



ARTY

ARTISTIC RESONANCE FOR THRIVING YOUTH MODULE 1: COLORS OF THE SELF

Exploring identity and confidence through artistic

Project No: 2023-3-EL02-KA154-YOU-000182572

www.youthability.gr

www.arty-project.eu



Co-funded by
the European Union

GENERAL GOAL OF THE ARTY PROJECT

- Empower young people through the transformative power of art.
- Promote active citizenship, inclusion, and intercultural understanding.
- Create opportunities for self-expression, creativity, and community connection.
- Strengthen youth participation in society through artistic and collaborative activities.
- Foster a sense of belonging and identity among young participants.



PROJECT OBJECTIVES

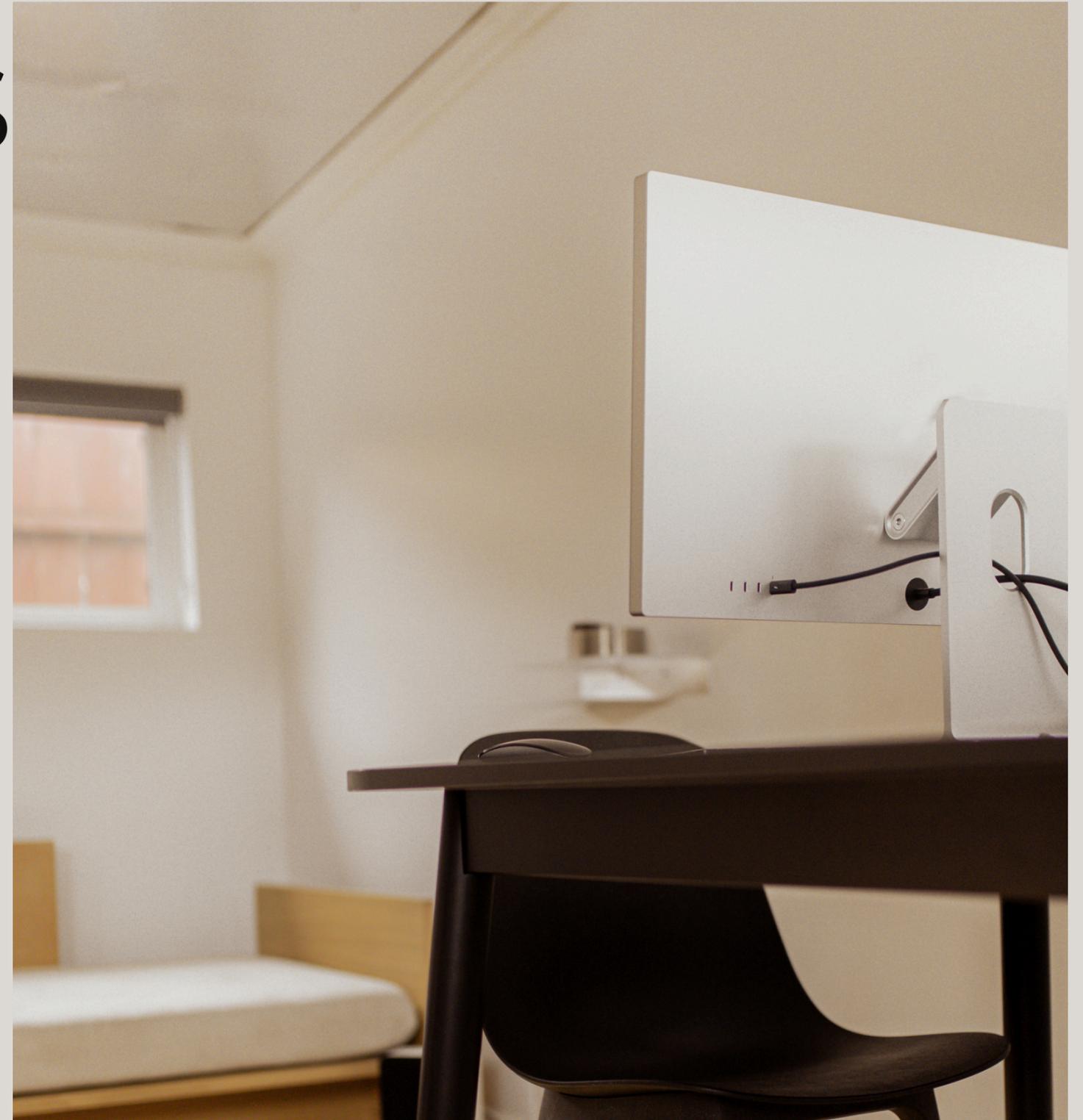
- "Provide a safe and creative environment for young people to express themselves.
- Encourage youth-led art projects addressing social and community challenges.
- Develop skills in creativity, teamwork, leadership, and communication.
- Promote diversity, inclusion, and equal participation through art.
- Support the sustainability of artistic initiatives and community engagement.





