OUTWARD BOUND ROMANIA

# BODY SCULPTURES

Outward Bound Romania



N° of pax 8-20 group

bodywork

30 mins

indoors | outdoors

## PURPOSE

- expressing feelings with body
- describing feelings
- recognizing feelings from body expressions

## MATERIALS

none

## PREPARATION

no preparation is needed

## INTRO

We all have an image in our mind when speaking about feelings, but others might have totally different images about the same feeling. The artists in this activity shape their sculptures based on their internal images of certain feelings. Working with the body and expressing feelings led by other people can be a challenge. Ask participants to be careful with each other and respect each other's body.

# BODY SCULPTURES

## STEPS

**1.** Ask participants to divide in two even groups and stand in two lines facing each other. One is the group of artists and the other is the group of sculptures.

**2.** The facilitator names a feeling (frustration, joy, anger, happiness, etc.) and the artists start to shape the sculptures in front of them. After 2 minutes the artists move to another sculpture, changing place with another artist and continue to work on this sculpture for 2 minutes.

**3.** After working on all sculptures all artists step back at least 2 meters from the sculptures and take a good look at their work.

**4.** Artists and sculptures change roles and repeat the whole process.

**5.** The process can be repeated for multiple feelings.

## REFLECTION

- Which part of the body was used the most?
- How was it to shape emotions on another body?
- How was it to receive a gesture or position representing a feeling from another person?

## COMMENTS

The activity can be done in 3 groups as well. One group is sent out from the room and after the sculptures are finished they may come in and guess the feeling represented.