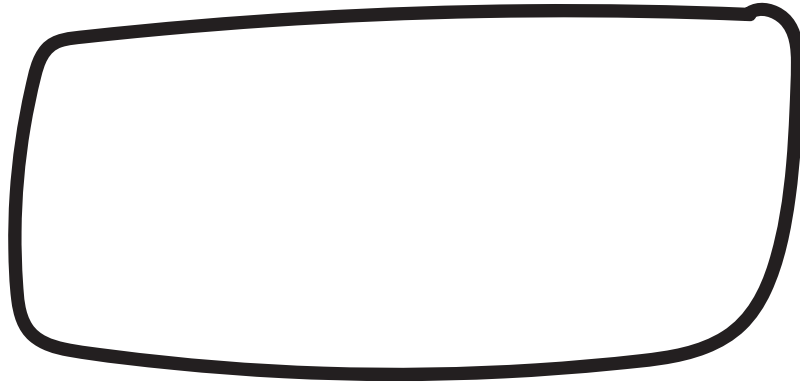


seven senses  
zine 01



this zine belongs to:



random facts:

what time is it now:

where am i:

who is next to me:

the best thing i ate today:

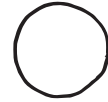
a song that im listening a lot:

my favorite emoji:

the color of my socks:

seven senses  
zine 01

lyon, march 2022  
anais pinnell, carolina garcia, clara chavassieux  
enora drion, isidora zarković, sarah fakhri



## SEVEN SENSES PROJECT

our project comes from a common question: how can non-verbal games and settings, that mobilize the senses more than the intellect, help people to connect? and a common observation: in intercultural projects, bonding and taking into account different identities in the collective is very complex. we found inspiration mostly in each of our previous experiences, and our current artistic and cultural practices that dialogues with our project.

as for the theoretical matter, we engaged with several lectures about the senses and body awareness in educational processes.

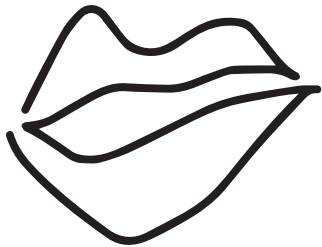
at the crossroads of these two issues, the project 7 senses aims to find new ways of building common and connection, within intercultural contexts.

it's aim is to research, share and offer tools for better mutual understanding, safe and trustful exchanges and consideration of individualities with their emotions and specificities within a group.

we're looking forward to play and experiment with you during the winter school: every morning before the beginning of the day, for short non-verbal games and activities at university.

this gathering aims to help each one to emotionally warm up, feel part of the group, and be attentive to the collective connection.

this zine is made for you. to write, to draw, to forget, to give to someone, you can do whatever you want. have fun (:



22



# notes

don't forget to listen how you breathe



try to draw your breath here:

9



21

notes

how would you describe your voice?

“The illiterate of the 21st century will not be those who cannot read or write, but those who cannot learn, unlearn, and relearn.”  
- Alvin Toffler



