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Body Map

People may find it helpful to use a diagram of the body that they can point to or on which they can color the places where they feel strong emotions or physical reactions. This activity asks the participant to draw a very rough outline of herself and then have him/her color in places on the body and describe them.

(Do not distribute paper, pencils, or brushes yet!)

Demonstrate drawing a body outline on the paper first. The body should have plenty of space inside the outlines for painting — not too thin! Be fast. Participants should draw the figure quickly and avoid trying to be “correct” or perfect.

(Distribute pencils and paper)

In 2-4 minutes, using a pencil, the participants draw themselves on a blank sheet of paper. Add name, age, city/country of origin.

(Take a short break with movement and stretching)

(Distribute brushes)

Repeat the following for each part of the body: **feet, legs, stomach, heart, chest, shoulders, arms, hands, neck, head, mind**. Start with your toes, work your way up the body.

Have the participants close their eyes, then wiggle or move each body part, and ask themselves, how does it feel, using basic emotions (fear, rage, sorrow, joy)? Ask the participants to color that part of the picture with what the color that “right” for that part. When participants are ready, move on to the next part. Try to move quickly, to keep their attention.

(Again, take a short break with movement/stretching)

Next, ask the participants to label each body part with a word that describes the feelings, e.g. fear, rage, sorry, joy, sadness, anger, good, bad.

Conclusion

When finished with the whole body, each participant can show their work and point out the good/bad areas of the body and talk about them if they wish. They will see that other participants have both good and bad parts, too.

