



The Artist Within Dixit Card game

Rules using the method of Movement and expression

You can use The Artist Within Dixit Card game for personal development processes in group and in single consultation, in case of appropriate training even in therapeutic setting. To have a group of minimum 6 people is advised. It can be part of a longer process or use it only as a workshop. Be attentive to the emotions, feelings that it might trigger. Set the use according to your facilitation skills and style. IKTE is running training on movement and expression methodology on a regular basis in Hungary and can be asked to run shorter workshops, training abroad as well in English. Would you be interested, contact us: info@ikte.hu

Applied Dixit rules:

1. Welcome the group, and set the theme for your work.
2. Invite the participants to pick one of the cards "Which card is calling, interesting for you now? It can be a colour, a shape or a story you see in it. Take your time and pick one."
If someone is not able to choose only one, but hesitating between two, you can verbally underline and allow it.
After everyone has picked the cards the group may start moving around the space freely. "Take the card with you and as you move discover what kind of thought, associations, feelings are coming to you." Gradually you invite the participants to express it in movement, repeating, trying out different things. You allow enough time for the participants to experience different things, research their topic. With additional instructions, pointing out movements, directions, qualities you can support the process.
3. When the group is warmed up you ask them to make pairs to move to the next step. Once the pairs are created you give the instructions. It is important that they pick a place, which is comfortable for them and is big enough to move. It is required for the next step which is using authentic movement methodology.
4. "One by one you will have a chance to research, discover more what you already started. While one of you will be moving, expressing, summarizing elements of ideas in free movement for 10 minutes, the other will observe it from outside. Once the time is over, we are going to make a signal to let you know that the time is over. Take your time to close the experience and then you can change the roles, without talking. So the dancer/mover will become the observer and vice versa.
5. Once they started you hold the space and the process, signalling when to switch the roles. At the end you ask them to remain silent and direct them into individual work.
6. Once they are finished you give them white paper, which is bigger than the card and crayons. Using those they can create the extension of the card they picked earlier. Drawing maybe elements that they discovered and are new, or enlarging elements bigger or smaller. The aim is to conclude and offer a chance to discover the context, new or important elements. For this you can give time according to your observation what would be supporting them to summarise and conclude.
7. Once the drawing is done, you might decide to give time for the pairs to discuss or have a gallery work, visiting and talking about all the pictures created.



Rules using the method of Storytelling

The main purpose of this activity is to boost creativity, storytelling skills. The activity can be altered in many different ways, adjusted to the verbal or linguistic skills of the participants. Although the description is described here for a group setting, it can also be done individually. Working with more participants is also possible dividing them into smaller groups and then conducting the process accordingly.

1. Ask the participants to pick 5-7 cards. It should be in a way that they don't see the pictures, so it's random.
2. Once they have the cards ask them to choose the main character, or element. It is important that it can be anything, a person, an animal, an object – whatever they can all see as a main figure.
3. Once it is done, ask them to create an order, in a way that they can see a storyline in it for the main character, the hero. Point out that they can consider new characters entering the story. Telling them the basic elements of a story (like meeting an obstacle, trying more times to resolve some troubles to overcome it, resolution to the situation connected to the obstacle and ending) can strongly contribute to the process.
4. Once they have it invite them to somehow complete it with elements that they might have missed before, like scene (where is it happening), details that make it more alive (atmosphere), and also the genre (horror, romance, etc.). Also this is the moment to “record it”. It can be a cartoon, or a written text, or video or puppet story or anything else that is fitting the skills of the participants and the aim of the activity.
5. Once the stories are created and they took form you may invite the different working groups (if you have more) to share, show it for each other.
6. Once it is shown check with the audience, what did they understand from it, if they have questions and anything that they truly enjoyed.

