



Digital art therapy for youth with developing
or existing mental health conditions

Project Nr: 2020-1-RO01-KA227-YOU-095295

RAISING AWARENESS TOOLKIT



impact of COVID-19 to young people with developing or existing mental health conditions



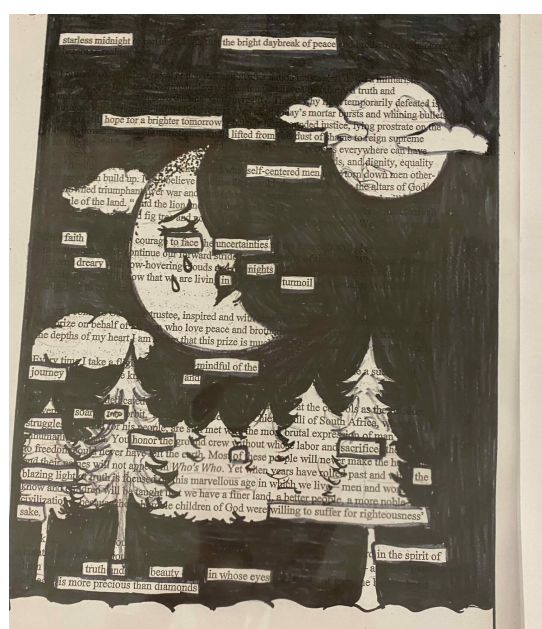
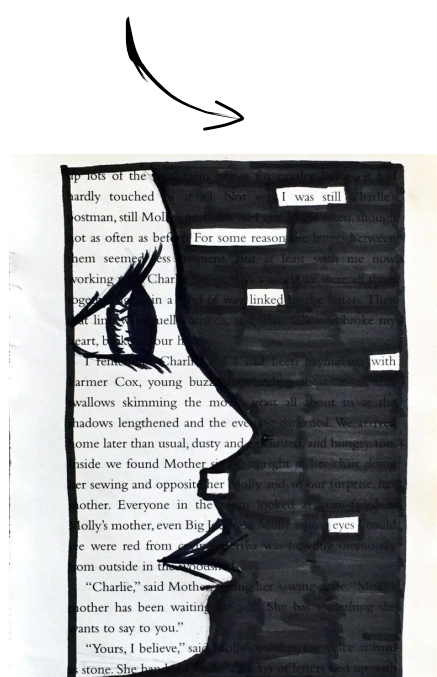
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THE BLACK-OUT POETRY

What is the Black-out poetry?

The literary equivalent of collage! It is obtained by starting from an already written page and deleting all the words that do not belong to the composition. The end result is a **visual poem**, to be read but also looked at. It is a tool that lends itself well to being used in a group context, such as that of adolescents.

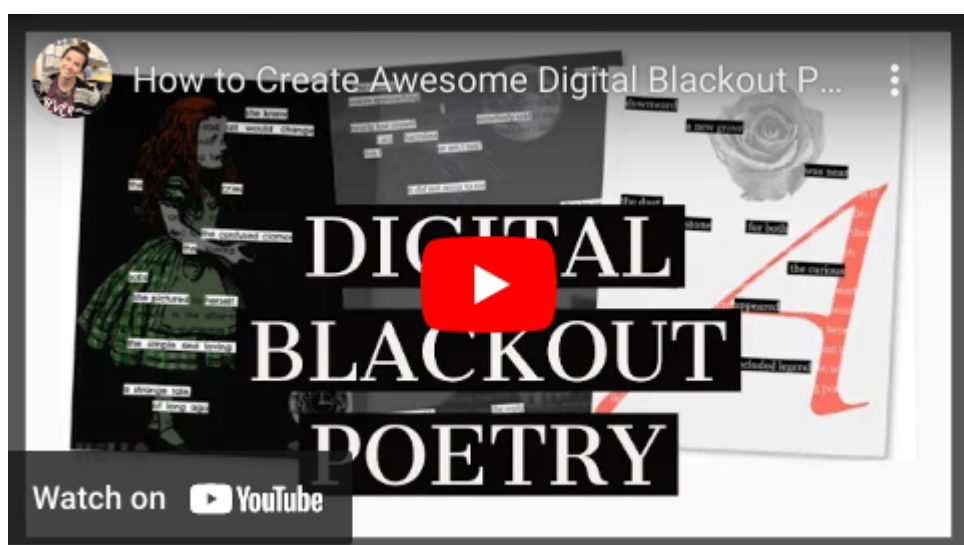


Why the Black-out poetry?

