

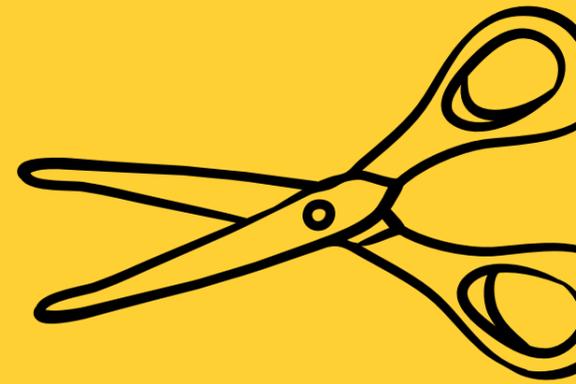
# A collage-based activity to settle your mind after a large mental meal



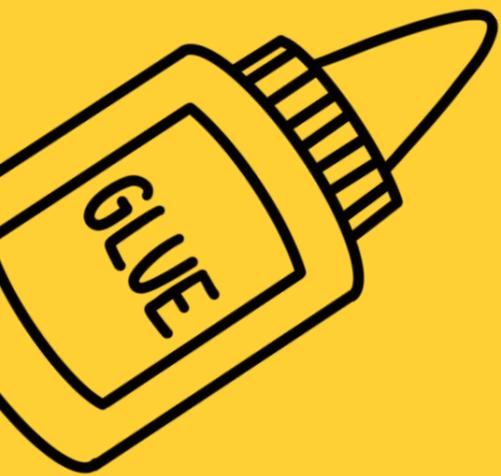
Heidi Swigon

# What you'll need

Scissors



Glue



A sheet of A5 or A6  
paper + magazines  
for cutting



Time (15-30 minutes)



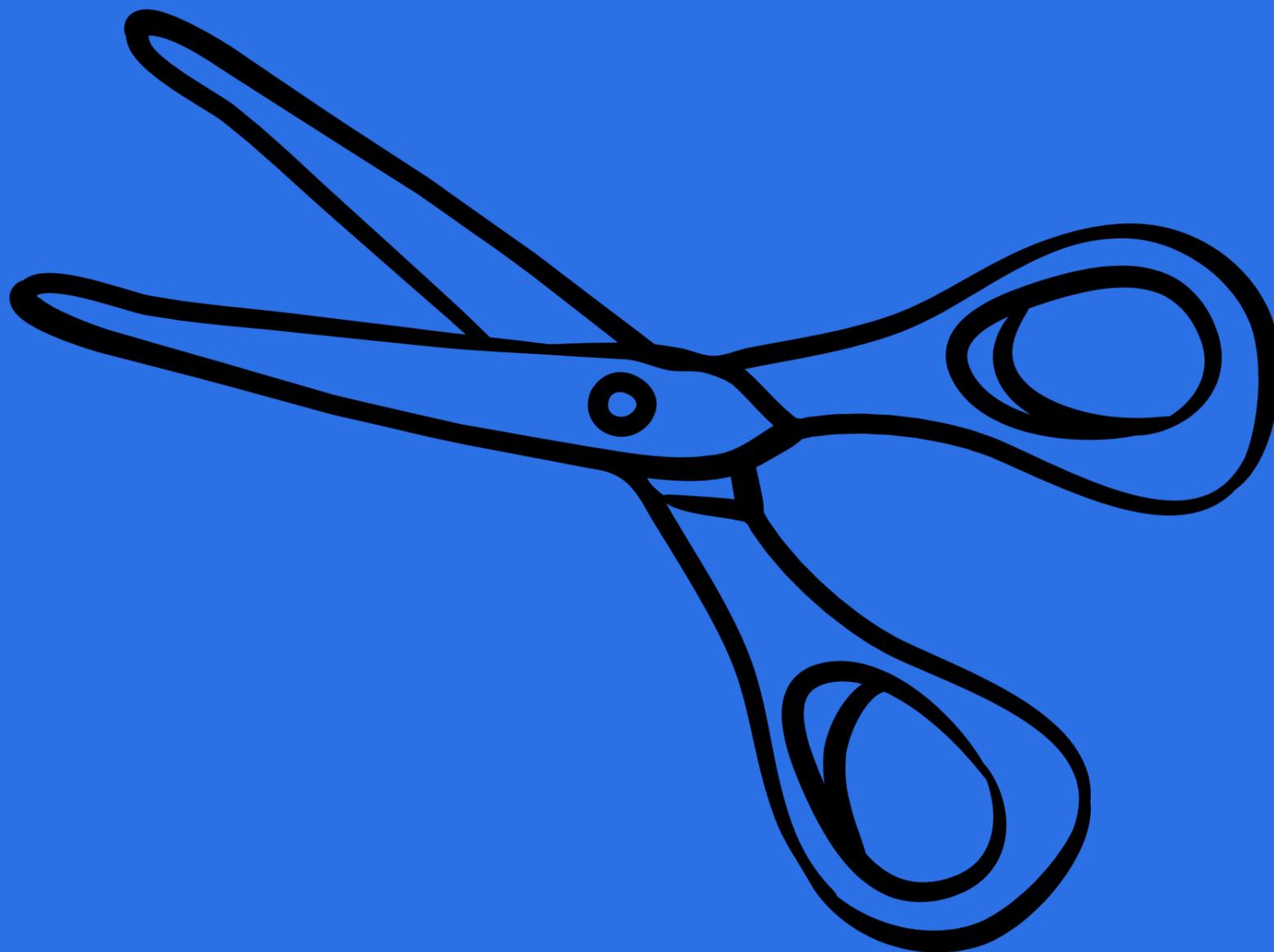
Heidi Swigon



**STEP 1**

# Cut

**10–20 minutes**



Freestyle collage. Don't think, just cut and stick!

Heidi Swigon



## **STEP 2**

# **Reflect**

**5–10 minutes**

### **HERE**

What images / shapes / colours / words caught your attention when you were collaging?

### **THERE**

Think about what you've heard or learnt today. Can you connect any ideas with your collage?

### **EVERYWHERE**

What would you add next? Annotate your collage or write some words on the back.

Heidi Swigon



## OPTIONAL STEP 3

# Share



Tell someone  
about your  
collage if you  
did the activity  
in a group.

Heidi Swigon



# **This activity was inspired by...**

**Swollage** - a technique using free-association collage to inform an individual SWOT analysis to build skills in self-reflection and foster self-awareness. Developed by Julia Reeve and Kaye Towlson.

**Here, There, Everywhere** - a reflective exercise developed by David Mastronardi and Eric Wittenberg. Found on [gamestorming.com](http://gamestorming.com).

Heidi Swigon