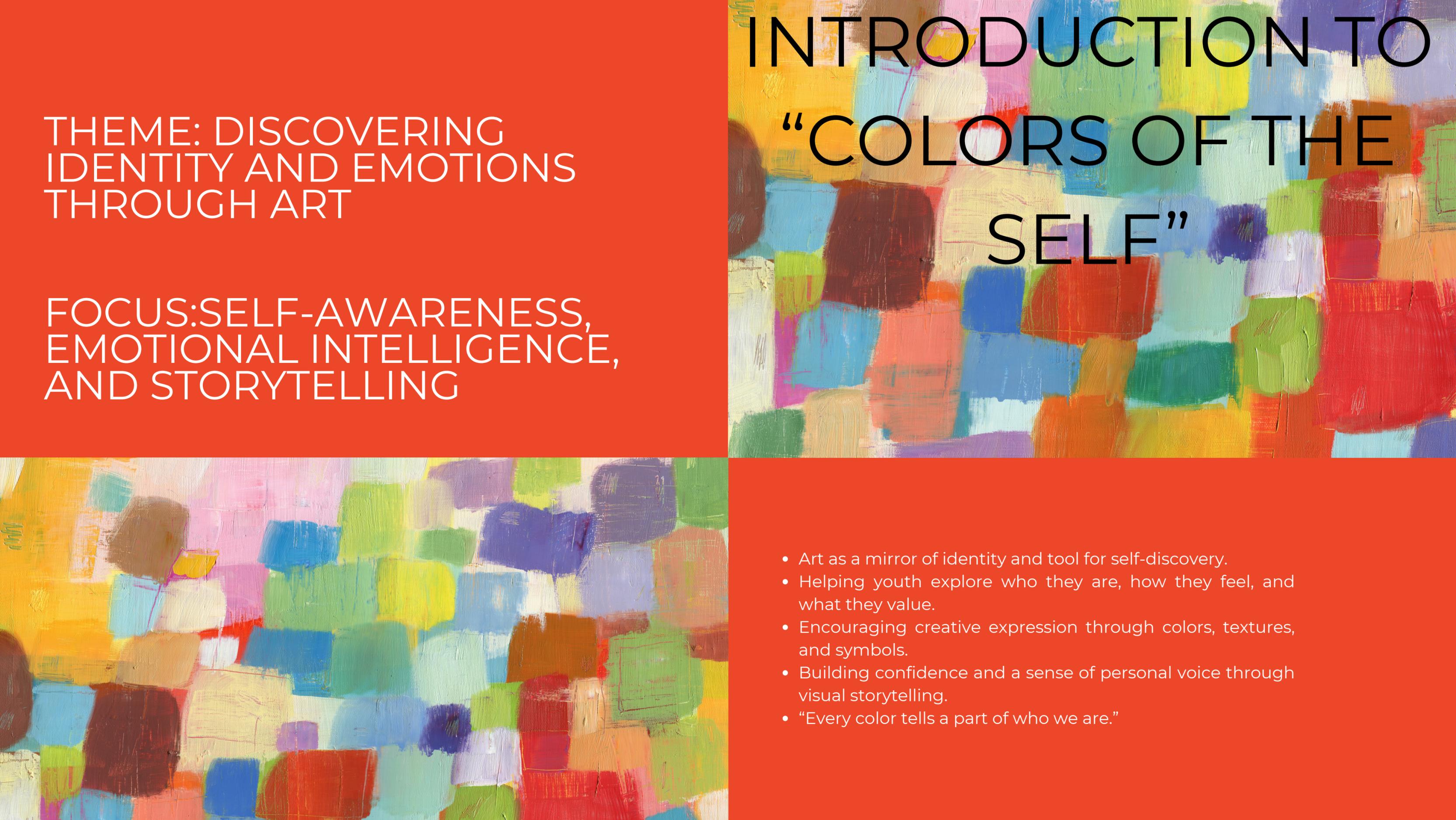
EXPECTED RESULTS

- "Increased self-confidence, creativity, and leadership skills among participants.
- Enhanced artistic and digital competences for youth.
- Strengthened community bonds through collaborative art initiatives.
- Raised awareness of inclusion and diversity.
- Lasting impact on local communities, with ongoing youth participation after the project's end.



THEME: DISCOVERING
IDENTITY AND EMOTIONS
THROUGH ART

FOCUS: SELF-AWARENESS,
EMOTIONAL INTELLIGENCE,
AND STORYTELLING

An abstract painting composed of numerous overlapping brushstrokes in a wide array of colors, including red, blue, green, yellow, purple, and brown. The strokes vary in thickness and direction, creating a textured and dynamic visual field. The overall effect is one of vibrant energy and emotional complexity.

INTRODUCTION TO “COLORS OF THE SELF”

- Art as a mirror of identity and tool for self-discovery.
- Helping youth explore who they are, how they feel, and what they value.
- Encouraging creative expression through colors, textures, and symbols.
- Building confidence and a sense of personal voice through visual storytelling.
- “Every color tells a part of who we are.”



KEY ACTIVITIES

"- "Self-Portrait in Mixed Media"

- Participants create a self-portrait using collage, paint, and symbolism.
- Focus: inner identity, not physical likeness.

"- "My Life in Colors" Journaling & Collage

- Reflective art journaling to visualize emotions and experiences.
- Helps connect feelings with colors and artistic forms.

- Group Exhibition: "Stories of Us"

- Participants showcase their artworks and share personal narratives.
- Builds confidence and fosters community appreciation of diversity.

↳ MODULE OVERVIEW

MODULE TITLE: COLORS OF THE SELF

- MAIN CONCEPT: EXPLORING IDENTITY, EMOTIONS, AND CONFIDENCE THROUGH ART.
- Encourages introspection and creative self-expression.
- Uses art as a medium to understand emotions and build self-awareness.
- Promotes a culture of authenticity, empathy, and respect for individuality.
- Supports personal growth and the discovery of one's unique creative voice.





