



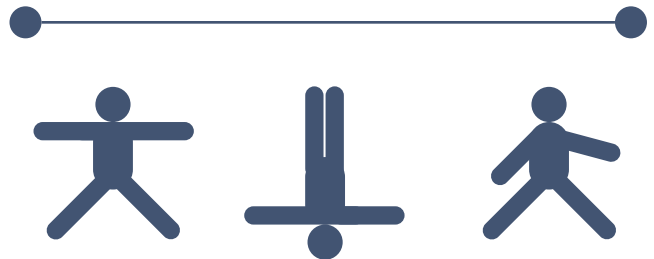
ACTIVITY 05

Embodied Journey Mapping

DURATION: 50-65 MIN APPROX.

Purpose

This closing Embodied Journey Mapping activity invites student partners to revisit and reflect on their experiences at the end of the programme. Building on the onboarding Body Mapping exercise, it creates space to explore how participants' emotions, perspectives, identities, relationships, and understandings may have shifted throughout their journey. By tracing experiences across time and revisiting embodied reflections from the beginning of the programme, participants are invited to consider processes of growth, tension, transformation, and connection. The activity offers an opportunity to recognise change over time and acknowledge the emotional and relational dimensions of the programme experience.



Materials

- Participants' original onboarding body maps (if available)
- Examples of Embodied Journey
- Large sheets of paper
- Pens, pencils, markers, or coloured pencils
- Sticky notes

Optional:

- A general programme timeline of the year highlighting key student partner activities, workshops, events, deadlines, and milestones. A reference tool to help participants recall experiences and situate their reflections.
- Music to support a calm reflective atmosphere
- Additional creative materials such as collage materials, magazines, or stickers



Step 1: Reflection on Onboarding Body Maps

🕒 DURATION: 5 MIN

Invite participants to revisit their onboarding body map and reflect on whether their experiences, emotions, relationships, or perspectives have shifted throughout the programme.

Participants may spend a few quiet moments observing their original body map before beginning the next stage.



Step 2: Create an Embodied Journey Timeline

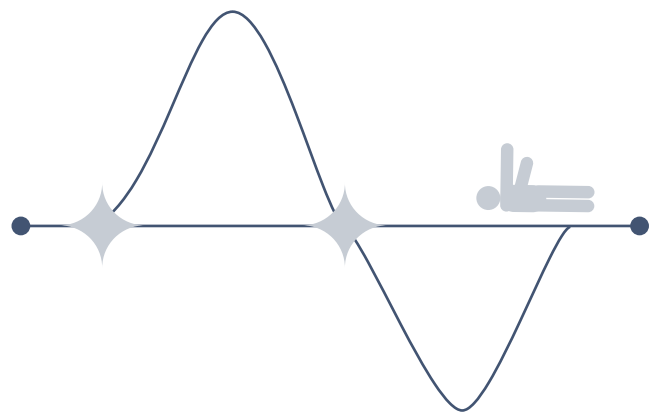
🕒 DURATION: 15-20 MIN

Using colours, words, drawings, symbols, timelines, or collage materials, invite participants to create a visual timeline tracing their experiences throughout the programme.

The journey may represent:

- moments of challenge, growth, or achievement,
- emotional highs and lows,
- relationships, connections, or communities formed,
- changes in confidence, participation, or understanding,
- significant moments, tensions, or turning points,
- how participants now relate to their work, learning, or participation.

Participants may work quietly and independently during this stage.





Step 3: Create a Present Body Map

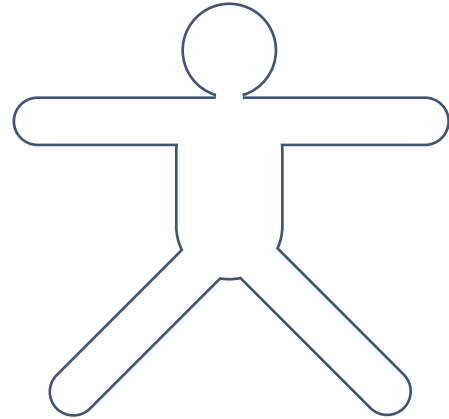
 DURATION: 15-20 MIN

Using colours, words, drawings, symbols, or collage materials, invite participants to create a new body map informed by the journey they have just reflected on.

