



YOU PART

Engage. Connect. Empower

LIVING SCULPTURE

FACTS

GOALS

PREPARATIONS

INSTRUCTIONS

ADDITIONAL INFORMATIONS

LIVING SCULPTURE

FACTS

Age of participants: 6+

Number of participants: 6-20(works best with small groups)

Duration: 15-45 minutes (the larger the group, the longer the time: 10-15 min. for about 7 people, 20-30 min. for group about 20 people, etc.)

GOALS

A hilarious “contact” game in which the “sculpting” is performed randomly, resulting in grimaces, chaos and laughter.

The goal of the activity is to promote cooperation between the participants in a playful way, break down barriers and have fun.

PREPARATIONS

Create a safe space from the very beginning. Say in advance that this will be a contact game and that participation is voluntary. Don't forget to point out that it is better to avoid certain sensitive parts of the body. Set a clear limit as to what to avoid (e.g. buttocks, crotch and breasts). Emphasise that it is okay to stop the activity if a person suddenly realises that they no longer want to continue.

If you have a small group up to 10 participants, let them all play. If you have a bigger group, ask for 7 volunteers. One of the participants/volunteers will be a “sculptor”.

INSTRUCTIONS

Ask participants – except the sculptor – to stand in a circle and hold hands. Hands must remain connected as long as possible during the activity. Ask the sculptor to stand or sit with their back to the group. Assign numbers to the participants in the circle. Tell the sculptor how to instruct the participants, for example:

“Let number 4 lift the leg of number 1.”

“Let number 3 put their arm around the neck of number 6.”

“Let number 2 pass between the legs of number 4.” etc.

Other participants follow the sculptor's instructions as best they can. At some point (preferably before the group ends up in a heap on the floor) tell the sculptor to turn around and see their “Living Sculpture”.

ADDITIONAL INFORMATIONS FOR THE FACILITATOR

To better create a safe space, it can be helpful to set some limits together with the participants. Ask them at the beginning which parts of the body should be left out. Allow a few extra minutes for this.

Some sculptors will need assistance in coming up with appropriate instructions. However, it is better if the facilitator offers this help if it does not come spontaneously from the group.

If the group is larger than the optimal number of participants, repeat the activity and ask other volunteers to participate in the next rounds. Each round can take about 15 minutes.



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