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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 3 Exploring Identity/ Theatre

1. Title: Exploring Identity through Theatre

2. Art Form / Theatre-based practice, movement, improvisation, storytelling

3. Objectives / Outcomes:

- To explore personal identity through movement, metaphor, and storytelling
- To increase self-awareness and emotional expression
- To develop empathy, listening, and group connection
- To encourage creativity and spontaneity in a safe environment

4. Target Group: 16–25 years old, 10–25 participants, Erasmus+ youth exchange / international group

5. Duration: Approx. 80 minutes

6. Materials Needed: Spacious room for movement, chairs, objects available in the room

7. Method Steps: Begins with an introduction and instructions from the facilitator

#	Title	Description	Time
1	Partner Sculpture Exercise	In pairs, one participant shapes the other into a "sculpture" representing an aspect of identity. Roles switch. Focus on gentle, respectful interaction and non-verbal communication.	10 min
2	Identity Object Walk	Participants choose an object and move through the space, briefly sharing its connection to their identity with different people. Emphasis on metaphor and spontaneity.	15 min
3	Three Identity States Walk	Participants explore three movement states: how they act in public, in private, and as their "future self." Encourages body awareness and reflection.	10–15 min



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#	Title	Description	Time
4	Collective Storytelling Circle	Group creates a shared story, with speakers changing unpredictably. Focus on listening, adaptability, and co-creation.	15 min
5	Guided Reflection & Debrief	Facilitated reflection in a circle. Participants share insights voluntarily. Focus on personal experience and emotional processing.	20–30 min

Variations of the Activity

- Focus on only one exercise for shorter sessions
- Combine with visual or writing reflection
- Add performance element for advanced groups

8. Reflection / Debrief Questions:

- Which activity helped you feel most connected to yourself or\and others?
- What did you notice about how your body expresses identity?
- Which moment felt most authentic or surprising?
- How did it feel to express yourself without preparation?
- Did anything change in how you perceive others?

9. Adaptations / Variants:

- Can be shortened or extended depending on time
- Suitable for small and large groups (use pairs/sub-groups)
- Movements can be adapted for low-mobility or seated participation
- Emphasize non-verbal work for multicultural or low-language groups
- Adjust energy level (more dynamic or more reflective)

10. Outputs: Experience-based learning; optional photo/video documentation

11. Sensitivity / Risk Notes:



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- Participation and sharing are voluntary
- No pressure to disclose personal experiences
- Respect physical and emotional boundaries
- Offer alternatives for participants with limited mobility
- Create a safe, non-judgmental space

12. Credits / Origin:

Developed and facilitated by Mariya Marinaki, implemented during an Erasmus+ youth exchange workshop (2025). Method description by Inna Eizensharf.



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