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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 5 Gamified Identity

1. Title: Gamified Identity: Experiencing Ideas through Play

Gamification is a facilitation method that transforms an abstract idea into a structured, rule-based experience. Through narrative, roles, and interaction, participants do not only discuss a concept, they actively live through it, allowing deeper understanding and personal meaning-making.

2. Art Form

Performance, Movement, Interactive Play

3. Objectives / Outcomes:

- To gain new perspectives on oneself and personal identity
- To explore perception of others and group dynamics
- To reflect on emotions, behaviors, and human interaction
- To develop experiential understanding of abstract concepts
- To strengthen empathy, adaptability, and creative thinking

4. Target Group:

This method is highly adaptable and suitable for diverse age groups (15+) and learning contexts, including Erasmus+ projects.

Key success factors:

- Aligning the core idea with participants' interests and realities
- Designing clear, engaging, and logical structures
- Ensuring accessibility and emotional safety

5. Duration:

60 – 120 minutes (flexible)

Duration depends on:

- Complexity of the core idea
- Depth of the narrative and game mechanics



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- Group size and dynamics
- Facilitator's learning objectives

The method is modular and can be scaled to shorter or longer formats.

6. Materials Needed:

- Optional: simple props (cards, objects, space markers, costumes)

Note: With experience, the method can be facilitated with minimal or no materials — relying on imagination, interaction, and facilitation presence.

7. Method Steps:

#	Title	Description	Time
1	Defining the Core Idea	The facilitator introduces a clear, meaningful concept (e.g., identity, power, belonging) and connects it to participants' realities.	5–10 min
2	Creating the Story	A short narrative / "mini-world" is presented, translating the idea into a relatable or symbolic scenario.	10–15 min
3	Translating Story into Action	Participants are guided on how the story becomes a lived experience through roles, behaviors, or interactions.	10 min
4	Role Distribution & Rules	Roles are assigned and clear rules, boundaries, and objectives are explained. Psychological safety is emphasized.	10–15 min
5	Game / Performance	Participants engage in the interactive experience, embodying roles and exploring the concept through action.	20–40 min
6	Observation Phase	Facilitators (and optionally observers) track group dynamics, emotions, and behaviors emerging during the activity.	Through out
7	Free Reflection	Open space for participants to share experiences, emotions, and insights in their own words.	15–25 min



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Variations of the Activity

- “Invisible Rules” Some participants receive hidden instructions, exploring power and perception
- “Identity Roles Exchange” Participants switch roles midway to experience perspective shifts
- “Future Scenario Game” Explore identity in imagined future contexts
- “Minimalist Game” No props, only movement and interaction



8. Reflection / Debrief Questions:

While open reflection is encouraged, the facilitator may support the process with prompts if needed:

- What did you experience during the game?
- What did you discover about yourself in your role?
- How did the rules influence your behavior?
- Did you notice any parallels with real life?
- How did you perceive others during the activity?
- What emotions came up for you?
- What does this experience tell you about identity or human interaction?

Facilitation note: Allow space for organic sharing first before introducing questions.

9. Adaptations / Variants:

- Short format: simplified narrative + quick interaction
- Deep-dive version: extended gameplay + structured reflection tools

- Low-energy groups: more guided roles and clearer structure
- High-energy groups: open-ended rules and improvisation
- Sensitive groups: offer observer roles or partial participation

The method's flexibility lies in balancing structure and freedom.

10. Outputs:

- Group experience / embodied learning
- Reflections (verbal or written)
- Optional: photos, notes, or visual mapping of the process

11. Sensitivity / Risk Notes:

This method involves role-play and emotional engagement, which may activate:

- Personal insecurities or inner conflicts
- Experiences of exclusion, power imbalance, or not belonging
- Fear of judgment or misunderstanding

Facilitator responsibilities:

- Establish clear rules and boundaries
- Ensure the game does not allow humiliation, pressure, or harm
- Clearly communicate that participation is voluntary
- Emphasize that participants can step out at any moment without explanation
- Prepare alternative roles (e.g., observer) for those who opt out
- Monitor group dynamics and intervene when necessary

12. Credits / Origin:

Developed and performed by Vasiļijs Dvils-Dmitrijevs (2025)

Method description by Inna Eizensharf



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