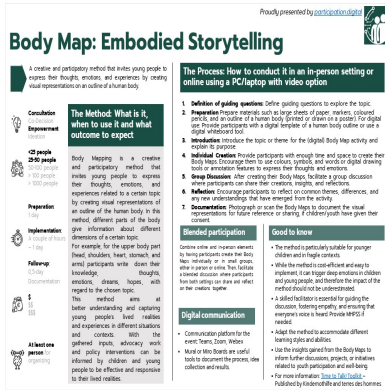




Body Map: Embodied Storytelling

Description

Body Map: Embodied Storytelling

A creative and participatory method that invites young people to express their thoughts, emotions, and experiences by creating visual representations on an outline of a human body.

Level of participation

Consultation
Empowerment

Duration of participation process

Preparation: 1 day
Implementation: A couple of hours – 1 day
Follow-up: 0,5 day documentation

Target group size

< 25 people
25-50 people

Costs

\$

Human resources needed

At least one person for organizing

The method: what is it, when to use it and what outcome to expect

Body Mapping is a creative and participatory method that invites young people to express their thoughts, emotions, and experiences related to a certain topic by creating visual representations of an outline of the human body. In this method, different parts of the body give information about different dimensions of a certain topic.

For example, for the upper body part (head, shoulders, heart, stomach, and arms) participants write down their knowledge, thoughts, emotions, dreams, hopes, with regard to the chosen topic.

This method aims at better understanding and capturing young people's lived realities and experiences in different situations and contexts. With the gathered inputs, advocacy work and policy interventions can be informed by children and young people to be effective and responsive to their lived realities.

The process: how to conduct it in an in-person setting or online using a PC/laptop with video option

- 1. Definition of guiding questions:** Define guiding questions to explore the topic.
- 2. Preparation:** Prepare materials such as large sheets of paper, markers, coloured pencils, and an outline of a human body (printed or drawn on a poster). For digital use: Provide participants with a digital template of a human body outline or use a digital whiteboard tool.
- 3. Introduction:** Introduce the topic or theme for the (digital) Body Map activity and explain its purpose.
- 4. Individual Creation:** Provide participants with enough time and space to create their Body Maps. Encourage them to use colours, symbols, and words or digital drawing tools or annotation features to express their thoughts and emotions.
- 5. Group Discussion:** After creating their Body Maps, facilitate a group discussion where participants can share their creations, insights, and reflections.
- 6. Reflection:** Encourage participants to reflect on common themes, differences, and any new understandings that have emerged from the activity.
- 7. Documentation:** Photograph or scan the Body Maps to document the visual representations for future reference or sharing, if children/youth have given their consent.

Blended participation

Combine online and in-person elements by having participants create their Body Maps individually or in small groups, either in person or online. Then, facilitate a blended discussion where participants from both settings can share and reflect on their creations together.

Digital communication

Communication platform for the event: Teams, Zoom, Webex

Mural or Miro Boards are useful tools to document the process, idea collection and results.

Good to know

- The method is particularly suitable for younger children and in fragile contexts.
- While the method is cost-efficient and easy to implement, it can trigger deep emotions in children and young people, and therefore the impact of the method should not be underestimated.
- A skilled facilitator is essential for guiding the discussion, fostering empathy, and ensuring that everyone's voice is heard. Provide MHPSS if needed.
- Adapt the method to accommodate different learning styles and abilities.
- Use the insights gained from the Body Maps to inform further discussions, projects, or initiatives related to youth participation and well-being.
- For more information: [Toolkit I Research – Time to Talk! –](#) Published by Kindernothilfe and terres des hommes

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