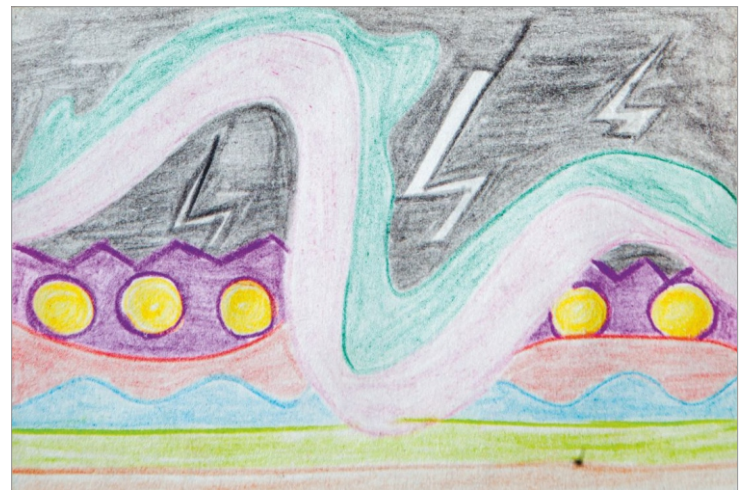
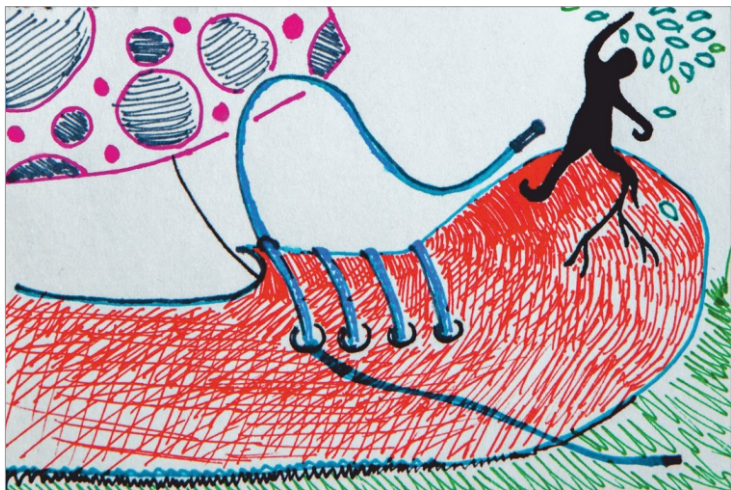
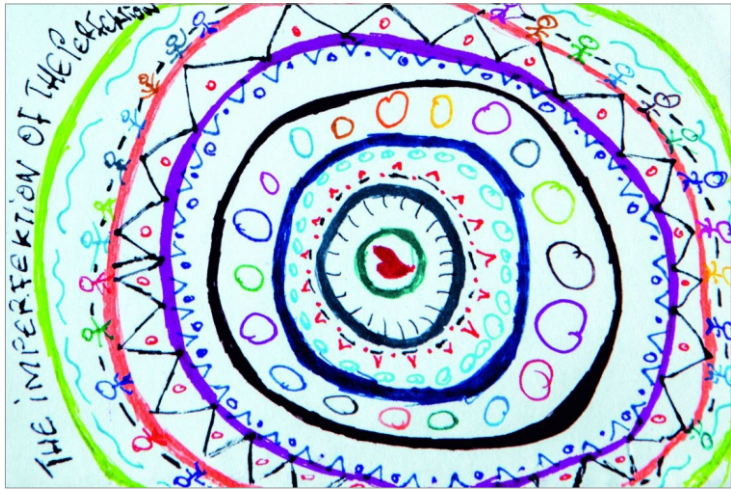
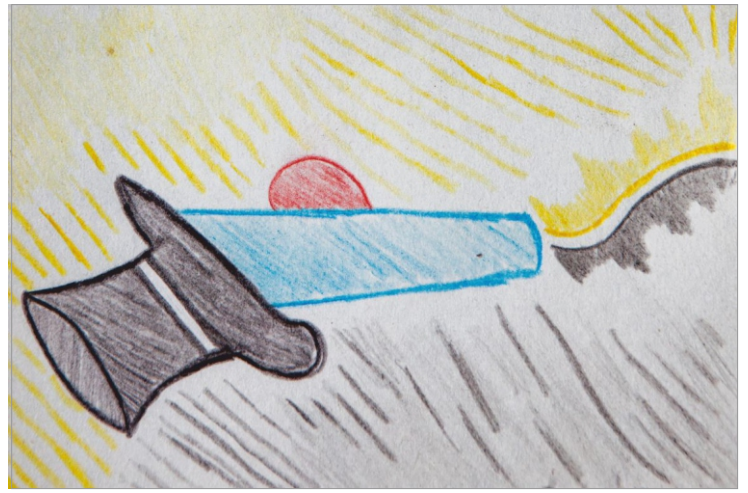
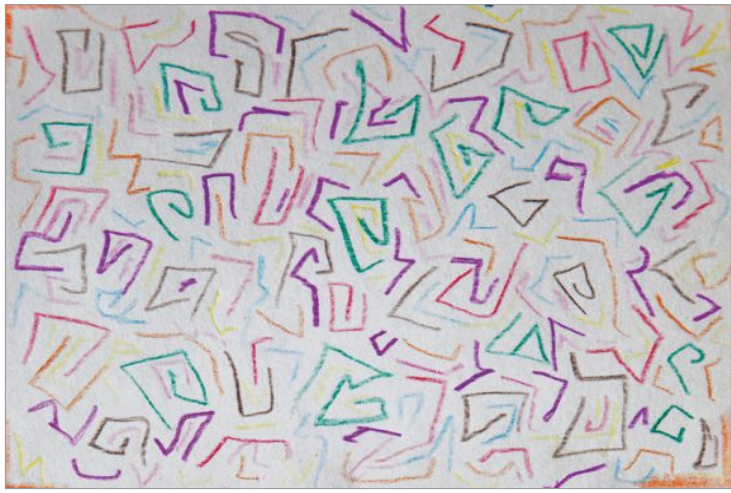
Rules using the method of Inner Clown and humour strategies

