

DREAM WORKSHOPS EDWINA JAQUES

Workshops will be offered during the exhibition in the gallery each day
from 2pm to 4pm 16 September – 28 September
Materials are included. £10 per person

- 1) **DREAM JOURNAL:** Design and make your own dream journal to record your dreams and interpretations.
- 2) **ASSESSING DREAMS:** A dream seminar: Each person in the group relates his or her dream. The rest of the group tries to offer possible interpretations. They should ask the overall mood of the dream. Is it in black and white or in colour? Where does the dream take place? Is it indoors or out and what is the weather like? Is the dream in shapes or words – mechanical or organic? Do animals talk in the dream? How does the dreamer communicate? Is there a time frame? Does the dreamer do exceptional things like fly or able to make strange sounds or speak in another language? Questions can help the dreamer to remember details.
At the end, the dreamer should talk about the group interpretations and then formulate a possible reason for the dream as it relates to his or her situation.
- 3) **ILLUSTRATED DREAM STORY:** Write a story that uses elements and images from your dream. The story can take any direction. This could apply equally to a drawing or a



painting or a combination of the two – whatever you feel is right.

- 4) **MAKE A DREAM:** Pick out an object that appeals. Examples: a fork, a ball, a doll, a banana, a box, a watch etc. Everyone will be given time to think and then each person will make up a story inspired by the object that they will tell in front of the group. Let the story flow – don't try to be epic.

- 5) **DREAM COLLAGE:** There will be lots of images available from magazines to photos from the internet. Each person can pick out the ones that appeal most. Coloured paper will be available as well as scissors and glue. The participants can then assemble a collage from these to make a dream like image. Finally, they each can describe why they chose the images that did and try and

make sense of what they have put together. How does this relate to a dream state?

- 6) **DRAW A DREAM:** Bring along a dream. Then, using pens, pencils, crayons etc., draw the dream as it feels or appears. These can then be displayed and each person will be asked to talk about the image and the dream. People need to be honest about what they draw and say for this to be effective and may bring up issues that are difficult to discuss. Questions can be asked by others or comments about what they think or feel. This may be hard to do, but it is part of what dreams do for us and the rest of the group needs to be sensitive about their approach. It will be their turn next...
- 7) **DREAM MASK:** Make a mask that represents a “dream you” using preformed templates that you can work on with paint, collage, objects, recycled materials etc. You will then wear it and create a brief pantomime or dance.
- 8) **MANDALA:** Create a “Dream Mandala” in 2 or 3D, using pens, pencils, found objects, etc.
- 9) **DREAM TOKEN:** Make a “Dream Token” that could help you remember your dreams. This will be made from polymer clay, but you can bring along a small object to incorporate. Beads and other materials will be available to use.