One Body

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N° of pax 5-25

indoors

30 mins

art expression | body

Purpose

GROUP CONNECTION

- supports cooperation and creativity
- valuing the uniqueness of each person within the collective
- builds confidence in being a part of something larger.

Materials

- paper - little larger than a body size (2 per group)
- black markers (1 per group)
- coloured crayons (1 set for group)
- masking tape
- A4 paper & Pens (1 for group)
- flip chart paper

Preparation

- cut the Paper and prepare the materials for each group
- Read The Burn out Process card from the psychoeducational tools

Intro

This is an activity that works on the group dynamic through art expression and creative writing.

Steps

1. The facilitator asks the groups to form small groups of 5 participants. Then he/she explains that each group will create 2 drawings, each of 1 human body made up from the different body parts of the group members. The facilitator shares the principles to follow during the group work:• Be respectful of others • Be willing to work together as a collective • Be open to share responsibilities

2. The facilitator leads the group through the different parts of the activity. Each group takes 2 large pieces of paper (larger than a person), a black marker and coloured crayons. They first tape the paper to the floor to keep it steady. Then using the black marker, trace a body part from each person to create 1 whole body in each of the 2 papers. The facilitator or the group can decide where to start the tracing and how much of the body to trace so that everyone becomes an equal part of the whole. It's important for the body parts to be divided up equally

3. The participants should stand back to take a look at the two Bodies and choose one to be the burnout character and the other the resilient one. Then, they can begin to colour the drawings choosing the colors accordingly.What colours would you choose to express the states of the Bodies?



4. After the participants take another look at the drawing and create a story as a group about the characters, either by going around in a circle with each person saying one line, or by using "popcorn" style (random order) feedback with participants generating responses on a flip chart.

5. To close the facilitator invites all groups to sit in a circle, to share and reflect on their drawings and tell shortly the story of their characters.

Reflection

- How did you feel during the activity?
- What did you learn about working in a group?
- What did you learn about the theme (burnout and resilience) and the characters portrayed?

Comments

Variation 1: the body could be completed with strengths and weaknesses of each participant in the group and then discuss how these strengths and weaknesses complement each other in order to be resilient.