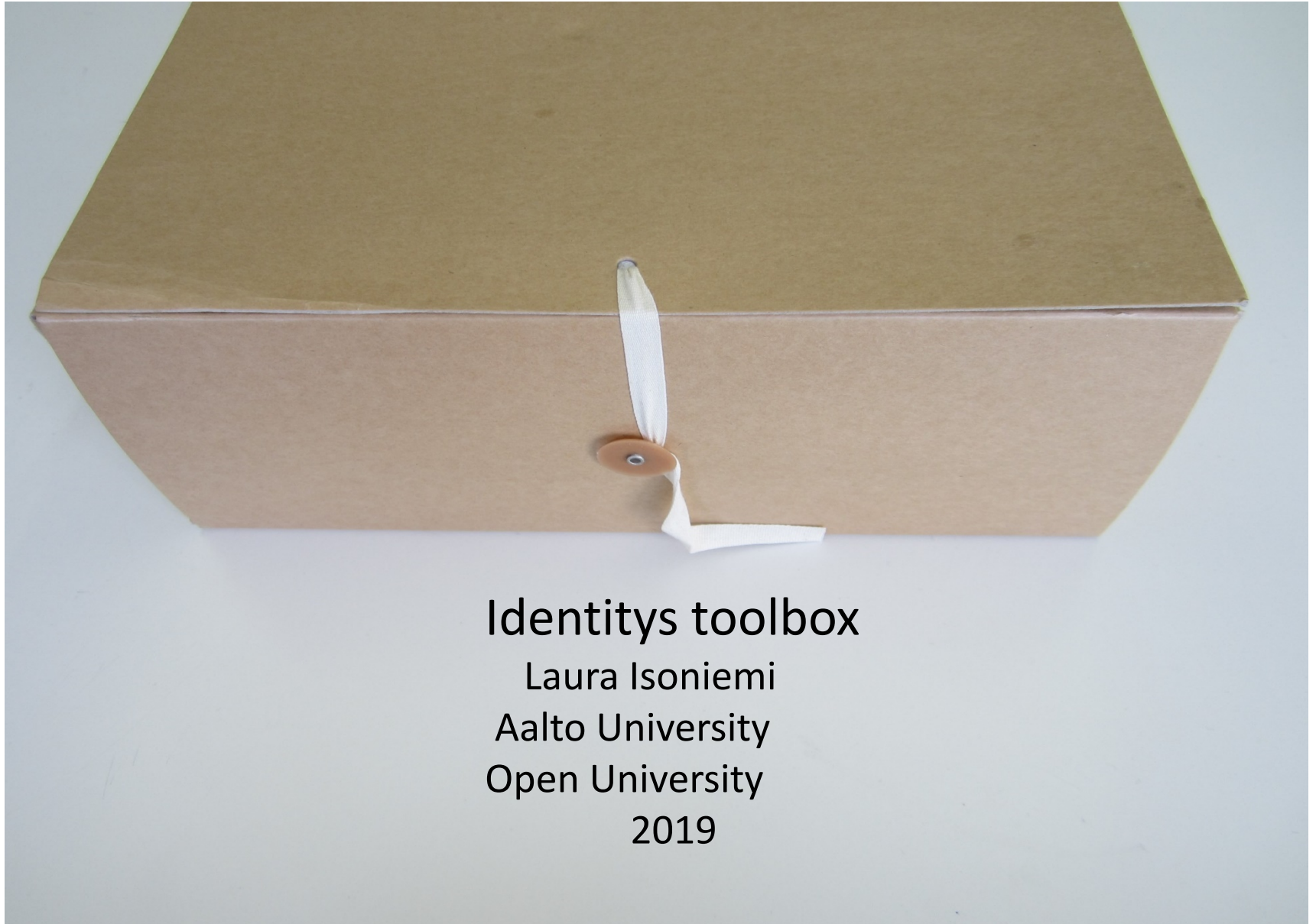




Identitys toolbox

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1. Me

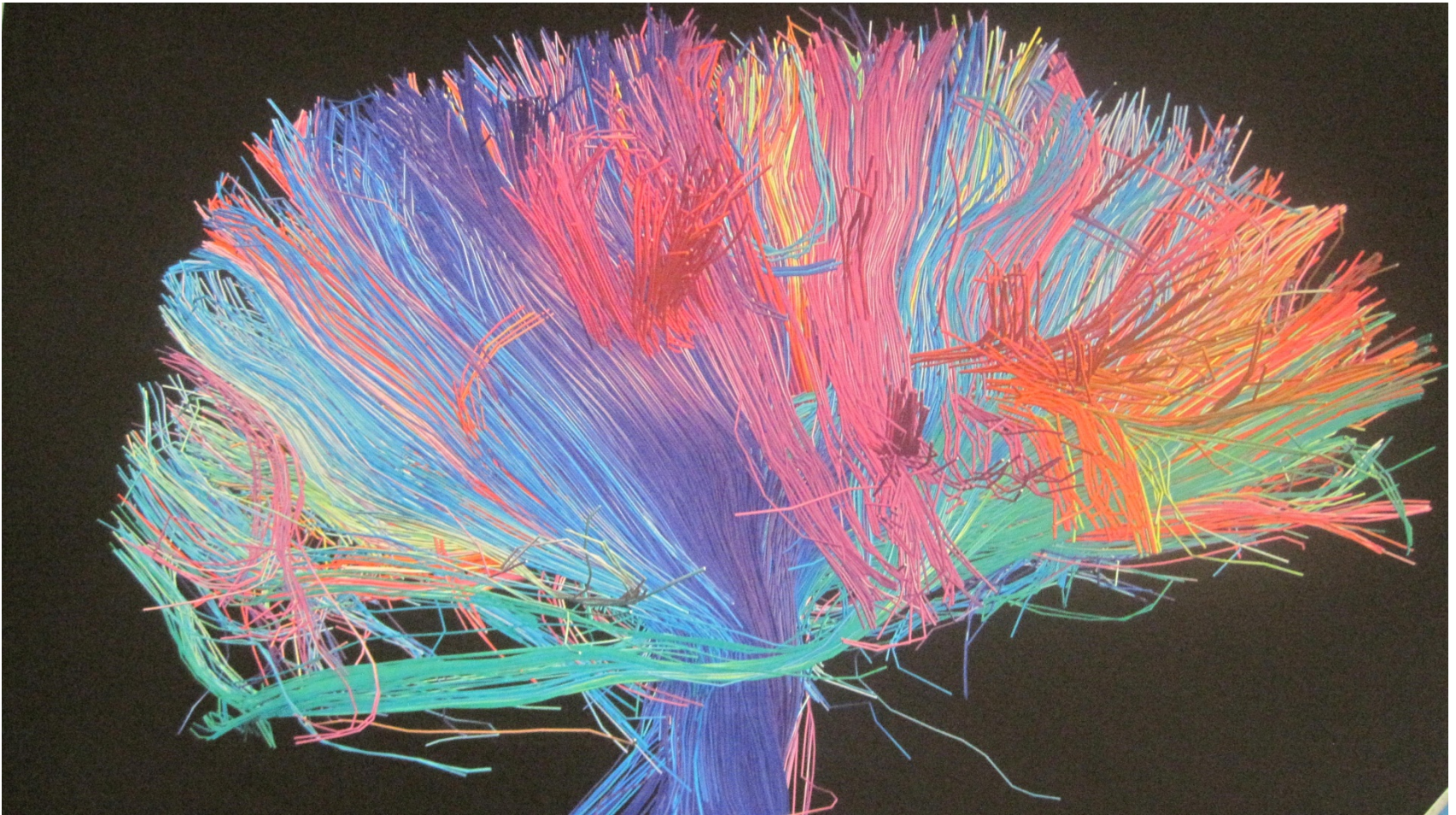
- Make a doll out of yourself. You are the creative engine of your life, resistant or living, changing or stable – the ways you want.

