

BODY SCUPLTING - USING THEATER TO EXPLORE IMPORTANT IDEAS



Age Group: Middle, High School

Learning Goals:

- Encourage critical thinking
- Problem solving
- Practice communication with others
- Exercise creativity by finding non-verbal ways to express oneself

Materials: None

Estimated Time: 20-30 minutes

Note: This activity should only be completed after youth have known each other for some time.

Activity Details

1. Students are given time to consider their feelings on a thought-provoking abstract or concrete image. Next, they come up with words that describe their reactions—trapped, free, angry, joyful, etc.
2. They are then paired up and one person is the sculptor, while the other is the “clay.” The sculptor poses the clay into a form that artfully displays the word they wish to portray. Here are some guidelines:
 - Sculptors can either physically mold the “clay” or act as a mirror for them to show the “clay” the position/image they want.
 - Images can be concrete or abstract.
 - Sculptors must treat their clay with gentleness and respect (very important!).
 - There are no wrong answers; whatever image you get is fine.
 - All body sculpting must be done in silence.

Modifications for Virtual Learning

Instead of having students “sculpt” one another for this activity, invite students to draw or sketch their responses to each prompt. This can still be done silently.