

# Some ideas for participating in the Day of Private Reflection using the arts



Community Arts Forum (CAF) is the umbrella body for community arts in Northern Ireland.

The arts can be a particularly useful tool in facilitating reflection through creative expression.

In mainstream arts the artistic product, that is finished painting, the final performance or the completed poem, is all that matters. However, in community arts the process of producing art is just as important. It is during the process that participants explore their creative side, interact with others, discuss their experiences and acquire skills.

Those taking part in community arts are able to discuss, explore and challenge their experiences in a relaxed, fun and non-threatening environment.

There are a whole range of art forms to choose from including:

- Visual arts
- Drama
- Creative writing
- Movement/Dance
- Music
- Crafts
- Photography
- Storytelling

If using art to facilitate reflection there are a number of key principles which should be considered:

## **Access**

Everyone has the right to participate in the creative process, to speak, to be listened to and to ask questions.

## **Participation**

Everyone has the right to be actively involved in the creative process.

## **Authorship**

Everyone has the right to contribute to what is being recorded in the creative process.

## **Ownership**

What we have recorded through our active participation belongs to us collectively.

There are a number of artists who are experienced in facilitating workshops with groups in various art forms. A list of such artists is available on [www.caf.ie/directory](http://www.caf.ie/directory)

Any community arts project should be led by the participants and not the facilitating artist.

Further details on community arts can be found on the Community Arts Forum Website – [www.caf.ie](http://www.caf.ie)