



With the support of the Erasmus+ Programme of the European Union



Partners

Migdal, Solidarus, Young Folks LT

Artists and Youth Workers from Latvia, Germany and Lithuania contributed to the completion of methods.

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ABOUT THE PROJECT

“Art of Identity: Partnerships for the Quality of Youth Work and Youth Exchanges” - the project has been designed to strengthen the capacities of partner organizations, enhance the quality of youth work, and promote meaningful collaboration in addressing the challenges young people face in identity formation and social inclusion. The initiative focused on supporting the development of inclusive, solidarity-based communities that embrace diversity and promote shared European values.

The primary goal of the project was to equip youth workers and partner organizations with innovative methods and practical tools for integrating art practices into youth work and non-formal education. Through collaborative activities, training sessions, and creative learning approaches, participants have been exploring how artistic expression can support self-awareness, intercultural dialogue, social participation, and mutual understanding among young people.



By encouraging creativity, inclusion, and active engagement, we had an opportunity to learn how to create safer and more supportive space where young people can reflect on their identities, connect with others across cultural differences, and contribute to building more open, democratic, and cohesive societies.

METHOD 11 Inside the circle

1. Title: Inside the Circle: Identity Through Watercolour

2. Art Form / Watercolour painting

3. Objectives / Outcomes:

- Explore subconscious elements of identity through abstract visual expression
- Encourage self-reflection and non-verbal communication
- Build empathy and observation skills through respectful interpretation
- Promote confidence in creative self-expression regardless of artistic experience
- Create a collective celebration of diverse identities within the group

4. Target Group:

- International youth (15+)
- 5–20 participants
- Suitable for intercultural and mixed-experience groups

5. Duration:

150 min total:

- 15 min warm-up/introduction
- 90 min activity
- 45 min reflection & gallery



6. Materials Needed:

- Watercolour paper sheets (1 per participant)
- 2–3 brush options per participant
- Shared watercolour paint sets (minimum 12 shades)
- Water glasses/containers
- Kitchen towels/tissues
- Tape or clips for displaying artwork
- Pens and notebooks for personal reflection notes



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7. Method Steps:

#	Title	Description	Time
1	Welcome & Safe Space Framing	Introduce the workshop theme: identity beyond words Emphasise that artistic skill is not important Establish group agreements: curiosity, respect, non-judgment Explain that interpretation belongs to the creator	10 min
2	Warm-Up Reflection	Quick individual prompt: - "If your identity were a colour or texture today, what would it be?" Optional pair-share	5 min
3	Painting the Circle	Give each participant paper, brushes, and access to paints Instruction: ● "Paint a circle in any way you imagine it." Encourage intuitive and non-planned expression No examples should be shown to avoid influencing participants	30 min
4	Personal Interpretation Round	Participants observe their own painting Each person briefly shares: ● What they notice ● What the painting may express about who they are Continue clockwise	25 min
5	Observation from Others	Participants look at the artwork on their right side Each person points to one factual detail they find interesting or unique Examples: colour choice, layering, use of space, softness, edges, repetition	20 min



		The original artist reflects briefly on what that detail may represent in their identity Facilitator reinforces non-judgmental language	
6	Silent Personal Reflection	The facilitator asks several deeper reflection questions Participants write private notes only for themselves Sharing remains optional	10 min
7	Collective Gallery Celebration	Display artworks together as a gallery Participants walk around silently, observing End with a group appreciation of diversity and uniqueness in interpretation	15 min



8. Reflection / Debrief Questions:

Identity & Self-Perception

- What surprised you about your painting?
- Did your circle reflect something conscious or unconscious about yourself?
- What emotions appeared during the process?

Perspective & Interpretation

- How did it feel when others observed details in your work?
- Did someone notice something you had not seen yourself?

Creativity & Identity

- How does creative expression reveal parts of identity that words sometimes cannot?
- What does your use of colour, space, or form say about how you relate to yourself or others?

Collective Reflection

- What similarities and differences emerged across the group's paintings?
- What does this gallery say about diversity within a community?



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9. Adaptations / Variants:

- Shorter version: Reduce sharing time and focus on pair discussions
- Large groups: Use small circles for reflection rounds
- Younger participants: Replace identity language with emotions or personality themes
- Intercultural focus: Invite participants to connect colours/shapes to cultural meanings
- Advanced version: Add a second layer to the painting after reflection to represent growth or change

10. Outputs:

- Individual watercolour artworks
- Group gallery display
- Private reflection notes

11. Sensitivity / Risk Notes:

- Some participants may feel vulnerable sharing personal interpretations
- Participants may compare artistic skill levels
- The facilitator should:
 - Repeatedly normalise all forms of expression
 - Avoid psychological analysis of participants' artwork
 - Reinforce factual rather than evaluative observations
 - Allow participants to pass during sharing moments

Important Facilitation Reminder

- This is an artistic reflection activity, not art therapy or psychological diagnosis

12. Facilitator Briefing

Before the Workshop

- Prepare enough paint and water containers for smooth flow
- Arrange tables to allow quiet concentration and easy sharing
- Ensure a relaxed atmosphere with enough drying space for artworks

Key Facilitation Principles



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- Focus on process, not artistic outcome
- Encourage interpretation without assumption
- Keep observations descriptive rather than analytical
- Protect participants from criticism or comparison

Language Suggestions

Instead of: "This looks sad."

Encourage: "I notice darker colours and many layers."

13. Facilitator Debriefing Notes

Emotional Closing

- Invite participants to describe the experience in one word or gesture

Reflection Flow

1. Self-observation
2. Observation by others
3. Collective meaning-making
4. Personal takeaway

Suggested Deep Reflection Prompts

- "What parts of yourself are easiest to express without words?"
- "How do others influence the way we see ourselves?"
- "What does a circle symbolise in your life or culture?"

Closing Statement

- Reinforce that identity can be fluid, layered, unfinished, and interpreted differently over time
- Celebrate the collective gallery as a representation of diversity rather than similarity

14. Credits / Origin:

Developed by Antonios Triantafyllakis, based on work by Ieva Voroneckyte



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