

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

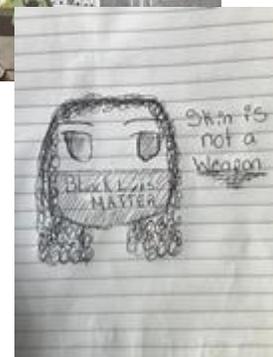
By participating in multiple *Documentar* events youth can create a portfolio of their work and growth.

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_](#)] and Facebook [[@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 when they submit. 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 <https://bit.ly/2XFTCSu> 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_](#) (yes, with an underscore) and [#documentar\[your city\]](#) and on Facebook and Twitter [@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!