This body map should represent participants' present experiences, perspectives, emotions, identities, and relationships at the end of the programme.

Participants may choose to:

- build directly onto their onboarding body map,
- or create a second body map from scratch for comparison.



Step 4: Reflection and Sharing

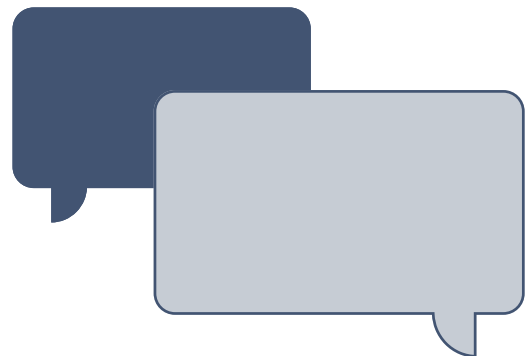
 DURATION: 15-20 MIN

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

Possible reflection prompts:

- What changes do you notice compared to the beginning of the programme?
- What experiences or relationships had the greatest impact on you?
- What strengths or learning are you leaving the programme with?
- What emotions or reflections remain most present for you now?

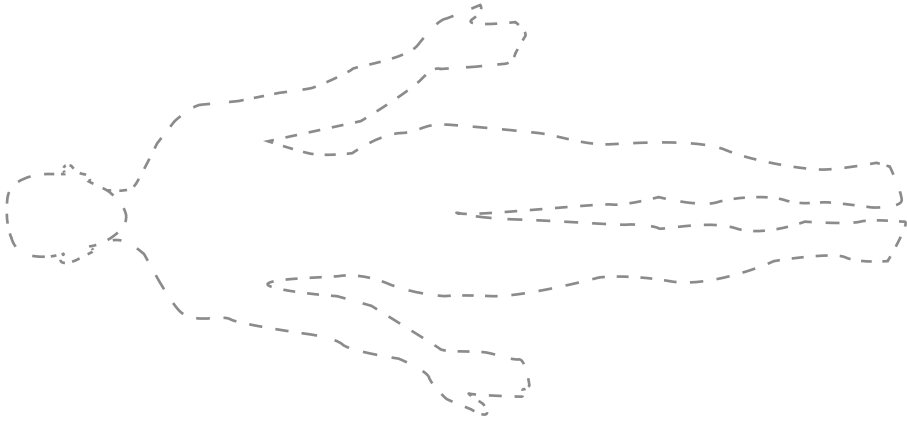
Facilitators may close the activity with a grounding exercise or collective check-out.



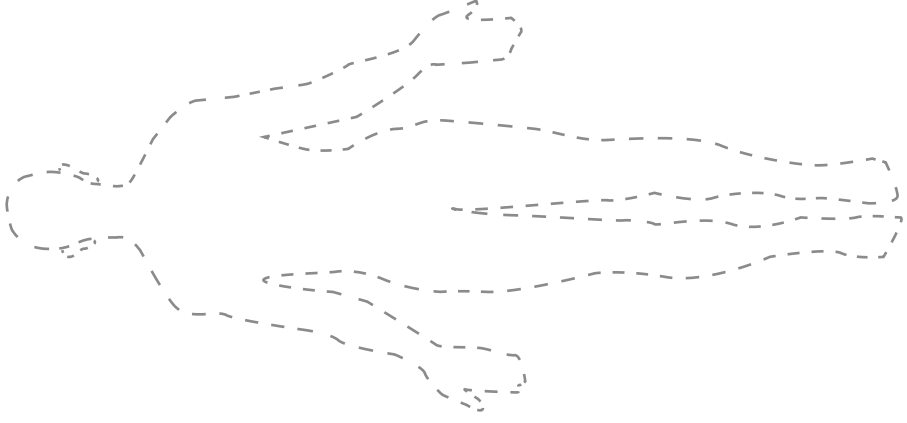


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Note: The dotted lines are intended to be used as a guides to draw preferred body shape.



FRONT



BACK

DRAW POSE HERE