- material and technique free, recycled material can be used

The doll should fit to the given archive box



2.Colours

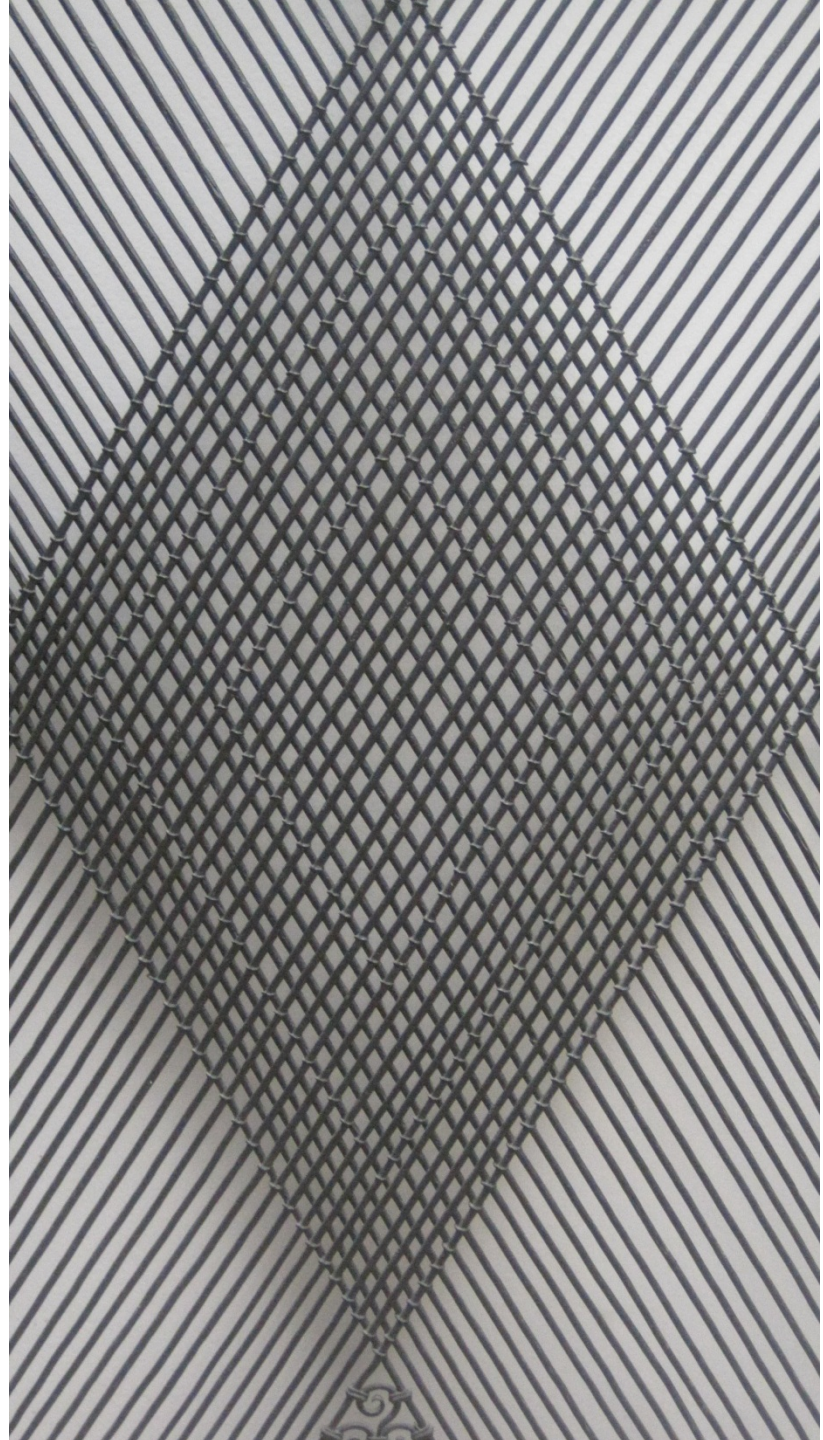


- Put into small glass or other bottles your favourite colours 5-8 pieces in the format you want-it can be powder ,textiles ..
- use such colours that work for you always give faith and strenght and they are part of you.Enjoy. Reuse and watch.

3.Form

- find one 3 dimensional form /object that is typical for you.

Form that you enjoy , form that is nice to touch and watch.And possibly has a meaning to you.



4.Material

- gather 4-5 materials that inspire you.
Put them into bottle and touch and watch.



5. Pictures

- Collect into an envelope 8-10 pictures that inspire you, give power for what you are and want to be .Pictures that make you feel good and strong, the way you are.
- Look the pictures, by the time you can change some.



6.Memory

- Move into the archive box a dear memory, anything that is very precious to you.
- It should be a memory, that takes you forward in what ever situation you are. A memory that works like a bridge into another world, memory that motivates you and makes you hopeful.



Exmples of the items:

Colors



Doll/ selfportraits

