










## Draw me your body

 <b>TIME</b>	<p>30 minutes</p>
 <b>No.</b>	<p>8 to 12 participants</p>
 <b>MATERIALS</b>	<ul style="list-style-type: none"> <li>• 4 sheets, preferably thick card;</li> <li>• Colouring material: thick felt-tip pens, colored pencils, crayons, etc.;</li> <li>• Relaxing music.</li> </ul>
 <b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To break the ice between participants before they introduce themselves</li> </ul>
 <b>INSTRUCTION</b> <b>S STEP BY</b> <b>STEP</b>	<ol style="list-style-type: none"> <li>1. Distribute an A3 sheet of paper and several felt-tip pens to each participant. Propose a short break, with eyes closed and in silence, give the following instructions: “focus on your breath”, “now concentrate on the physical sensations of your body. Could you describe them?” “Now, what emotions do you feel?”;</li> <li>2. Ask them to draw their silhouettes on the paper. On this silhouette, they will have to indicate by means of shapes, symbols or drawing: <ul style="list-style-type: none"> <li>• The physical sensations they feel in the moment and the associated emotions if any;</li> <li>• The parts of the body that represent characteristics of their personality. For example, if they practice a manual activity, they may symbolise it on their hands, if they are observant, they may mark it on their eyes ...;</li> <li>• All other things related to their body that they want to share.</li> </ul> </li> <li>3. Once the activity is complete, ask each participant to present and explain their drawing. The sharing can be done as a whole group or in sub-groups of three people. Allow two minutes per person;</li> </ol>

	<p>4. If you do this activity before the creation of safety rules, you can suggest that participants close their eyes again and imagine that they feel particularly safe. What happens in their bodies when they feel this way? Ask them to draw the answer on the sheet of paper.</p>
 <p>DISCUSSIONS</p>	<p>-</p>
 <p>HINTS</p>	<ul style="list-style-type: none"> <li>• This activity is particularly suitable after movement-based activities.</li> <li>• Reassure participants that the goal is not to draw “well”. Drawing can be abstract, made up of shapes, coloured areas, etc.</li> <li>• To help participants concentrate, you can play music while they are drawing. We recommend that you try:             <ul style="list-style-type: none"> <li>○ Francis Bebey - Sanza nocturne</li> <li>○ Tezeta - Mulatu Astake.</li> </ul> </li> </ul>
 <p>THIS ACTIVITY ONLINE</p>	<p>-</p>
 <p>THEORY</p>	<p>In order to build a relationship of trust between participants and trainers, it is necessary that all people feel recognised, listened to and heard. So, place importance on how group members meet and how they get to know each other.</p> <p>People will feel more comfortable sharing their experiences and feelings afterwards if they have introduced themselves and know who they are talking to. They will also be more involved in the collaborative process, and this will encourage the active participation of each member of the group.</p>