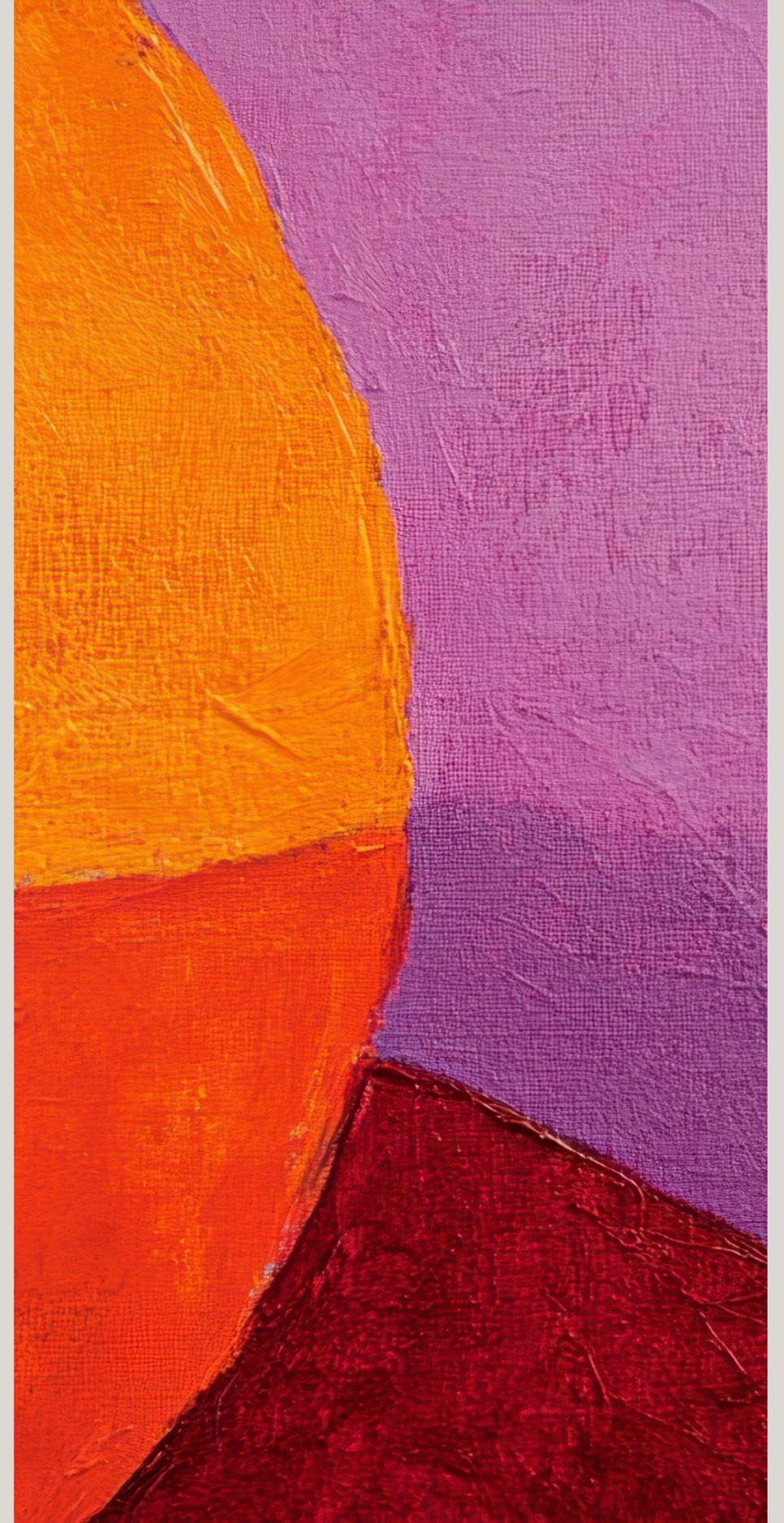
GOALS OF THE MODULE

- Help young people discover their inner selves through artistic creation.
- Enhance emotional awareness and self-confidence.
- Strengthen the ability to communicate personal stories visually.
- Encourage reflection, acceptance, and celebration of diversity.
- Foster personal empowerment through the act of creation.



SKILLS DEVELOPED

- "Participants will enhance their:
- Self-awareness – understanding personal values, strengths, and emotions.
- Emotional intelligence – recognizing and expressing feelings through color and form.
- Storytelling and reflection – using art to narrate personal journeys.
- Confidence and self-expression – finding one's voice through creative media.
- Empathy and respect – learning from others' stories and perspectives.



REFLECTION & DISCUSSION

Guiding Questions for Participants:

- What did I discover about myself through this artistic process?
- How do colors and symbols reflect my emotions and experiences?
- In what ways did I connect with others' stories?
- How can self-awareness through art help me in everyday life?

