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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 2 Identity in Motion

1. Title: Identity in Motion: Expressing the Unseen

2. Art Form / Medium: Movement / Physical Expression

3. Objectives / Outcomes:

- To use physical resistance - specifically the "Honey" and "Water" walks - to help youth recognize how their external pace affects their internal state.
- To provide a structured, non-verbal tool for youth to express personal "hidden" parts of themselves (like values or aspirations) without the pressure of finding the right words.
- To create a safe group environment where youth practice observing their peers with focus and respect, acknowledging the "unseen" layers in others.
- To shift the group from individual self-consciousness to a shared collective energy by performing their movements simultaneously.
- To help youth understand that finding it difficult to choose a movement is a valuable insight into the complexity of their own identity.

4. Target Group:

Youth (18+); 20 participants; Context: Youth exchange or team-building retreat.

5. Duration:

- 75-90 minutes total
- 15 min: Warm-up Walks.
- 15 min: Mirroring Pairs.
- 25 min: Identity Activity.
- 20-30 min: Structured Debrief.

6. Materials Needed:

- Large, furniture-free room with a clear movement path/ Also is suitable for outdoors
- Comfortable clothing and no shoes (ideally)



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7. Method Steps:

#	Title	Description	Time
1	The Walk	Participants walk freely. Cue them to change styles: Regular, Rushing, Backwards, Through Honey (slow/heavy), and Through Water (fluid). Use descriptive imagery. "Imagine the room is filled with thick, warm honey. It's sticky and heavy; you have to use your whole body to push through it"	10 min
2	Step 1 Reflection	Stop. Ask 2-3 people: "Which walk felt most like your 'natural' self?" and "How did the change in walk affect your inner state?"	5 min
3	Mirroring	In pairs: One person leads a slow movement, the other mirrors. Swap after 3 min. Last 2 min: Try to move together with no clear leader. Avoid total silence as it can be awkward. Play instrumental music or give gentle cues like "try to breathe together."	10 min
4	Step 2 Reflection	Ask 2-3 people: "What did you prefer—leading or following? Why?"	5 min
5	Identity Prep	Assign participants numbers 1-5 (or more or less depending on a group size). Each number corresponds to a specific category (Profession, Hobby, Community Role, Culture, Social Role, Hidden Talent, Personal Value, Origin, Emotional State, Aspiration). The facilitator can pick categories for the group.	5 min

		1. Profession / Occupation: A movement representing your daily work, your skills, or how you contribute professionally. 2. Hobby / Passion: A gesture reflecting what you love to do in your free time (e.g., sports, reading, gaming). 3. Role in a Community: How you act within a group outside of the family—such as being a volunteer, a teammate, or an activist. 4. Culture: A movement reflecting your heritage, traditions, or the environment you grew up in. 5. Social Role: Your typical behavior in a social setting (e.g., the "listener," the "leader," or the "joker"). 6. Hidden Talent: A movement for a skill or trait you have that others might not notice at first glance. 7. Personal Value: A movement representing a principle you live by, like "freedom," "justice," or "honesty." 8. Nationality / Origin: Your connection to a specific country, city, or the land you call home. 9. Emotional State: A movement showing your "inner weather" or how you feel most of the time. 10. Aspiration: A movement representing a goal or a dream you are currently working toward.	
6	The Reveal	Call numbers 1-10. Those with that number perform their repetitive movement for 30 seconds while the group observes silently.	15 min



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7	The Collective	Call all numbers to perform simultaneously. Facilitator observes the "moving collage" created by the group.	5 min
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8. Reflection / Debrief Questions:

Facilitator Rule: Choose only one track. Pick 3 questions maximum from that track to keep the energy from dropping.

Track A: The "Vibe" Track (Low Reflection / Younger Groups)

Best for groups that are shy, high-energy, or new to movement.

1. Personal: "When you were doing your 'Identity' move, did it feel more like the 'Honey' walk (heavy) or the 'Water' walk (fluid)?"
2. Observation: "What was one movement you saw from someone else that looked really 'strong' or 'peaceful' to you?"
3. Connection: "Did anyone see a move and think, 'Hey, that's exactly how I feel sometimes'?"
4. Group: "If we put all these moves together, what kind of 'team rhythm' did we just create?"

Track B: The "Deep Dive" Track (High Reflection / Older Groups)

Best for groups that are comfortable with each other and ready to talk about "the unseen."

1. The Struggle: "If it was hard to find a movement for your category, what does that tell you about how often you actually 'show' that part of yourself?"
2. Perspective: "How did seeing a colleague's repetitive move change how you see them compared to just their 'regular walk'?"
3. The 'Why': "Why is it important for us as a group to know that everyone has these 'hidden movements' happening under the surface?"
4. Application: "How can we remember these 'unseen' parts of people when we have a disagreement or a busy day?"



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Facilitator Tip: Selecting Reflection Questions

- Follow the Funnel: Start with objective observations about the physical movement (the "What") before diving into personal meaning and professional application (the "Why").
- Prioritize Depth: Read the room's energy and trust level to select only 3–4 questions that feel most relevant to the group's experience, favoring one deep conversation over a long checklist.
- Embrace the Friction: If participants found a movement difficult, pivot to questions that explore that struggle, as the physical resistance often highlights the complexity of that specific identity.
- Bridge to Reality: Always aim to link their physical discoveries back to their daily roles, helping them see how their identity influences their work with youth
- Never force a youth to explain *why* they chose a specific movement. The movement itself is the sharing.
- If a participant gets "stuck," tell them that the struggle to find a move is actually okay—it shows how complex our identities really are.

The "Safety Net" Conclusions

- Identity is Fluid: If not mentioned, state that identity is not a static label but a "movement"—it changes depending on our environment and roles.
- The Power of the Unseen: Remind the group that we often only see the "surface walk" of others, while these deep, complex movements are happening underneath.
- The Collective Strength: Point out that while each movement was unique, when performed together, they created a complete "picture" of the group that wouldn't exist if everyone moved the same way.

9. Adaptations / Variants:

Scaling: For larger groups, increase debrief time to allow for more perspectives.

Sensitivity: Remind participants that movement can be a small gesture (e.g., finger movement) if they have limited mobility.

10. Outputs:

Experience-based only.



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11. Sensitivity / Risk Notes:

Facilitator Guidance: If participants feel "stuck," remind them that the movement is just a placeholder. The difficulty in finding a movement is valuable data for the debrief—it often mirrors the complexity of that identity in real life.

Consent: Sharing the meaning behind a movement should be voluntary; avoid forcing people to "explain" their identity.

12. Credits / Origin:

Method description by Daria Bielinska, based on work by Chloe Swoiskin.



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