




ACTIVITY 01

Body Mapping

 DURATION: 45-60 MIN APPROX.

Purpose

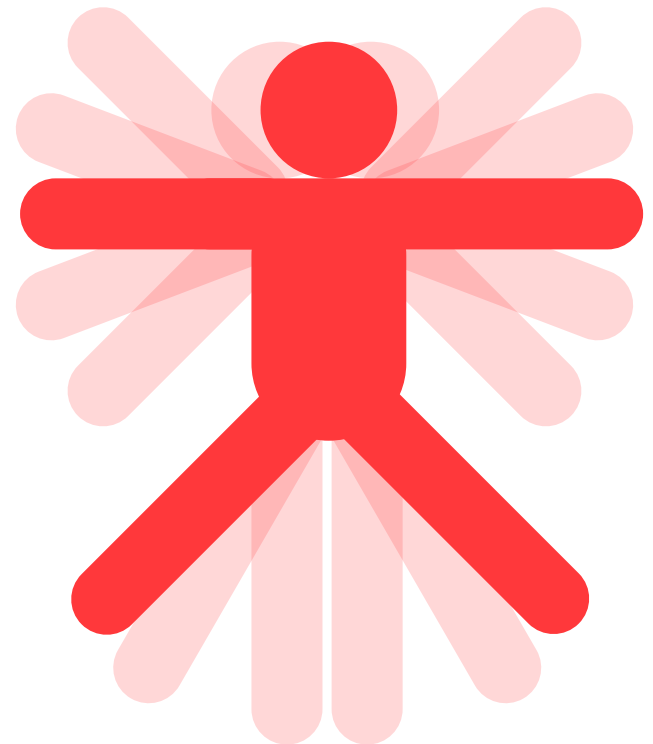
Body Mapping is a feminist, creative, and reflective activity that uses the body as a canvas to explore personal experiences, emotions, identities, values, and social realities.

Within the Situated Evaluation Framework, this activity supports student partners in reflecting on their positionality within social justice and partnership work. It creates space to consider how personal experiences, identities, emotions, and lived realities shape participation, collaboration, and approaches to change-making.

The activity also supports community-building by encouraging dialogue, empathy, and recognition of diverse experiences within the group.

Materials

- Sheets of paper of different sizes
- Pens, pencils, markers, or coloured pencils
- Sticky notes
- Comfortable table or floor space for drawing and reflection
- Body Mapping Prompt Cards



Optional:

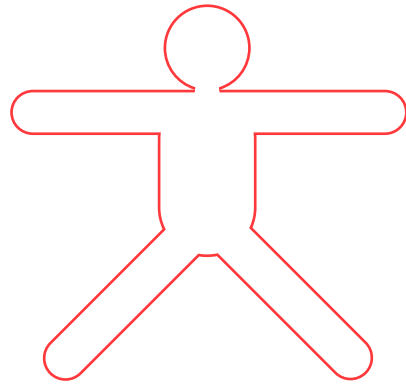
- Body Mapping Template
- Music to support a calm reflective atmosphere
- Additional creative materials such as magazines, scissors, or collage materials

Instructions

Step 01: Draw Your Body

🕒 DURATION: 5-10 MIN

Invite participants to sketch a simple outline of their body in any style or form that feels comfortable to them. Participants may use a full-body outline, abstract representation, or symbolic shape.



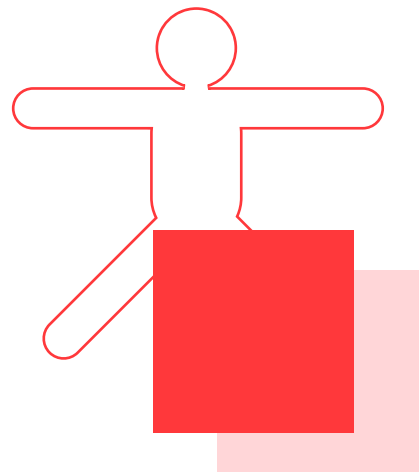
Step 02: Respond to the Prompt Cards

🕒 DURATION: 15-20 MIN

Using colours, words, drawings, symbols, or collage materials, invite participants to respond to the prompt cards and reflect on:

- experiences they carry into this work,
- emotions connected to the programme,
- values, motivations, or identities,
- sources of strength, challenge, or care,
- relationships to community, learning, or change-making.

Participants may work quietly and independently during this stage.



Step 03: Reflection and Optional Sharing

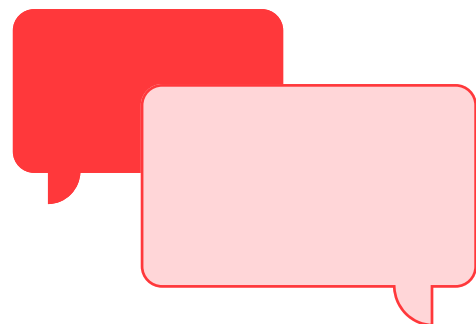
🕒 DURATION: 20-30 MIN

Invite participants to reflect individually or discuss aspects of their body maps with the group. Sharing should remain voluntary.

Possible reflection prompts:

- What did you notice while creating your body map?
- What experiences or values feel most present in your work?
- How do your experiences shape the way you participate in this programme?
- What strengths or challenges are you bringing into this journey?

Facilitators may choose to close with a short grounding or check-out activity.



Prompt Cards



PROMPT CARD

Where have you felt
justice and **injustice**?

CHANGEMAKERS

ual: london college
of communication



PROMPT CARD

Where do **justice** and
injustice live in or
beyond your body?

CHANGEMAKERS

ual: london college
of communication



PROMPT CARD

Where have you felt
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PROMPT CARD

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CHANGEMAKERS

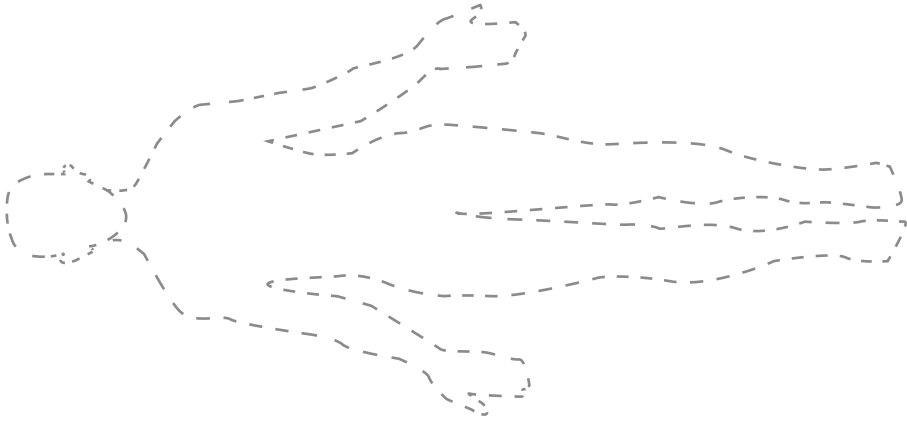
ual: london college
of communication



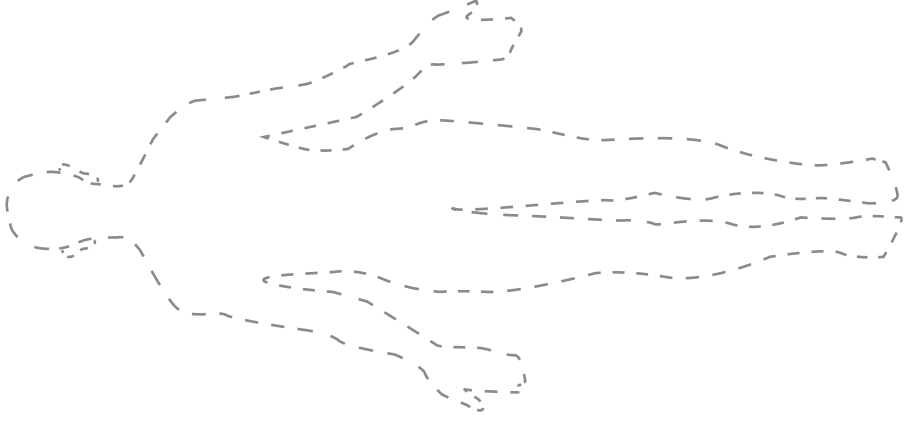
This is the back of “Instructions”



Note: The dotted lines are intended to be used as a guides to draw preferred body shape.



FRONT



BACK

DRAW POSE HERE