

Recipe of Me

Tool for Self-Expression and Integrative Activity

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MentUwell. Preserving Youth Mental Wellbeing in Wartime Migration Crisis

Inspired by a good practice documented in Italy (ENAP and Studio Progetto) – integration activities that use images, actions and the common interest (cooking, in the mentioned practice case) – we propose a tool that consists of 30 tasks/ themes that help teenagers exploring their identity and express their values, preferences or/ and plans and dreams in a creative, self-exploring and based on their interest way.

Following the suggestions of the experts and of the representant of the community (Kseniia Shyriaieva, Founder and Project Manager of the Ukrainian Educational Youth Hub, PATRIR) – “they have the same concerns as any teenager and the biggest danger is isolation” - we searched for a tool that encourages self-expression, invites to self-reflection and is also fun, easy to share and doesn’t involve artistic skills nor restrictions. Based on Art Therapy techniques and on the expressed wish of the teenagers to share (but not explicit) certain topics, based on the Erik Erikson’s stages of development and the conflict described at this stage, we conceived a set of self-reflection points that can be used directly by the beneficiary or guided by the teachers.

[Adolescence (12-18years) - Identity vs. Confusion

Identity = adolescents search for a sense of self and personal identity, through an intense exploration of personal values, beliefs and goals - if supported in their exploration and given the freedom => sense of control, feeling of independence and control

Role confusion = experienced if restricted, the space to explore is not given, the process is considered too overwhelming or distressing => unsure about one's place in the world, struggle to identify their purpose or path

Teenagers explore who they are as individuals, seek to establish a sense of self and may experiment with different

roles, activities and behaviors. (Erikson, 1968)]

The tool is conceived as a notebook. The language is minimal, the tasks are written in three languages (Romanian, English, Ukrainian).

5 Ukrainian teenagers and 9 Romanian teenagers answered the proposal as a common project, working together and sharing the results.



Testing the Recipe of Me at the Art High School “Romulus Ladea”, Cluj-Napoca

- Publishing the drawings required their agreement and the public display was agreed



Teme Recipe of Me/ Rețetă pentru sine/ рецепт для себе

1. Desenează-ți numele/ Draw your name/ намалуй свое ім'я
2. Trei ingrediente care te fac să fii tu însuți/ Three ingredients that make you be yourself/ три інгредієнти, які змушують вас бути собою
3. Cum arată furia ta?/ How does your anger look like?/ як виглядає твоя злість
4. O amintire/ A memory/ пам'ять
5. Ingrediente pentru o zi fericită/ Ingredients of a happy day/ інгредієнти для щасливого дня
6. O rețetă pe care știi să-o prepari/ A food recipe you know how to prepare/ рецепт, який ви знаєте, як зробити
7. Cele mai insuportabile legume/ The most unbearable vegetables/ самі нестерпні овочі
8. Portretul cuiva despre care știi sigur că te iubește/ The portrait of someone you know for sure they love you/ портрет людини, яку ви точно знаєте, любить вас
9. Harta unei zile din viața ta/ The map of a day in your life/ карта дня у вашому житті
10. Harta sufletului tău/ The map of your soul/ карта твоєї душі
11. Plan de călătorie/ Travel plan/ план подорожі
12. Autoportret de supererou/ Self Portrait as a superhero/ автопортрет у вигляді супергероя
13. O amintire amuzantă/ A funny memory/ смішний спогад
14. Ce îmi place la școală/ що мені подобається в школі
15. Dacă aș putea face afișul pentru muzica preferată/ If I could make the poster for my favourite music/ якби я міг зробити плакат для моєї улюбленої музики
16. Cele mai enervante treburi casnice/ The most annoying chores/ найприкріші домашні справи
17. Un motto care îți place azi, săptămâna/ luna/ anul acesta/ A motto you love today, this week/ month/ year/ девіз, який вам подобається сьогодні, цього тижня/місяця/року
18. Inventează emoticoane/ simboluri care nu există încă/ Invent emoticons/ symbols do not exist yet/ винаходити смайлики/символи, яких ще не існує
19. Construiește un labirint/ Build a labyrinth/ побудувати лабіринт
20. Autoportret secret (așa cum nu te vede nimeni)/ Secret Self portrait (the way nobody sees you)/ секретний автопортрет (щоб вас ніхто не бачив)
21. Cum arată tristețea ta?/ How does your sadness look?/ як виглядає твоя печаль?
22. Pe cine, dintre celebrități, ai invitat la petrecerea ta?/ Which celebrities would you invite to your party?/ кого зі знаменитостей ти б запросив на свою вечірку?
23. Desenează rețeta de mâncare preferată/ Draw your favourite dish recipe/ намалювати рецепт вашої улюбленої страви
24. Floarea/ planta ta preferată/ Your favourite flower/ plant/ твоя улюблена квітка/рослина
25. O lume din viitor/ A world from the future/ світ із майбутнього
26. Ce te face să zâmbești?/ What makes you smile?/ що змушує тебе посміхатися

27. Ce culoare are melodia preferată?/ What colour is your favourite song?/ якого кольору твоя улюблена музика?
28. Autoportret în culorile de azi/ Self Portrait in today's colours/ автопортрет у сучасних кольорах
29. Cum ar arăta balonul tău cu aer cald?/ How would your hot air balloon look?/ як би виглядала твоя повітряна куля?
30. Copertă pentru cartea preferată/ Cover for your favourite book/ обкладинка для улюбленої книги

IF USED BY EDUCATORS/ PARENTS/ ART TEACHERS

- It will be a proposal, not a mandatory task
- The themes can form shorter modules for one session
- The artistic skills can be ignored, expression is encouraged beyond the aesthetic value or artistic accuracy
- All forms of expression and techniques are allowed and can be used, text, collage, photography, stickers, traditional techniques, digital etc.
- It can have an interdisciplinary role, as a visual support for a better learning and understanding
- Helps communicating when the language is a barrier
- Sharing with their peers is encouraged but not forced nor mandatory
- The themes are centered on what constitutes the identity/ personality – values and beliefs, preferences, self-awareness, emotional awareness, preferences, dislikes, personal histories and memories.
- Some themes are metaphorical, some are direct and some are playful, a combination is ideal if the tool is used as a short module.
- Any possibility of self-expression and opportunity of sharing with the peers contributes to the well-being of the beneficiary
- It can be an individual and solitary activity that regulates emotions, encourages self-exploration and self-expression, as a diary, a journal
- It can be a group/ class activity that integrates migrant children in a very natural way, no matter the language level, respecting the differences and individualities but emphasizing the common concerns and emotions
- We know it works when more children participate, select themes and share their interpretations, no matter their nationality or differences