SURVIVOR-CENTRED VISUAL NARRATIVES

Raey Costain's Drawing Activity Instructions:

Raey's activity is designed to situate speakers and participants. This activity is for everyone, no matter their drawing "talent" or experience! We would recommend underlining the sensations that go into drawing. Ask, "What does it feel like to pick up a pen and draw? What goes into finding inspiration? Where does your mind wander?" Mention that it's ok to just breadth and reflect before putting the pen to the page.

1. Ask participants to grab something to draw with.
2. Draw three squares that are roughly the same size on a piece of paper. They can be vertical or horizontal.
3. In the first square, ask everyone to draw something ahead of you, i.e. something you can see in your environment. Maybe it's the computer monitor or a coffee cup!
4. In the second square, ask everyone to draw something behind them. This can be physically behind them in their environment, or it can be understood more metaphorically as something *behind* them; something you've moved through, or someone, say, standing behind you.
5. In the final square, ask everyone to draw something related to where their feet are. This can also be taken literally or metaphorically. Maybe consider the territory you're physically on, or, where your standing in life.
6. In a large group, the activity leader might say a few words reflecting on the activity. In a smaller group, you might invite others to reflect.
7. Finally, you may choose to invite people to share their work if they're comfortable. There's no pressure to do this, as the activity is principally a moment of personal reflection.

An example of this activity was run during Raey and Cal's SCVN webinar and can be consulted at: https://www.youtube.com/watch?v=i3gBu4-Nl4Y.