Outcome:

A deeper understanding of self and others — turning personal expression into a foundation for empathy, confidence, and inclusion.



METHODOLOGY

Approach: Non-formal learning through creative self-expression.

- Combines artistic creation, reflection, and group dialogue.
- Uses visual metaphors and emotional exploration to connect thought and feeling.
- Encourages peer sharing to build mutual understanding and trust.
- Facilitated in a safe, inclusive space that values each participant's voice.

Pedagogical basis:

Art as a means for personal discovery, empowerment, and emotional education.



CREATIVE PROCESS STEPS

1. Inspiration Phase

- Introduction to color psychology & symbolism.
- Discussion: “What do colors mean to me?”

2. Creation Phase

- Individual art-making: self-portraits, visual diaries, expressive forms.
- Use of mixed media (paint, collage, photography, text).

3. Sharing Phase

- Group circle where participants explain their artwork.
- Exchange of reflections and emotional insights.

4. Exhibition Phase

- Public or digital showcase of artworks under the theme “The Colors Within.”



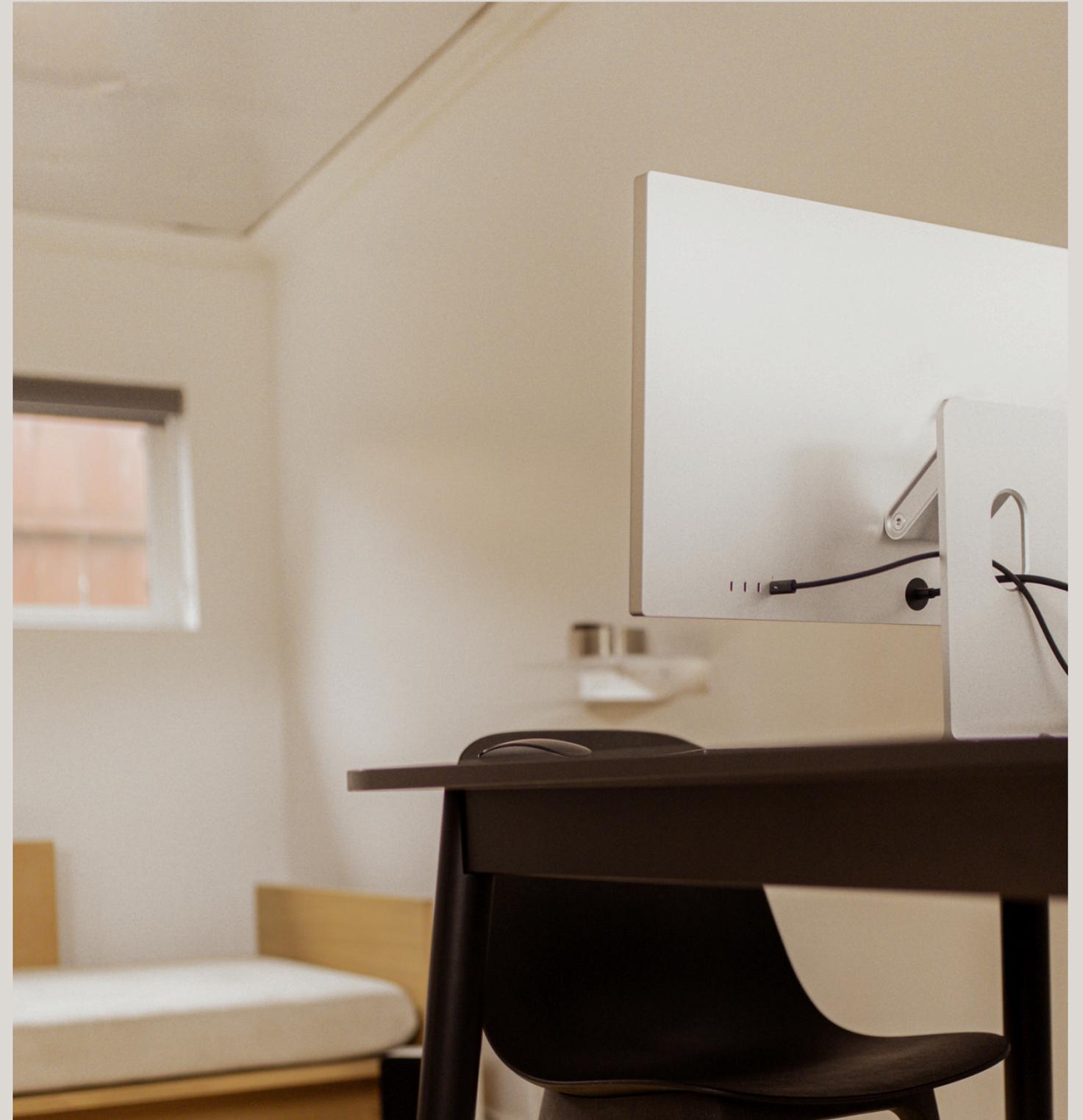


OUTCOMES PER ACTIVITY

- Self-Portrait in Mixed Media
for Deeper understanding of identity and self-image.
- My Life in Colors Journal
for Improved emotional literacy and introspection.
- Group Exhibition: Stories of Us
for Empowerment through visibility and peer recognition.

Overall Impact:

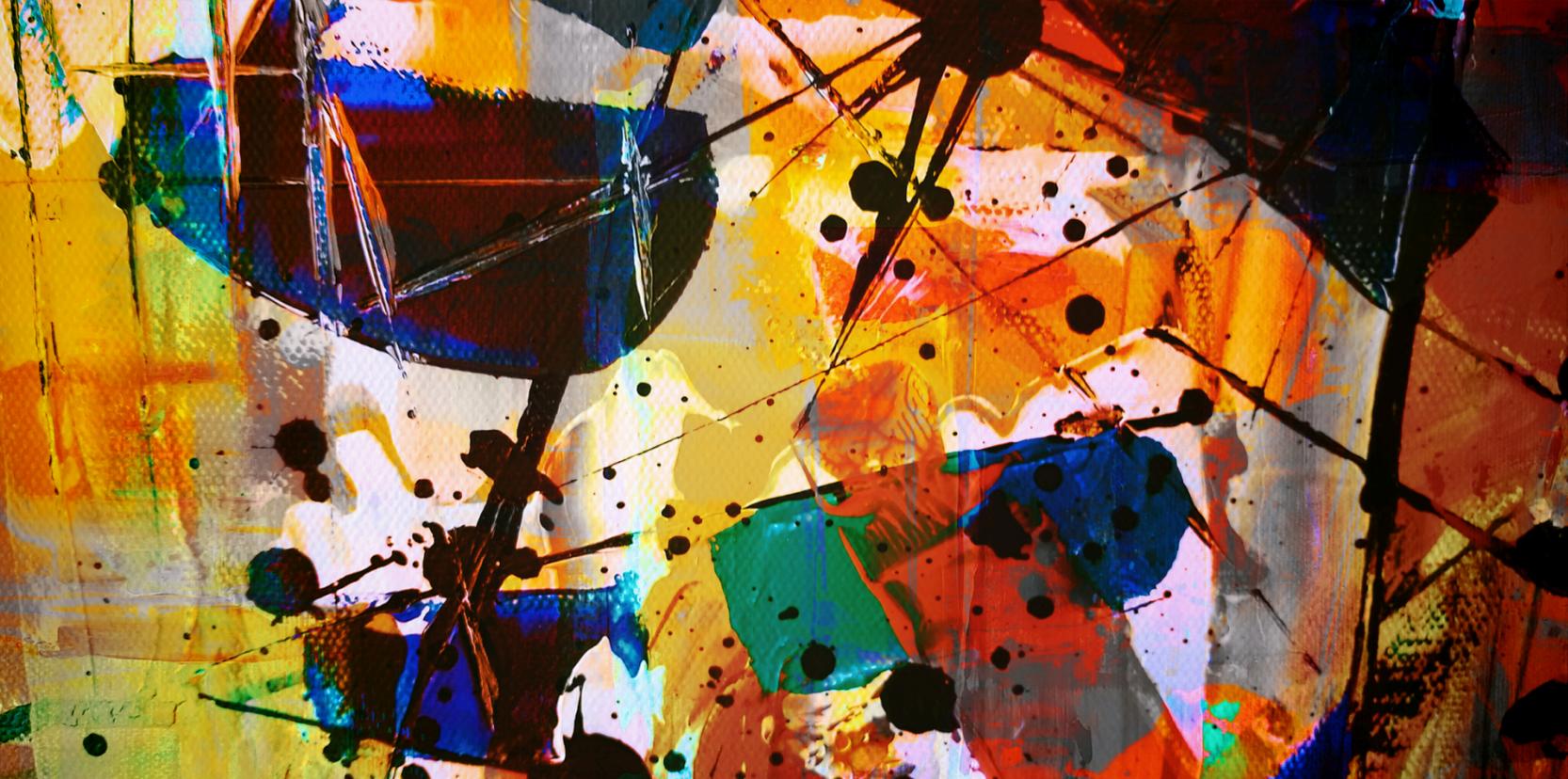
- Growth in confidence, communication, and emotional expression.
- Strengthened sense of belonging and community connection.



