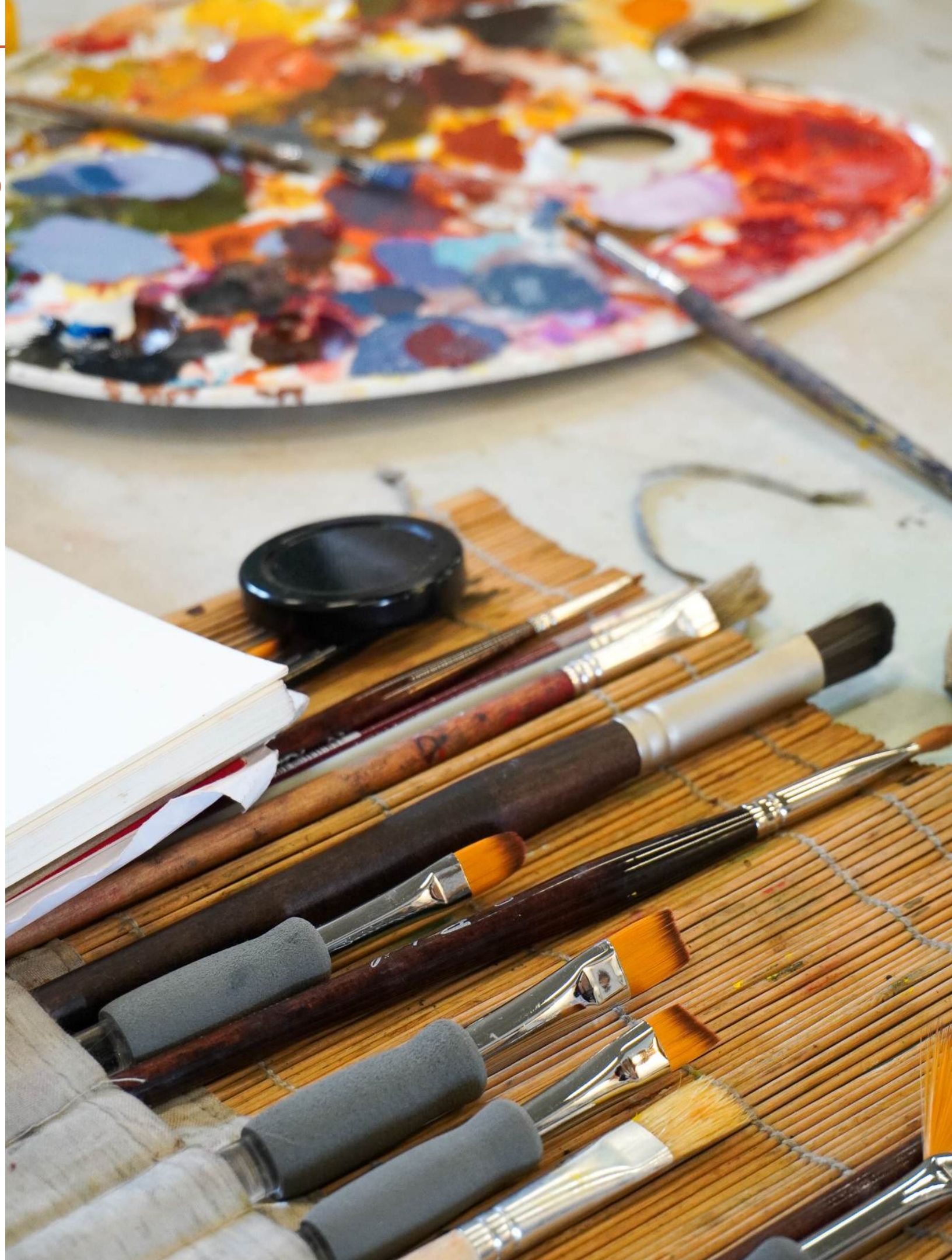


WORKSHO:

COLOR YOUR MENTAL HEALTH

Esteam@rt Concept





THE WORLD TURNED UPSIDE DOWN...

ECO ANXIETY?

Eco-anxiety manifests as feelings of concern, worry, anxiety, and distress experienced by some individuals. These feelings are triggered by current upheavals or threats to the environment, particularly due to climate change.

A BREATH OF FRESH AIR AMID THE CARBON

Faced with the devastating effects of climate change on human beings, it is urgent to turn to mediums that promote calmness, serenity, and mental well-being.

Plural art becomes a channel for everyone to express their feelings in response to the aggression caused by climate changes.

At an individual level, each of us can be the hummingbird contributing to better air and a healthier Earth.

- What kind of hummingbird are you?
- What does your breath of fresh air look like in this carbon-filled world?
- How does this hummingbird occupy the space in which it evolves?
- What is your hummingbird's display?

WORKSHOP :

COLOR YOUR MENTAL HEALTH

Through this workshop, three mediums will be explored:

- **Visual Arts:**

Illustrate the emotions felt when listening to sound vibrations reminiscent of nature's elements.

What sensation or emotion arises when listening to this musical track?

Instructions:

Represent the feeling through painting or newspaper collages, letting yourself be guided by an artistic path defined before creation. Compose this pure and ethereal environment in which you would like to take refuge.

- **Written Expression:**

Write a short text (poetry, slam, or a few words) to express and comment on your drawing.

