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| Title | **Body Maps** |
| Objective | * To know your body better, so that it is easier to find the power within you |
| Target audience | Women |
| Group size | 10–20 participants |
| Estimated time | 1h |
| Materials | Chairs arranged in a circle, pens, coloured pencils and sheets of paper |
| Printouts/downloadable resources | * [Body Map template](https://www.threemountains.academy/wp-content/uploads/2018/06/Image-body-map.pdf) * Completed Body Map images from: <http://www.danielamekler.com/> |
| Source | Adapted from *Sexual and Reproductive Health and Rights and Violence Against Women in conflict-affected African contexts - An AWLI Training Guide***,** by Jessica Horn at Akiiki Consulting for Akina Mama wa Afrika |

1. **Steps:**

Introduction (15 minutes)

* Ask participants to sit on a chair in the circle. Ask them to sit with their backs straight and their feet flat on the floor. Remove high heels if it helps. Take them through a ten-minute visualisation process as follows:
  + Close your eyes and take slow, deep breaths in and out. Focus your mind on your breath.
  + Feel your chest rise and fall. Feel your abdomen move out as you inhale and pull inwards as you exhale.
  + Turn your attention to your body and how it feels. Focus your mind on your head; what kind of emotions do you feel? Now focus on your chest, your heart, your arms, your hands, your abdomen, your legs and finally your feet.
  + Is there a colour for how you feel?
  + Open your eyes

Individual work (30 minutes)

* Give every participant a copy of the body map and ask them to draw their own map. Ask participants to do the following:
  + - Think about how each part of your body felt during the meditation.
    - Think about the things that support you being who you are. What makes you happy in yourself and your body?
    - Colour in the parts that you like about your body.
    - Write a sentence or two about why you like that part of your body. Consider any words or symbols that represent the different parts of your body. Connect them to those parts of your body on the diagram using lines.
    - Turn your focus to the outside world. What daily influences affect how you live your life, how you think and what you feel? How do these influences affect how you experience your own body?
    - Drawn any relevant images and words in the remaining space around your body map.

Whole group work (15 minutes)

* Once participants have finished, ask volunteers to present their body maps and explain what they have drawn.
* Hang the maps on the wall for others to look at and discuss before participants take their maps home with them.

**2. Notes for facilitators**

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| This exercise is important because it may be very rare for some participants to acknowledge their bodies or to know their bodies intimately. Yet our bodies are our vehicles for resisting or expressing power.  Our power comes from knowing where we come from and who we are. To understand these things, we need to look beyond our mental image of ourselves and see our physical, emotional and spiritual selves. It is only when we know where we are, where we come from, that we can identify where we would like to go.  This exercise may also work well if you are working with all-male groups on changing male behavior. |