



On your marks

A simple activity to explore feelings or actions.

Get set

You may want to spend some time / provide some space for people to explore how they feel or felt once about an issue. This activity is silent, does not require anyone to express themselves articulately unless they want to, and builds groups as people work closely together.

Go!

In pairs, imagine that your partner is a lump of clay! Having spent some time altogether thinking about / discussing the feeling or situation you're exploring (for example, Have you ever been lost? How did that feel?), ask one partner to 'sculpt' or 'mould' their partner into that feeling.

When the statues are finished, you could invite the sculptors to walk round the art gallery and look at the finished articles.

Then swap roles and repeat, either with the same situation/ feeling or the opposite (for example, Have you ever been found? How die that feel?).