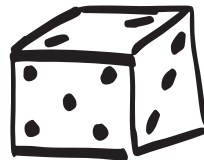
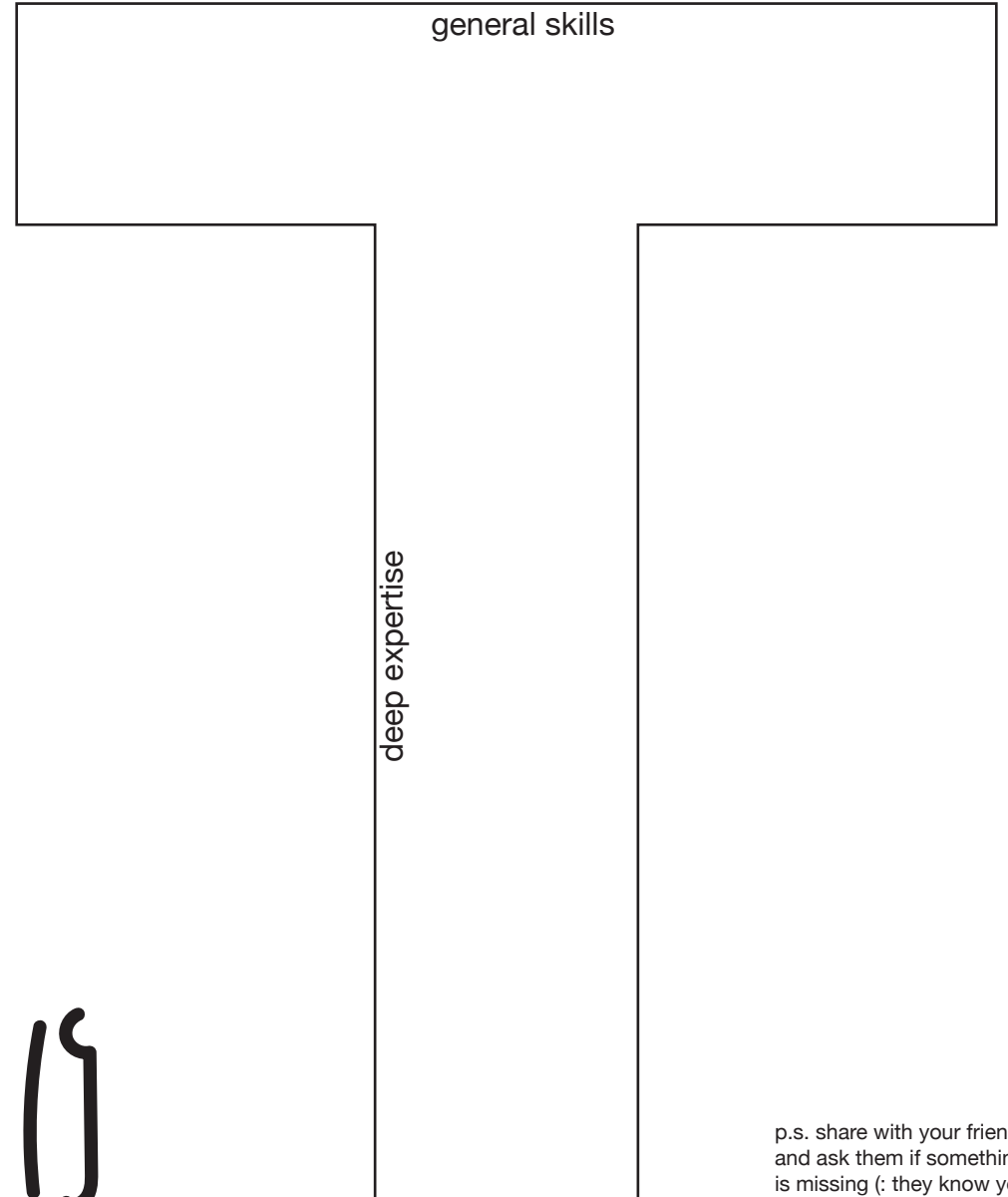
20



free fall writing exercise

t-shaped exercise:

sometimes we don't visualize our skills very clearly. this "big t" can help you to understand your knowledge. in the first part, write you general skills. everything you could talk about in a bar with your friends. example: k-pop, how to fold cloths, etc. at the second part, write your deep expertise. those topics that you could give a presentation about it. example: subaltern knowledge, media culture, production, etc.



p.s. share with your friends and ask them if something is missing (: they know you.

observation game

knowm	I know that I know	I know that I don't know
unknowm	I don't know I know	I don't know that I don't know
	knows	unknowns

with who in this room  
would you change your  
outfit right now?

who would you invite  
for a friendship-date?

who would you like  
to stalk the spotify account?

who would you invite  
to run a marathon?

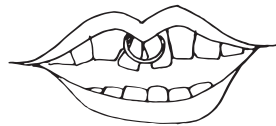
who would you change life  
for one week?



notes

17

try to draw the lines of someone else hand,  
give a name to each line. example: line of hapiness



8



notes

guest page

16

9

how to express feedbacks? a possible framework

I LIKE	I WISH

give your zine to someone.  
as a page host, this person  
can do/write/draw anything  
with/in this space.

express here precious things your grandma/grandpa  
(or someone from your family) told you:

do you think it's possible to add a smell to this page?



10

try to write a "short bio" of this person.  
who are they?

15

(so you don't forget in the future: what is this smell?)

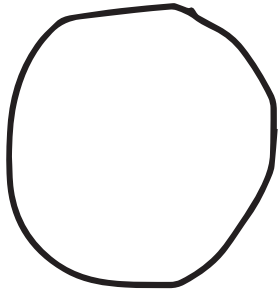
## Intercultural sensory memories

Go and find one Shakin member from another nationality than you. Turn by turn, try finding and describing as vividly as you can:

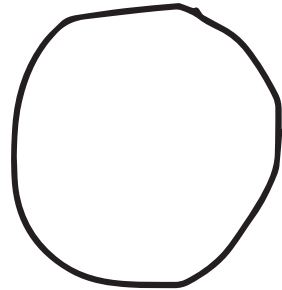
- . a taste that they have never tasted (a fruit that only grows in your country, the taste of a dish your parents used to make you when you were a child...)
- . a smell that you remember from your childhood
- . your favorite word in your language - and it's meaning

