

PLAYING WITH ARCHETYPES

FAIRY TALES – OUR TALES

A FUND-RAISING INITIATIVE

by the Winnipeg Holistic Expressive Arts Therapy Institute (WHEAT) in collaboration with Janine Tougas

This vintage one-of-a-kind collector's edition is offered as a gift (while quantities last) to donors who contribute \$200 to the WHEAT Institute *Indigenous Students Scholarship Fund*.

Archetypes represent universal experiences to which all human beings can relate.

In this games kit, nursery rhymes and fairy tales bring these universal truths to life:

- feeling broken like *Humpty Dumpty* who fell off the wall
- having fun and being silly like *The Cat and the Fiddle*
- feeling proud of a special accomplishment like *Jack Horner* pulling out a plum
- being afraid of a small thing like *Miss Muffet* with the spider
- giving generously of yourself like *Baa Baa Black Sheep*
- learning who and when to trust like *Little Red Riding Hood*

PLAYING WITH ARCHETYPES: FAIRY TALES – OUR TALES

- **24 vintage porcelain Red Rose tea figurines** representing nursery rhymes & fairy tales. These were premiums in Red Rose Tea boxes from 1972 to 1979.
- **24 cards** with the written rhymes or shortened fairy tales
- **questions on the back of each card** to explore the archetype's message
- **8 mini-posters of universal resources** described by eminent family therapist Virginia Satir
- **a 16-page booklet describing 10 game activities** inspired by Satir's therapeutic model



Photo: Marc Rémillard

MESSAGE FROM A DONOR

"I just received the wonderful *Playing with Archetypes* game. This entire project is truly amazing! It is a combination of objects that inspire, talent to reach inside of us to find OUR answers and a financial help to those persons seeking assistance in pursuing their studies in Art and Expressive therapy. I am in awe of this entire project!"

COMMENTS FROM THERAPISTS

"I've used the *Playing with Archetypes* games kit with children, teens and adults and am ongoingly amazed at the reactions of my clients."

"At an international conference, I had the opportunity to engage 10 therapists in the self-esteem activity suggested in the booklet. The response was enthusiastic, and congratulations were expressed for the activities and the creator of the kit. Comment from Australia: 'Who would have thought there was such power in these little guys?'"

PLAYERS' REACTIONS

"I like the feel and the beauty of the figurines."

"It always brings me back to the positive outcome – more of what I want and less of what I'm moving away from."

"The nursery rhyme character came in to help me make a connection with my strengths."

HOW TO RECEIVE YOUR GIFT

- To pick up your *Playing with Archetypes : Fairy Tales – Our Tales* games kit in person in Winnipeg, Manitoba, donate \$200 to WHEAT Institute. To receive your games kit by post, donate \$235 to cover postage and handling.
- Cheques can be made payable to WHEAT Institute with *Indigenous Students Scholarship Fund* in the note.

*WHEAT Institute
Box 14 St. Norbert
Winnipeg, Manitoba
R3V 1L5*

- E-transfers can be sent to **info@wheatinstitute.com** Please indicate *Indigenous Students Scholarship Fund* in the note.
- Funds can be sent via Paypal to **info@wheatinstitute.com** indicating *Indigenous Students Scholarship Fund*.

- ★ **NOTE:** Should you wish to donate more than \$200 and receive a tax deductible receipt for that amount, please send a cheque or donate online directly to The Winnipeg Foundation, indicating WHEAT Elder Harry Bone Scholarship.

Playing with Archetypes: Fairy Tales – Our Tales is the culmination of author Janine Tougas' 30-year exploration of the work of Virginia Satir. Janine received an Expressive Arts Therapy certificate in 2019. The development and donation of these *Playing with Archetypes* kits evolved from Janine's heartfelt desire to assist the WHEAT Institute and artists, teachers and facilitators seeking tools to provide expressive arts experiences to support the healing of children and adults. To contact Janine, write to: **janinetougas@gmail.com**

WE WISH YOU THE LASTING GIFTS OF ENGAGEMENT, COMMUNICATION, PLEASURE AND INSIGHT!