This card game is a great activity for your clown or humour sessions – to warm up or integrated into other exercises. You can use it simply to prepare everyone before an improvisation session or include it into methods of clowning. The game is mainly stimulating your creativity but also your ability to think outside of the box and you also get the chance to discover the way of thinking of the other people. Here are some tips how to integrate The Artist Within Dixit Card game into your workshop:

1. Play the game with the „normal“ rules, so that everybody gets to know it and also gets a feeling for how it works.
2. Use the cards for a silent association/connotation circle. Use words and cards alternating: You sit in a circle, everyone has about ten cards and someone says a word, the next person puts down a card, which relates most to the word, the next person says the first words which comes to their mind by looking at the card ...and so on.
3. Feelings: Play the game in the „normal“ manner, but instead of saying a word or phrase to characterize the card you choose, use your facial expression and gestures to express the feelings which are connected with the card.



4. Play the game as clowns. (Your inner clown may not speak, so use facial expression or gestures instead.) This may sound more easy than it actually is, so you should not do it with total beginners. In any case you should talk about the experience after playing and reflect your thoughts and feelings: Was it difficult to play as your inner clown? Did you „think different“? How did it affect your ability to interpret the cards of the other people? Do you personally like to play games like this and does your inner clown? Is there a difference? etc.
5. Use the cards to establish a set for an improvisation. The cards can tell you where the scene is, which emotion the people are in and what their needs are. You can even place some cards in the scene, so they can be used in the improvisation as inspiration or surprising solution for a conflict or something else.
6. Remember the spotlight introduction? (see: The Artist Within Toolkit, Exercise 17) Use this exercise in a modified form for an evaluation activity. Every person receives five (random) cards, music starts and everyone is walking through the room. When the music stops, find a partner to share your thoughts about one of these question (the workshop leader reads them aloud):
How did you feel before the workshop? What was your favourite activity? How did you feel in the group? What is the most special thing about your clown? How do you feel now? etc. Choose a card as answer for every question and explain your partner why you did choose it. You can add more questions and cards if you like and the group is very big. After the last question there is no presentation as in the spotlight introduction, but you can sit together and talk about your experiences.
7. Make your own Dixit card: After this reflection (or a certain exercise, if you need) everyone can create their own card as a memory. Do not play with it, it's a personal reflection and keepsake!
Depending on your own aims for the workshop and the preferences of your group you may find other possibilities to use the cards – feel free to experiment with it!





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