

Spiral Journal (10 mins)

Inspired by Lynda Barry

Sequence of Steps:

1. Invite participants to divide their page into four parts by folding a sheet in half-and-half-again, or by drawing an X, +, or loop (1 min)
2. Invite everyone to place the point of their writing implement somewhere on the page (the center, or elsewhere) and start drawing a spiral as tightly-and-slowly as possible (2 mins)
 - a. Alternatively: draw tiny concentric squares, circles, triangles, whatever you like
3. At the conclusion of the spiral drawing, invite participants to respond to four prompts, shared one by one, one response in each of the four quadrants. Spend ~1-4 mins/quadrant (4 – 10 mins)

Why/purpose/what is made possible:

- Each individual has an opportunity to reflect & compose responses more thoughtfully and calmly
- To generate and gather large amounts of data quickly
- To amplify or punctuate large group interactions

Example prompts for each quadrant:

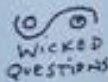
- List 7 things you've seen, heard, felt/did, and compose a small drawing
- What have you noticed & observed, so what seems important about that data, now what's needed next

SPIRAL JOURNAL

■ THE PROGRESS I
HAVE MADE IS...



■ ENTANGLEMENTS MAKE
IT SEEM IMPOSSIBLE TO...



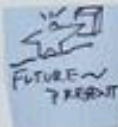
⊙ AFFIRMATION

■ WHAT I AM GOING TO
DO NEXT IS...



⊙ DESPAIR

■ WHAT I HOPE CAN HAPPEN
FOR ME/US IS...



⊙ ACTION

⊙ HOPE/RECONNECTION

SOURCES: LYNDIA BARRY, ARTIST/CARTOONIST
JOANNA MACH TEACHER