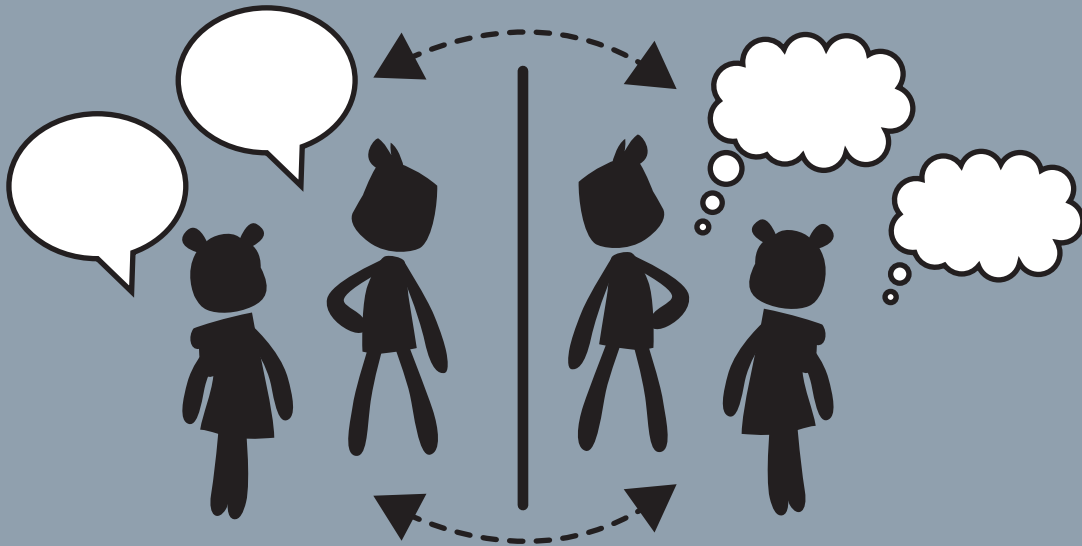


PROCESS METHOD – COLLABORATION: 04. DO THE OPPOSITE



04. DO THE OPPOSITE

Alternating between opposite states of mind and activities is beneficial for moving the creative process along. This method is useful for creating self-awareness of these different states of mind and activities and trying to switch between them, creating a more dynamic and creative process.

Materials needed: A piece of paper, pens.

Time required: 15–45 minutes

How?

1) If the project has come to a halt or tension has developed in the group work, take a break and look at what you are doing right now and how you are doing it. Write it down on a list: Are you working at the same table all the time? Are you constantly inside the class room? Are you thinking, discussing and talking all the time? Are you collecting knowledge and analysing that data most of the time? Are you working for many hours at a time? Are you working very slowly?

2) Write down the opposite: Working individually and in different locations? Going outside to talk or going somewhere else. Drawing, building or going out into the world to observe and being playful and intuitive. Working quickly, but for shorter periods of time, where you set a timer, etc.

3) Discuss which ways of working you have been neglecting to do and which ones would be useful or fun to try out. Then go ahead and try them out. You might need to agree on a game plan for how long you want to do it before trying other ways of working, alternating between different media like writing and drawing or modelling or choosing different locations for working or time frames for doing it.