

## The Interview Show ©

(A pleasant departure into safe + thoughtful play  
while offering connection and fueling self-esteem + empowerment dd )

These experiences are excellent for new Canadians, displaced individuals, people in recovery, those experiencing sadness, fear & anxiety, spiritually disconnected, folks in transition and those needing perspective, hope and tools for resilience.

This is something that can be shared with family, friends, caregivers and/or siblings! It requires ZERO money, training or artistic ability and can be a fun way to investigate thoughts, ideas, feelings and dreams.

Materials Required: toilet paper roll OR something to act as a pretend microphone



You can create individual “mics” by decorating them according to each individual OR you can leave them plain. Up to you and your creative spirit of adventure! ( \* When not in times of pandemic health measures you can use ONE microphone)

**TO BEGIN:** Assign who will be the first Interviewer. It is fun to take turns in this role but sometimes people will find it easier if just one person plays this part. You decide.

**NEXT:** Choose a space that can accommodate an A spot and a B spot – as far as possible from each other (it might only be 6 feet but that’s OK!) For example, you might start the introduction on one side of the living room and move to a spot on the other side or even in the kitchen or on the porch. Changing your physical location is an important part of the exercise.

The following is a sample script of questions that might be asked during the Interview Show but of course there may be MORE questions added or removed depending on the participants and their needs and circumstances.

## The Interview Show Script (modify as necessary!)

1. Hello and Welcome! Please tell us your full name and where you are from?
2. How long have you been here?

Questions 1 & 2

3

4+



3. Thank you for sharing with us. Now if you will follow me to this new spot, I have more questions for you!
4. Where do you see yourself in 3 years? (1 year, 5 years etc.)
5. Who is with you?
6. Where do you live?
7. What is your favourite thing to that makes you feel happy?
8. What do you do for a hobby?

**You can include as many questions as you like but  
the FINAL TWO QUESTIONS ARE ALWAYS THE SAME**

9. WHAT ARE YOU MOST PROUD OF NOW IN (Pick the year that applies)?
10. WHEN YOU LOOK BACK AND SEE HOW FAR YOU HAVE COME, WHAT IS ONE WORD TO DESCRIBE HOW YOU FEEL?
11. Thank you for playing today 😊

While the interviewer asks the questions, you might want to have someone be a 'scribe' and write down the answers to review later OR have someone videotape the Interview on the Participant's phone so they can watch their own process. Oftentimes the responses provide excellent information for animated discussions and sharing.

In the practice of Expressive Arts, I take this exercise and transition into poetry – a surprisingly powerful arts modality especially for tweens and teens. There are multiple poetry options but for starters I recommend the diamante style of poetry.

Here's how it works!

It is called Diamante Poem because the poem makes the shape of a diamond and is an exceptional tool for comparing two contrasting subjects in a playful and frequently helpful way.

Noun  
Adjective Adjective  
Verb Verb Verb  
Noun Noun – Noun Noun  
Verb Verb Verb  
Adjective Adjective  
Noun

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1. Place your nouns first

Example:

The top noun might be **conflict**  
The bottom noun could be **resolution**

**Conflict**

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**Resolution**

2. Next place your adjectives – these will describe the two nouns

Example:

Conflict

**Loud Painful**

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**Peaceful Happy**

Resolution

3. Now come the verbs – usually words ending in ING These are a reflection of the adjectives.

Example:

Conflict

Loud Painful

**Arguing Yelling Hiding**

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**Calming Talking Connecting**

Peaceful Happy

Resolution

4. Lastly place your final nouns. The first two commenting on the verbs above, the second two, commenting on the verbs below.

Example:

Conflict

Hopeless Painful

Arguing Yelling Hiding

**Escape Addiction, Health Normal**

Calming Talking Connecting

Peaceful Happy  
Resolution

5. Now read your completed diamante poems to yourself OR aloud to someone you trust.
6. Create more diamantes for whatever subject interests you! It does not have to be a problem – sometimes things in opposition can be super fun to explore! Like Sun & Moon! Or Black & White! *Just go for it 😊*

We are all born creative but OFTEN well-intentioned teachers/adults/goofballs along our life path can kick that to the curb with intentional or unconscious words and actions, leaving us crushed and feeling untalented and ‘not good enough’.

**TIME TO TAKE BACK YOUR CREATIVE POWER**

Reclaim your own personal style, at your own pace, in your own words.  
Rebirth your intuition, embrace your unique self and ENJOY playing with art stuff.  
It is not about making a “work of art” but rather  
“making the ART work for YOU”

~ find your calm~

with  
Love, Respect + Abundant Creativity  
DeAnn