

# Human Sculptures

Energising and  
embodying

LOCAL LEARNING LAB  
Lab Activities

## Purpose

This activity energises the group and provides space for participants to individually and collectively embody concepts of regeneration.

## Goals and Outcomes

- Participants gain a felt and creative sense of regenerative ideas and content covered
- Build a sense of the collective

# HUMAN SCULPTURES

## Instructions

### Assumptions

This activity can take place anytime following Context Setting and the Connection Section.

### Step 1: Explainer

- Divide the group into two even groups. Each group will be taking turns to create “human sculptures” of concepts and ideas.
- Invite **group one** to wander through the space and then stop and take the shape of a word that you decide, with each person touching another person.
- Invite **group two** to watch. Then give group two a word. They will then form a sculpture for that word, forming in and around group one, touching one another.
- **Group one** is asked to move away to one side of the space, and see the sculpture created by group two.
- Invite **group two** to wander through the space and give them another word, to stop and make a sculpture.
- Invite **group one** to watch and then give them a word. They will then form a sculpture for that word around group one.
- **You can continue a few more rounds.**

### Step 2: Sharing [5 min] [optional]

You may wish to invite a few people to share insights or reflections from the experience of embodying and sculpting collectively words and concepts.

### What words could you use?

Thriving, community, regeneration, reciprocity, transition, biodiversity, collaboration, self-determination

### Tips:

- Select words for the group to “sculpt” from the content of the day
- Use to re energise after a period of thinking and sitting time

