

Kintsugi Workshop Fundraiser:

Introduction & Instructions

Thank you for supporting Saprea's mission by hosting a Kintsugi Workshop Fundraiser. This document will help you set up your event and guide you through the activity introduction and instructions.

Preparing Your Kintsugi Workshop

- ◆ **Set up the slideshow decks** somewhere on a large screen where all your guests can see. There are three separate slide decks. You will use Slideshow 1 when introducing the kintsugi workshop. Slideshow 2 contains a loop of slides showing the self-reflection questions to help your guests keep those in mind as they create their kintsugi bowls. You will use Slideshow 3 at the conclusion of the workshop.
- ◆ Begin your presentation with **Slideshow 1, slide 1**.
- ◆ **Prepare kintsugi materials:**
 - ◇ Each participant will need:
 - ◆ 1 bowl
 - ◆ 2 popsicle sticks
 - ◆ 2-3 baby wipes
 - ◆ 2 paper plates
 - ◇ Lay out disposable tablecloths and make sure there is at least 1 tea towel for every hammer.
 - ◇ Print and cut out enough Self-Reflection Question Handouts for each participant.
 - ◇ Familiarize yourself with the Talking Points we have provided at the end of this document. These points will help the participants better understand how kintsugi relates to overcoming trauma, as well as their own life experiences.
- ◆ **Remember to take photos!**
 - ◇ Please share your photos with us! Tag **@saprea_org** on social media or send them to questions@saprea.org.



MISSING SOMETHING?
Scan the QR code to find all the materials you'll need for your Kintsugi Workshop Fundraiser.

Introduction



Vocal Instructions



Notes for Host



START: When you are ready to get started, switch to **slide 2** of **Slideshow 1** and read the introduction below.



INTRODUCTION:

One of the activities the women who attend the Saprea Retreat participate in is called kintsugi, which is what we are doing today! I am excited that we get to experience this activity together! We are going to take the next few minutes to understand what kintsugi is, why it is relevant to survivors of child sexual abuse, and how it can also relate to each of us.

First off, what is kintsugi, and where did it come from? Kintsugi is the Japanese philosophy that the value of an object is not in its perfection, but in its history, resilience, and character. It stems from the story of a mighty shogun warrior who broke his favorite tea bowl and sent it off for repairs. When he received it back, the bowl was held together by unsightly metal staples. Although he could still use it, the shogun was disappointed. Still hoping to restore his beloved bowl to its former value, he asked a craftsman to find a more elegant solution.

The craftsman wanted to try a new technique, something that would add to the uniqueness of the bowl as well as repair it. So, he mended every crack in the bowl with a lacquer resin mixed with gold. When the tea bowl was returned to the shogun there were streaks of gold running through it, telling its story—and—the shogun thought—adding to its meaning, worth, and resilience. This method of repair became known as kintsugi.

I want you to think of kintsugi as a powerful metaphor for survivors, many of whom feel the breaking of the bowl and putting the pieces back together in such an artistic way is representative—in very personal ways—of their own life experiences.

I'm going to show you this short video that explains how kintsugi can symbolize parts of a survivor's healing journey.



WATCH: Go to **slide 3** on **Slideshow 1** and press **PLAY** on the *Kintsugi* video.



EXPLAIN SELF-REFLECTION QUESTIONS:

On your paper plate, you will find a list of self-reflection questions that relate to this kintsugi activity.

Some of the questions include:

- ◆ How did you feel when you broke your bowl?
- ◆ What in your life serves as your gold epoxy?
- ◆ How could this kintsugi experience relate to self-compassion or healing?
- ◆ Did your bowl turn out exactly like you expected? What can be learned from that?
- ◆ Were there parts of the process that took longer than you expected? How could this relate to experiences in your life?
- ◆ As you created this bowl, what insights have you had? What meaning does this bowl hold for you?

The self-reflection questions will also be displayed on this monitor/screen throughout the activity. We hope that as you participate in this kintsugi activity, you will reflect on how the exercise resonates with you and your life experiences. We also invite you to follow Saprea on social media and post about your experience and tag @saprea_org.

I will now explain the instructions for the kintsugi activity.

Instructions



Vocal Instructions



Notes for Host



SHOW: *Demonstrate the process of kintsugi by following the instructions below.*



INSTRUCTIONS:

Step 1—Break the bowl.

1. Place the bowl upside down on a paper plate.
2. Place the towel over the bowl. Hold the bowl firmly in place with one hand.
3. Hit the bowl on the side using the hammer.
 - ◆ The bowl may break on the first hit or may take several hits.
 - ◆ If the bowl is thicker, it helps to hit towards the bottom of the bowl.

Step 2—Uncover the broken bowl.

- ◆ If more broken pieces are desired, place a towel on the broken bowl and hit it with the hammer again.