Students will fold their Canson sheet in half to present their work as a greeting card to offer at the start of the year.

Materials:

- **Paint of various colors**
- **Vinyl glue**
- **Brushes, spare water**
- **Recycled materials (forks, cups, sponges, cardboard)**
- **White Canson paper sheets**

- **Dance: Rhythmic Expression**

Instructions:

Three musical vibrations echoing nature's sounds and more will be offered. Groups choosing the same vibration will be formed.

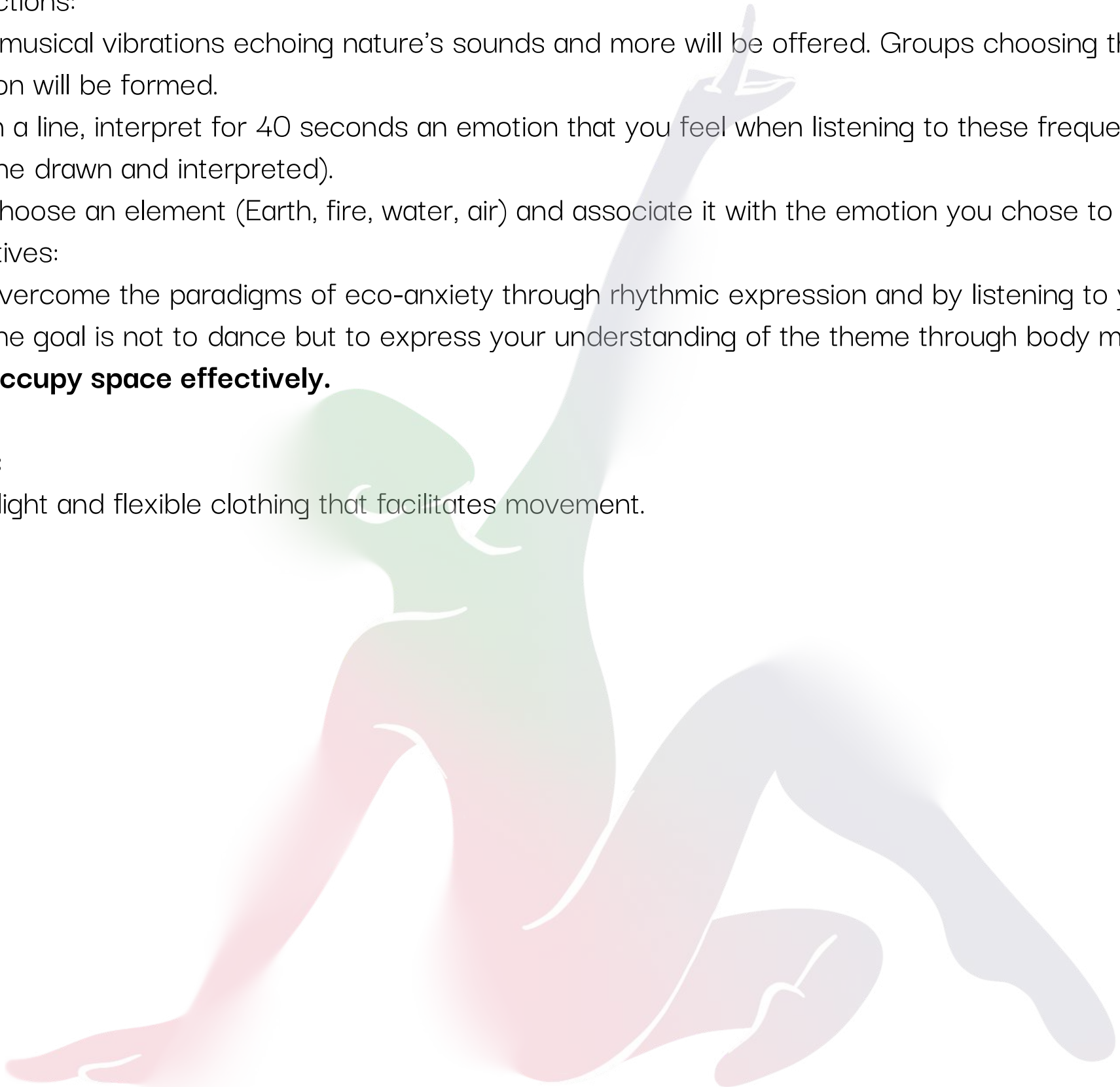
1. In a line, interpret for 40 seconds an emotion that you feel when listening to these frequencies (the one drawn and interpreted).
2. Choose an element (Earth, fire, water, air) and associate it with the emotion you chose to embody.

Objectives:

1. Overcome the paradigms of eco-anxiety through rhythmic expression and by listening to your body.
The goal is not to dance but to express your understanding of the theme through body movements.
2. **Occupy space effectively.**

Outfit:

Wear light and flexible clothing that facilitates movement.



Dance for Mental Wellness

Dance to express your state of being.

Dance to exist beyond troubles.

Dance, turn in loops.

Dance in harmony with your body.

Dance and blend into the décor.

Dance is a tool that unites all artistic domains and reconnects us with our essence. It draws, sculpts, represents, stitches, and knits the world's movements.

Esteam@Art Concept accompanies its audience in reconciling the mind and the body's chaos.

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