

1. Realization Form Instructions

- ① Feel the image and impression of entire activity of your experiences that you focus as your theme. While feeling them, you do not need to express these images and impressions into word but keep feeling for a little.
- ② Ask yourself what kind of things you have experienced. Write down the things coming up in your mind with a feeling of scooping something floating in short words. Line words up to arbitrary places inside of the circle. This process aims at harking up / reviewing, and it is not necessary to make complete sentence. From one activity, you can extract various numbers of things /cases. After writing down enough amount of words, you can finish this process by putting 「,,」 to end of the word. Putting these dots means you cannot write them down anymore. When you work and share with partner or groups of others, you do not need to write proper noun. Use initials so that you can find something when you look back.
- ③ Underline some parts you feel are important/significant.