

Category: Healthcare

Project: Emotion wall

What was the challenge?

Teens with serious mental health difficulties in psychiatry department of the Children's Clinical University Hospital "Gailezers" spend almost whole day without screens. They had need for meaningful activity how to spend free time in the hospital with added value. They have a lot of negative emotions and no-where to express them.

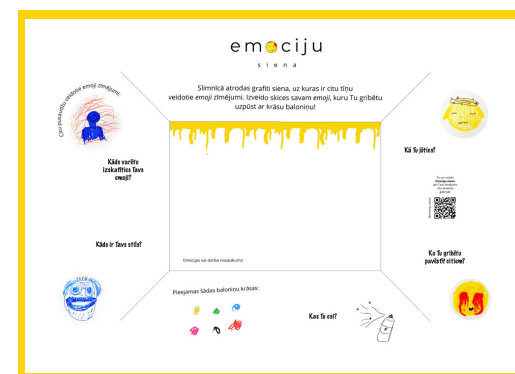
What was the solution?

In close cooperation with teens, we created concept of "Emotion wall", where kids can do not only graffiti on wall, but express their emotions in safe environment and learn about negative ones, so they can develop emotional intelligence together with stuff - psychologists, art therapists and others.

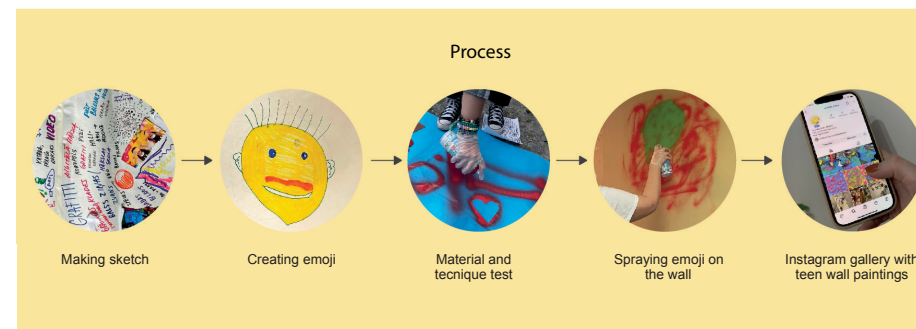


What was the effect?

During our workshop, kids receive sketch sheet, where they explore emotions and make sketch of emoji they want to spray-paint on the wall. They have all materials to test. And then they can spray on the wall and talk about what depresses them. It helps teens to realise how they feel, dress it in art form and later talk about it, if they want. We observed, after painting negative emotions, they felt better and more relaxed. After painting on wall emoji's are documented and posted in virtual gallery so they last forever. Several schools has interest to adapt this idea to their environment.

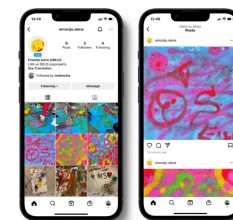


Sketch sheet



Contact:

Name: Liba Berzina, Laine Spule, Erika Zabele, Santa Meikulane, Egija Ziedina
Company/organisation: Art Academy of Latvia
E-mail: berzina.liba@gmail.com
Website: [instagram.com/emociju.siena](https://www.instagram.com/emociju.siena)



Emotion wall:

