



Staying in the Circle of Life

ART ACTIVITY: (BODY IMAGE)

Type of Art Work

Example formats:

- Painting
- Drawing
- Clay
- Magazine collage or cut-outs
- Paper
- Dance
- Song
- Poetry

Instructions

Relay the following to the participants:

- Spend a few minutes thinking about your body image
- What do you feel the most strongly about your body?
- Try to express your thoughts and feelings through the art
- Use any of the materials provided
- At the end of the session you can share your piece and what it means to you