ROLE OF PARTICIPANTS AND

PARTICIPANTS: FACILITATORS

- Take ownership of their creative process.
- Share personal stories with honesty and courage.
- Support peers through active listening and appreciation.



FACILITATORS:

- Create a supportive and inclusive environment.
 - Encourage artistic risk-taking and reflection.
 - Guide discussions on identity, emotions, and self-expression.
- “The facilitator is not a teacher, but a companion in the creative journey.”

↳ TOOLS & MATERIALS

- Art supplies: acrylic paints, pastels, magazines, glue, canvases, journals.
- Digital tools: online mood boards (Canva, Pinterest), digital collages.
- Music & ambiance: calming or expressive playlists to enhance creativity.
- Reflection tools: emotion cards, guided journaling prompts, feedback forms.

-Environment:

A warm, creative setting that encourages exploration, expression, and sharing.





EVALUATION & REFLECTION

Purpose: To help participants recognize their learning and emotional journey.

Evaluation Methods:

- Reflection journals: short daily entries on emotions and insights.
- Group debrief: open discussion about the creative experience.
- Art reflection wall: participants post comments on each other's artworks.
- Self-assessment cards: rating self-awareness, confidence, creativity before/after.

Goal: Promote conscious reflection on how art has transformed perception and self-image.



IMPACT ON PARTICIPANTS

- "Increased emotional awareness and ability to express feelings visually.
- Strengthened self-confidence and belief in personal potential.
- Development of artistic identity and creative autonomy.
- Greater empathy and appreciation for diversity.
- A sense of empowerment – realizing “my voice matters.”

“Through colors, I found a language for emotions I could never explain before.”





EMOTIONAL LEARNING THROUGH ART

Title: Emotional Learning and Transformation

- Participants learned to identify and name emotions through creative process.
 - Art became a safe channel for emotional release and reflection.
 - Shared artwork discussions fostered empathy and emotional connection.
 - Emotional literacy improved — participants could express feelings constructively.
 - The process nurtured inner calm, acceptance, and resilience.
- Art opened a dialogue between heart and mind.

FOLLOW-UP & SUSTAINABILITY

Next Steps for Participants:

- Continue creative journaling as a form of self-reflection.
- Share their artworks online to inspire peers.
- Collaborate in new youth art initiatives or exhibitions.
- Mentor younger participants in future ARTY activities.

Long-term vision:

To create a network of young artists who use creativity for self-awareness, dialogue, and inclusion.





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