

documentar

a time capsule of NOW

Show us the **WORLD** through *your* eyes. The current pandemic has shaken us to our **core**. No matter how many *TikToks* we watch, we are still unsettled by our current situation. The experience we are living through is particularly unique, especially for youth. You might be thinking, what can *I* do? We want to know what the **WORLD** looks like through *your* eyes. What do you think is important to highlight? Add your story to **documentar**. Create your story through photos, words, art and tell the world what life is like for you during the pandemic. Share your story and find out what is happening for others.

Before you start, take a moment to BREATHE.

Think about where you are right now -- mind, body, spirit.

- What story do you want to tell?
- What words or images would best tell your story?
- What matters most to include?
- Are other people, animals, places or things part of your story?

Let your
imagination soar!

Document your story through photos, video, art, spoken word, poetry, or self-portrait.

Three ways to participate in *documentar*.

FREE STYLE – Submit a short essay, poem, artwork, photo(s) with a caption, video, spoken word (whatever medium works for you!) about **what life looks like now where you live**.

FILL IN THE BLANKS – Tell us (your choice what you respond to):

- Where are you now?
- How has your world changed?
- What worries you?
- What keeps you strong? or What is your vision for our future?

SHORTCUT – Take a photo that represents your life *right now*; challenge three friends to do the same.

When you submit, please also share 1-2 sentences to tell us what this means to you.

Complete the easy form at bit.ly/docu-123 and **SUBMIT!**

Every story matters. Tell your story. Be part of *documentar*.

American English: document	Italian: documentare
Brazilian Portuguese: documentar	Japanese: 記録する
Chinese: 记录	Korean: 기록하다
European Spanish: documentar	European Portuguese: documentar
French: décrire	Spanish: documentar
German: dokumentieren	

Follow *documentar*
on Instagram [@documentar_](#),
Facebook [@documentarNOW](#)
Twitter [@documentarNOW](#).

Read more about *documentar* [here](#). A Leader Guide follows.

Questions? Email cathy@cbkassociates.com



documentar_ is a program developed by the CBK Associates community to bring youth and adults together for conversation and connection. More at cbkassociates.com.

Leader Guide to *Documentar* - A Time Capsule of NOW

What is *Documentar*?

Documentar, a time capsule of NOW, invites youth, ages 13-24*, to express their experiences, concerns, ideas, and actions taken because of the pandemic, systemic racism, climate change -- whatever is on their hearts and minds.

Why join *Documentar*?

Through *documentar*, youth identify what matters most in their lives **right now**. They choose their medium (photos, visual art, words, audio, collage, and video) to tell their stories, voice their opinions and show actions taken. They learn from and with their peers, and adults learn from them.

Documentar is a global initiative. Youth participate from China, Angola, France, Vietnam, Azerbaijan, Korea, and across the United States.

Adapt *Documentar* to support your programmatic themes and initiatives:

- Revise the provided prompts (see below) to be program specific
- Engage youth in *Documentar* during back to school orientation or the first week to get a pulse on how youth are experiencing these times
- Use the *Documentar* process as a reflection experience following a study or skill development session to focus the content
- Capture what youth are doing to take community action

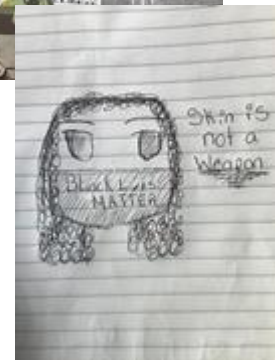
By participating in multiple *Documentar* events youth can create a portfolio of their work and growth.

Materials: Paper, pens, markers, phone (for camera) – optional items can include other art supplies and computer for accessing images

Time: An hour

Opening: Introducing *Documentar*

- Ask youth to prepare for a one-hour experience -- get comfortable, get water, gather simple art **materials -- paper, pens, markers, their phones (to use the camera) -- whatever is handy.**
- Describe *Documentar*
 - A global initiative for youth to tell others about what is happening in their lives.
 - An invitation to create an expression through any preferred form – visual art, collage, writing, photography, video – to capture youth opinions and perspectives on various global issues in the current time.
 - An opportunity to dialogue about significant issues and provide insights, opinions, ideas, and visions to leaders and policymakers.
- Show several examples of *Documentar* – available on Instagram [@documentar_](#), Facebook [@documentarNOW](#) and Twitter [@documentarNOW](#). Discuss briefly:
 - What themes do you notice?
 - What does the description add?
 - How do seeing these visuals make you feel? What thoughts do you have?



Key Skills

- Reflective thinking
- Analytical thinking
- Creative thinking
- Self-expression

***Youth under 13 can participate and submit to *Documentar* with a parent/guardian signature. Ages 25 and older may participate as well; their submissions are posted weekly, on Fridays.**

Process: Creating a *Documentar* Submission

Step One: Grounding – Get Centered, Be Present

- Invite youth to sit comfortably and take a moment to breathe. Lead the youth in three simple centering breathes: breath in for a count of 3, hold the breath for a count of 3, exhale 1,2,3.
- Take three minutes to think individually about “Where are you right now -- mind, body, spirit?”
 - What story do you want to tell?
 - What words or images would best tell your story?
 - What matters most to include?
 - Are other people, animals, places, or things part of your story?

Step Two: Describing – Review Three Approaches

1. **Free Style** – Submit a poem, artwork, photo, video, spoken word (whatever medium works for you!) about **what is happening for you**.
2. **Fill in the Blanks** – Choose one or more and tell us: Where are you now? How has your world changed? What worries you? What keeps you strong?
3. **Shortcut** – Take a photo that represents your life *right now*; challenge three friends to do the same.

If needed, share additional *Documentar* examples.

Step Three: Creating – Allow 15-20 minutes for youth to create their submission

Note: If not finished in this time frame, encourage youth to continue and submit when done.

Step Four: Sharing and Submitting – Show or Describe Work Created or in Process

- Welcome each participant to share what they did, their creative process and what this means to them. Sharing is always optional.
- Prepare materials for submission, for example, take a photo of written work.
- Complete the easy form at bit.ly/docu-123 and SUBMIT!

Closing

- What was this experience like? With paper or in the online “chat” space, ask youth to write up to three words that express how they are feeling right now. Share. Repeat the process asking, in one word, what will they take from this experience?
- What next? Who would like to lead/co-lead *Documentar* with other program youth? Who else could benefit? What program topics can be explored through *Documentar* experiences?

Extensions

- Support youth-led *Documentar* experiences on issues that matter.
- Encourage skills and creativity by having youth use a single medium like poetry or photography.
- Showcase *Documentar* expressions on your website and in your publications.

Follow the Global *Documentar* program on Instagram [@documentar_](https://www.instagram.com/documentar_) (yes, with an underscore) and [#documentar\[your city\]](https://www.instagram.com/documentar[your city]) and on Twitter [@documentarNOW](https://twitter.com/documentarNOW) and Facebook [@documentarNOW](https://www.facebook.com/documentarNOW).

Documentar examples: Collage by Silvi, Drawing by Martin



CBK Associates can customize and lead *Documentar* experiences for your program, school, conference, and special events for youth and/or adults. Contact documentarNOW@gmail.com. Email us for a calendar of *Documentar* experiences youth and adults can join!