Step 3— Glue broken pieces together.

1. Mix epoxy and gold powder together.
 - ◆ Squirt a nickel-sized spot of epoxy on a paper plate. Make sure both the yellow and white sides of the epoxy are coming out.
 - ◆ Add a pea-sized amount of gold powder to the epoxy. Epoxy should not be clear—adding the right amount of powder is important so the epoxy sets properly.
2. Use the epoxy mixture to join the broken pieces together. You will need to add the epoxy mixture to one side of a broken piece with the popsicle stick.

EXPLAIN:

- ◆ The bowl should be built from the bottom up.
- ◆ Sometimes the bowl breaks with small shards that are difficult to glue back together. The small broken pieces can be left out if desired. Some think of it as darkness going out, or light coming in.
- ◆ This mixture will dry faster on the plate than it will on your bowl. For this reason, you will most likely need several new epoxy mixtures to complete your bowl.
- ◆ It will take 2-4 minutes for epoxy to harden. Think of it as helping you practice patience.
- ◆ Raise your hand when your epoxy mixture has dried or is too sticky to use. Someone will come by and give you a fresh mixture.
- ◆ When mixing new epoxy, use the same popsicle stick as before.
- ◆ Wet wipes can be used to wipe glue off hands or bowls.

Step 4— Set the bowl aside to dry.

1. Place the finished bowl on a new paper plate with your name on it.



NOTE: Start the self-reflect looping slides on **Slideshow 2** as your guests begin their kintsugi bowl project. Remember to refer back to the Talking Points as your participants work on their bowls.

Conclusion



Vocal Instructions



Notes for Host



CONCLUSION:

Thank you for joining me today to support Saprea's mission to liberate individuals and society from child sexual abuse and its lasting impacts through this kintsugi workshop fundraiser! We will conclude our activity with a video and the chance to share what was meaningful to you while participating in kintsugi. The video shows a more complete journey of the bowl, which can be representative of our journeys through different life experiences.



WATCH: *When the participants have finished creating their kintsugi bowls and have set them aside to dry, switch to **Slideshow 3** and press **PLAY** on the video found on **slide 2**. After the video, proceed to **slide 3** and read the self-reflection question aloud. Invite the participants to share their thoughts and discuss their experience.*



DISCUSS:

What are some insights you've had as you've participated in the Kintsugi Bowl Project?

After Your Kintsugi Workshop

- ◆ **Send your photos to Saprea** by emailing them to questions@saprea.org or posting them on social media and tagging [@saprea_org](https://www.instagram.com/saprea_org).
- ◆ **Submit your donation to Saprea!** Scan the QR code to submit your donations, or send a check to: Saprea, 4101 N. Thanksgiving Way Ste. 100, Lehi, UT 84043



Talking Points

TALKING POINTS:

- ◆ Kintsugi can serve as a metaphor of the healing journey experienced by a survivor of child sexual abuse.
 - ◆ Broken or cracked pieces of the bowl can represent the struggles we might experience in our own lives.
 - ◆ The color gold is used to show value. We are all so valuable, no matter what has happened to us.
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COMMENTS YOU MIGHT HEAR FROM A PARTICIPANT AND HOW YOU MIGHT RESPOND:

“It’s not fitting. I put it together in the wrong order.”

- ◇ *This can be very frustrating. This is a great opportunity to recognize that you are struggling and practice self-compassion.*
- ◇ *Maybe the way something ends up fitting is different from the way we thought it should fit and that’s okay.*

“There is now a hole in my bowl that I can’t fix.”

- ◇ *The hole lets the light in (or the darkness out).*
- ◇ *Maybe the piece is not meant to fit back into our finished bowl. Maybe there are things that it is time for us to let go of.*

“I’m frustrated that it’s taking so long.”

- ◇ *Healing journeys can take much longer than we anticipate. Allow yourself patience and self-compassion. Keep working. Pause and take the time you need for it to stick together.*

“I don’t like how it looks.”

- ◇ *It’s okay that you don’t like it. Sometimes the real-life experience is different than what we think it will look like or be like. Is it okay for things to not turn out how you wanted them to?*
- ◇ *Healing can feel messy sometimes. It’s a process.*
- ◇ *Our first draft doesn’t have to be our final draft. You can try to do it differently next time.*

The bowl breaks in 2 or 3 pieces vs. lots of pieces. Comparison of your bowl to someone else’s.

- ◇ *Hitting with a hammer is not controlled. You might have wanted 3 pieces, but you ended up with 15. But we don’t always have control over how many pieces are broken. We don’t get to choose how many pieces. How does this apply to our challenges and how do we address them?*
 - ◇ *You didn’t do anything wrong. What parallels can you find to your life and your challenges?*
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