Structuring an activity using the black-out poetry with adolescents affected by the pandemic to reflect on their past and present experience, for example, would **facilitate their expression** without over-exposing themselves, as well as being an opportunity to **raise awareness about themselves and their well-being**. Making them choose the source text can facilitate their **verbal and non-verbal expressive unlocking**.

How to do the Black-out poetry?

To make this combination of cognitive and expressive-artistic process possible, try the free app [Blackout Bard](#) to create unique poems or, if you prefer, watch this tutorial to create a 'hidden' poem directly with Google!



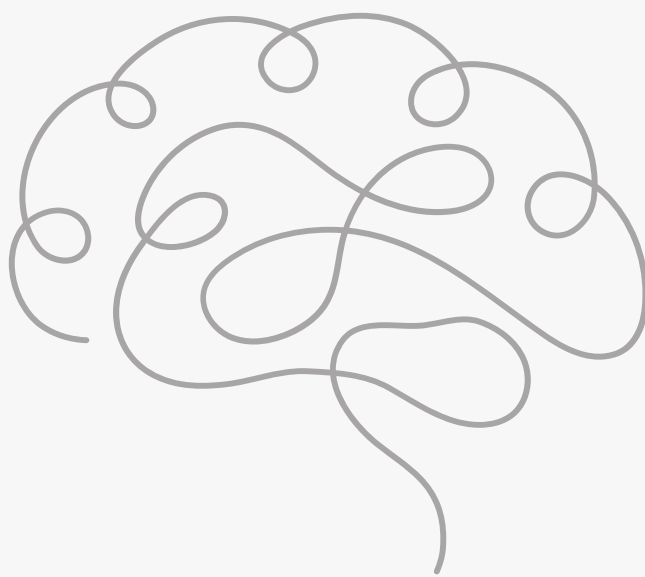
THE COMIC STRIP

Why the comic strip?

The comic strip lends itself well to self-telling for its ability to simply mix reality with the author's imaginative thought, combining the typical strength of introspective storytelling with visual immediacy.

Which comic strip with adolescents?

Manga, in particular, is one of the most popular comics among teenagers as it narrates the everyday life of teenagers between school, first loves, family and sport, encouraging a strong identification.



Therefore, the world of Manga can become an important and valuable tool to enter the world of these teenagers, to listen to them and to grasp the symbols they use to define themselves and their sufferings.

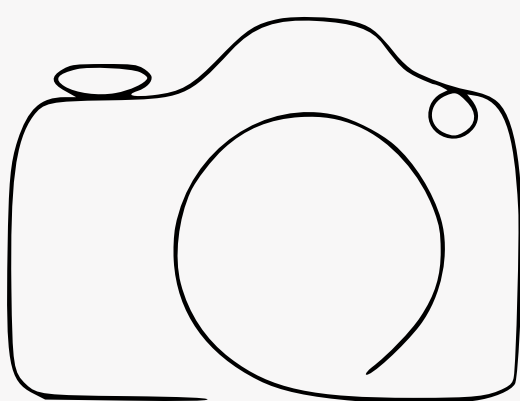
How to do comic strips?

This can be done by structuring a comic creation activity using the simple web service Pixton that makes it easy to create comics.

VIDEO & DIGITAL STORYTELLING

What is digital storytelling?

Digital storytelling is the practice of using new technologies to tell stories. Digital storytelling means creating a short and harmonious mix of text, graphics, recorded narration, video and music to present information on a specific topic. Like traditional storytelling, digital stories revolve around a topic, free or suggested, and always start from a subjective point of view.



Why digital storytelling?

Organising digital storytelling workshops for adolescents means structuring for them a time of self-learning and self-reflection on their own selves and experiences. In fact, the choice of different narrative elements implies a moment of reflection and research oriented towards self-reflection: which image represents me best, which words, which music?



How to do digital storytelling?

