces of our companions in the "magical-energetic" ring at the same time. We are one.
- Twenty minutes break.
- Drawing with the right side of the brain. Theory and practice.
- REFLECTIONS-DEBATE.

Day 5:

- Short meditation-Focus.
- Role games. Talking to the chair.
- REFLECTIONS-DEBATE.
- Twenty minutes break.
- Free drawing trying to express yourself.
- Last conclusions.
- FAREWELL.