

CREATING THROUGH CANCER

Name of workshop: Creating with Cells

Suitable for: ages 12 and up

Duration: 1 hr 30 min

Plan	Intro	20 min
	Play cell regeneration game	10 min
	Group discussion	20 min
	Flow painting	30 min
	Pack down together	10 min



MATERIALS NEEDED:

One laptop, tablet or smart phone per participant
Paint, paper cups, mixing sticks, silicon spray, 20 x 20 cm canvas (one each), plastic sheet

ROOM SET UP:

Pre-prepare each work station with materials and canvas (above)

INTRO

20min

- Facilitator introduction
- Participants are asked to contemplate their wellness intention for today. The facilitator asks “what do you intend to do today to help you feel vibrant and well?”
- Each person is asked to speak their name to the group, followed by sharing their intention
- Facilitator shares a personal story about their own experience with cancer and their relationship with the cells in their body. Asks each person to close their eyes for a moment and consider the internal landscape of their body.
- Briefly discuss the importance of brain-body connection and how visualisation can be used to create a strong mental image of internal health.

Play cell regeneration game

10 min

- each person takes their digital device and goes to www.creatingthroughcancer.com
- INSTRUCTIONS:
1. To START, press the green flag. Type your intention for today into the text bar.
For example: "Today I will take a peaceful walk"
 2. Press on each of the floating cells and watch them transform. Try visualising the same thing happening in your own body.
 3. After all cells are transformed, ask each participant takes a moment to gaze at the screen and contemplate how their daily intention will contribute to healing their body

Group Discussion

20 min

- Participants are asked to get into pairs and share their experience of playing the cell regeneration game. **Ask each other:** “What came up for you whilst pressing on the screen?”
“Did you feel a brain/body connection?”
“Do you think the experience of playing with augmented cells can affect your relationship with your actual cells?”

Flow painting**30 min**

Watch the cell flow painting video at <https://www.creatingthroughcancer.com/art-projects-2>

Each person completes their own cell flow painting

Group Pack down**10 min**

- The group works together to pack up the art supplies
- Facilitator explains the paintings will take 3 days to dry and asks participants to return to the studio to collect. Insure names and telephone numbers are written on the back.
- Invite participants to hang their completed artwork on their wall at home and imagine the colourful and vibrant cells in their painting as similar to their internal landscape.