

Category: Social Affairs
Project: Paper, Clothes, Scissors - the fashion game



What was the challenge?

The number of teenagers with mental health problems is on the rise worldwide and also in Latvia. Medical help is provided individually and also in clinics, where different types of games and activities are offered between treatments and lessons. However, it's crucial to provide them with activities that are not only suitable for their age but also allow them to express themselves in a meaningful way, and can be continued at home. The challenge lied in transforming them from passive or overly active patients into creative individuals. Moreover, our goal was to promote social interactions, which can be tremendously helpful in managing mental health issues.

What was the solution?

Together with the teenage patients of the Children's Clinical University Hospital we conducted several co-creation workshops on fashion design. We investigated the significance of personal style in fashion and ways to promote sustainable fashion practices to shape their identity without spending money.

Our result is the card game "Paper, Clothes, Scissors". The game consists of four decks - for whom, interview, what, and materials. Each player receives one card from each deck, which creates a design challenge:

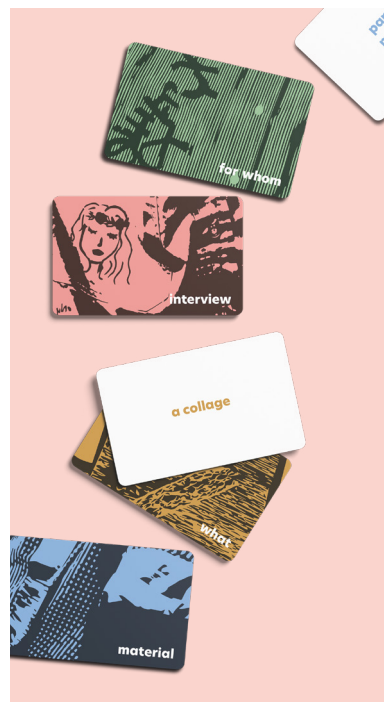
for whom: This card defines who the player should create something for. This could be, for example, a friend or an employee of the hospital.

interview: The first step is to conduct an interview with the person the player is designing for. This card indicates which role the player takes on and which of the pre-made questionnaires they should use. For example, they could act as an eco-fashion journalist.

what: Should the result be a collage, a drawing, or a wearable garment? This card provides insight.

materials: Of course, it is also important what the work should be made of. For example, from paper and magazines or from fabric scraps?

The design of the cards is inspired by the creations from the workshops. In addition to the deck, a game manual was created, which is designed to resemble a fashion magazine

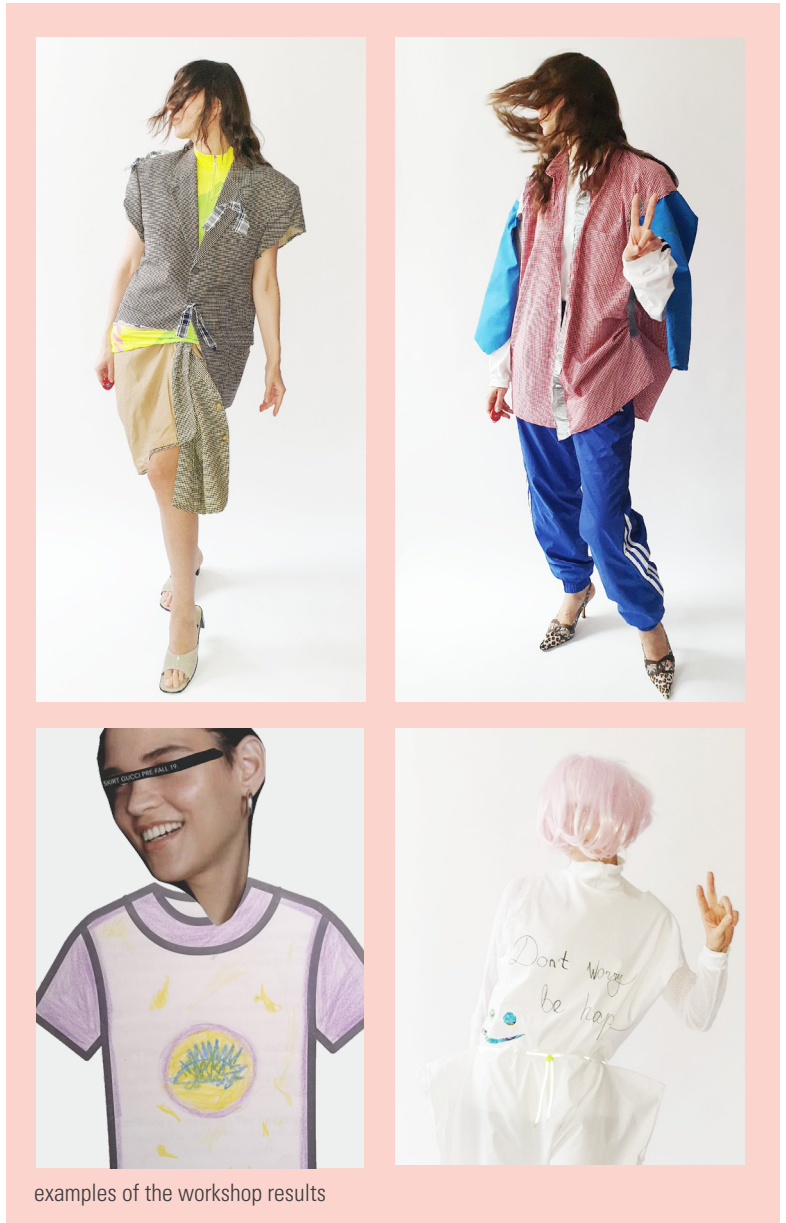


What was the effect?

During the workshops, the teenagers designed for themselves and one another, taking into account each other's preferences. By interviewing and creating designs for someone else, the teenagers had to open up and put themselves in another person's shoes, fostering empathy and a caring environment.

The hospital staff took part in cocreation workshops and was afterwards provided with the game cards, materials, and instructions, including the interview guides, allowing them to easily facilitate the game in the future. Blank cards from each deck were also provided, enabling customization with new ideas.

This project was developed in collaboration between the Art Academy of Latvia and the Children's Clinical University Hospital.



examples of the workshop results

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