Canva, YouCut, iMovie and Microsoft's Video Editor are some useful digital tools for creating digital storytelling.

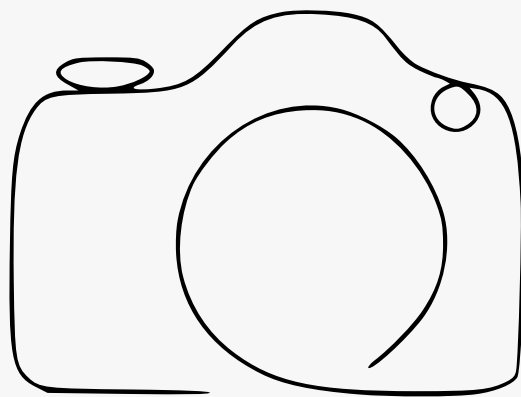
Find out how to create digital story by watching this video:



PHOTOGRAPHY

Why take photos?

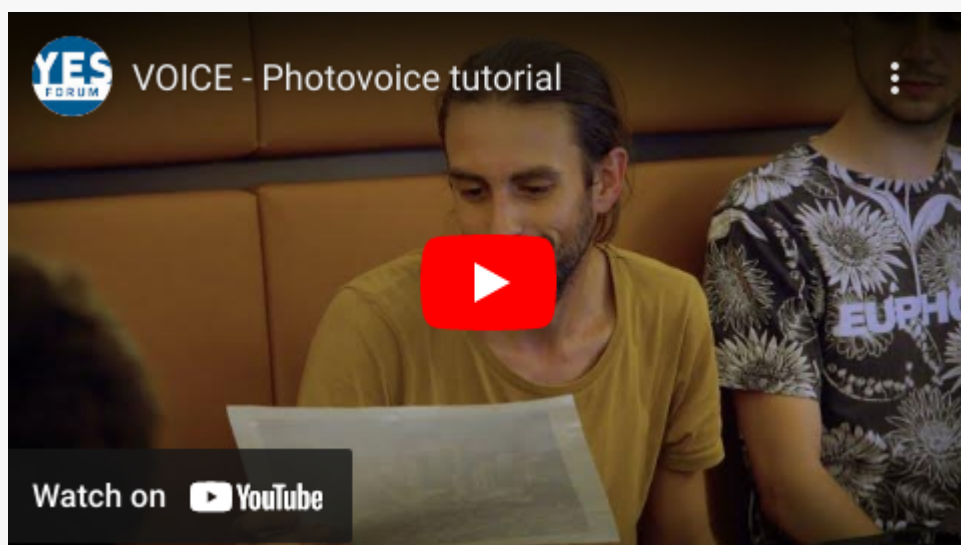
Taking photographs is a way of experimentation and self-narrative, including through sharing one's growth process with peers. Photography can also be seen as an object of mediation to express an emotion, to transform what one feels into images and to visually represent an experience. Thus, organising photo workshops to reflect on a collectively experienced moment in life, such as the Covid-19 pandemic, can be an excellent opportunity to express and reflect together on what has been passed and experienced.



The photo-voice

Alternatively, you can always opt for photo-voice, a method through which teenagers take photos on a particular topic and reflect as a group in order to express one's point of view on a situation - such as the pandemic - to bring changes for the better. In this case, the photos are always accompanied by a legend to give the picture a specific meaning.

Watch this tutorial to find out how to make the photo voice:



How to

Useful photo-editing tools are Photopea, Google Foto, Snapseed, Microsoft's Foto and Canva.

DIGITAL COLLAGE

What is digital collage?

An online collage is a work of art in which different digital content is combined and layered into one large image, similar to a handmade collage, except that there is no need to cut anything out or use paper and glue.



Why digital collage?

One of the many advantages of digital photography is the ability to manipulate images as often as desired without changing the source file or having to cut physical prints of the images. An online collage composed of digital photos can be a great way to create a new piece of art, to express an emotion or experience.

How to create digital collage?

Among the programmes and apps that can help us create an all-digital collage, we cannot omit to mention Photoshop, Canva, Procreate App or Google Drawing.

Watch these tutorials to find out how to create a digital collage!



DIGITAL DRAWING

Why draw digitally?

Drawing is an art-therapeutic technique par excellence. With the advent of technology, digital drawing, which consists of creating a drawing using graphic software, has become increasingly popular. Instead of using pencil and paper, digital artists use a mouse or pen to draw on a tablet, computer, iPad or graphics tablet. So why not take advantage of this tool to organise a free or structured art activity for teenagers affected by the pandemic?



For this we will need:



1. Digital devices such as a tablet, iPad, computer and graphics tablet and any other accessories, such as a pen for drawing digitally
2. An application or programme for drawing digitally.

→ The big names in software are Adobe Photoshop, Clip Studio Paint and Paint Tool SAI.

For lovers of Street Art, instead, it is very famous Vandaleak, the app for aspiring writers and street artists that allows you to step into the role of a street artist.



VIDEOGAMES & ROLE-PLAYING GAMES

Why videogames?

Videogames can be a way to get closer to adolescents, to get to know them better and, finally, to know how to have an impact on their well-being and mental health.

Which videogames?

There are many video games that can help us, but the ones that combine creativity, imagination and socialisation are Scribblenauts Unlimited, Minecraft, The Sims, Drawn To Life and, for some aspects, also Painting VR.



The use of avatars or characters created by the teenagers themselves can facilitate an intermediate step of questioning and choice in the teenager's discovery and construction of identity. For this reason, creating a personalised avatar can be an important activity for both the adolescent and the professional. Some tools for creating characters or avatars are Pixton, Gacha club, Avatar factory and Clay yourself.



Why role-playing games?

In addition to video games, role-playing games can be a linking tool for older teenagers. Here, players take on the roles of characters in imaginary or simulated worlds, under the direction of a master. They have ample opportunity for personal initiative, for improvisation and strategic intelligence.

How?


It is possible for the professional to supervise adolescents during online role-playing games Tera Rising, The Lord of the Rings Online, Star Wars: The Old Republic, Aion and Rift; or to organise sessions of traditional role-playing games in presence or via video call with a group of teenagers.



THE AUGMENTED AND VIRTUAL REALITY

THE AUGMENTED REALITY

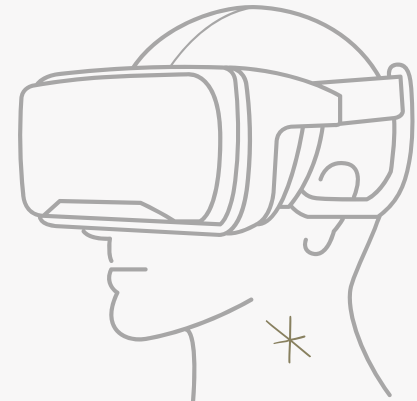
If you also think that everyone has the potential to be creative and that technology can play a powerful role in unlocking that potential, then you should definitely try the **SketchAR** app.




It is an app designed to facilitate the artistic process by supporting the practice of drawing even in the absence of the necessary skills. How? Using Augmented Reality, which adds detail to the visual field actually perceived by the person projecting images only in a limited area in front of one's eyes or by showing additional information on the display of the smartphone or tablet.

Learn more about how to use the app effectively to implement activities for teenagers by checking out [these tutorials](#).

THE VIRTUAL REALITY



Virtual reality, with its visor helmets that completely preclude contact with the surrounding environment, allows us to physically and emotionally immerse ourselves in works of art... but also to create them.



[Tilt Brush](#) and [Kingspray Quest](#) are in fact applications that allow us to create 3D artworks using virtual reality as a palette. A cheaper and equally effective solution is [Google Cardboard](#), a visor helmet and Google app.

How?

Why not try wearing Google Cardboard to physically and psychologically immerse yourself in a photo or location while simultaneously expressing your creativity on a real palette discovering the result only at the end?

THE IA ART

What is IA Art?

Did you know that Artificial Intelligences are able to create works of art? Artificial intelligence can facilitate the expression of those who do not have particularly well-developed artistic skills, promoting the sharing of the interior world, deep feelings and also the adolescent's sense of self-efficacy and self-esteem.



How?

Midjourney is an artificial intelligence that enables the production of 2D works of art from a text called 'prompt' written personally by users in English. If you also want to learn how to use Midjourney, follow this tutorial and create unique artwork!





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