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# Activity sheet

## Expressing emotions through art: body expression

**Duration:** 25 minutes

**Number of participants :** 6 to 20 participants

**Age :** From 15 years

### **Material :**

- A quiet location, preferably in a natural setting (park, garden, etc.) or surrounded by natural elements (plants);
- A soundproof room.

### **Objectives :**

- Paying attention to your emotions.
- Making the link between emotions and the body.
- Cultivating empathy.

### **Progress:**

#### **Step 1: Preparation and discussion (10 min)**

Participants divide into pairs. Each pair faces the other. Together, the partners discuss the emotions they feel in relation to the climate situation. They then ask each other how these emotions manifest themselves in their bodies (what do they feel and where?). You could suggest that they use the wheel of emotions as a guide.



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### **Moving emotions (10 min)**

Each duo shares their bodily expressions to showcase their emotions and exchange ideas. The first partner starts a movement that represents the way they feel the climatic emotions in their body. The second partner mirrors their partner's movements. After 5 minutes, the partners switch roles.

### **Exchanges (5 min)**

At the end of the exercise, the pair take time to talk about what they have gained from this way of expressing and connecting with their partner.