19

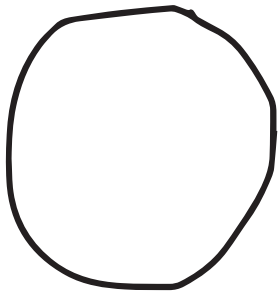
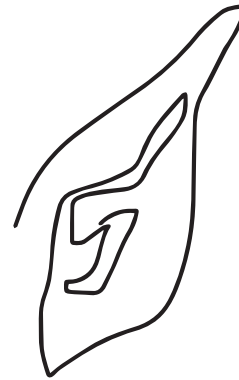
notes



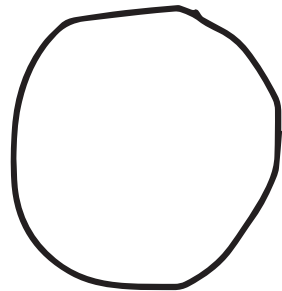
Name:  
Taste:  
Smell:  
Word:



Name:  
Taste:  
Smell:  
Word:



Name:  
Taste:  
Smell:  
Word:

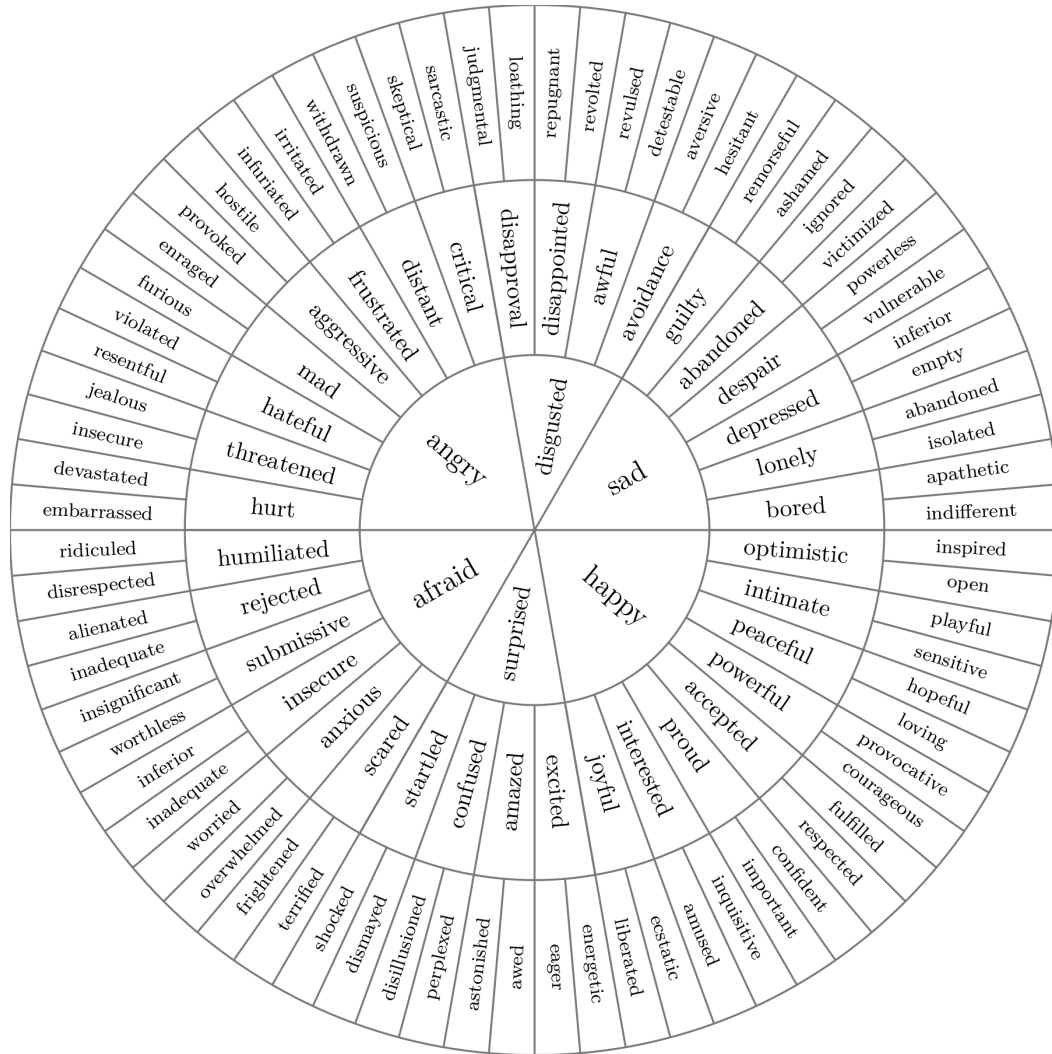


Name:  
Taste:  
Smell:  
Word:

11

to express your feelings in your mother language is already difficult.  
 this chart can help you to name your feelings in english:

choose one person that you didn't interact a lot (yet)  
 and try to draw her/him without looking to the paper



12

13

