

ACTIVITY 11: BODIES BUILDING HERITAGE

Overview of the activity

In small groups, all participants must build different elements of tangible and intangible heritage with their bodies (such as the Eiffel Tower or Christmas), just by observing and responding, without speaking, commanding or pointing.

Objectives

- Establish the relationship between heritage (material and immaterial), memory and the body.
- Reflect on heritage and how it can be represented.
- Work collectively and cooperatively without hierarchies through observation and response.
- Find ways to communicate without the need for words or bodily gestures.

Duration (in minutes)

20 minutes

Min/max number of participants

- Recommended: Small groups of 3–6 participants (e.g. in a group of 15 participants, the ideal set-up would be 3 groups of 4 and a group of 3).
- Minimum: 9
- Maximum: no maximum

Room/space requirements

Space with a comfortable floor/ground to lie down. This activity can be done indoors or outdoors.

Minimum knowledge requirements from participants	Materials needed	Preparation
Participants must be familiar with the elements of heritage that they will represent with their bodies.	A device (mobile phone, tablet, camera) to take photos of the results.	

Instructions

1. Divide the participants into groups, so that all groups have approximately the same number of participants (groups should have at least 3 participants). Ask each group to find a place in the room/outdoors that feels comfortable.
 2. Tell the participants that from this moment on, they are not allowed to speak, signal, direct, make commands, etc. in any form. They must simply observe each other and follow instructions. Explain that you will be giving them names of things, and in their groups they must use their bodies to represent that image without talking.
 3. Ask them to make a capital letter A. When all of the groups have found a way to make their letter A, ask them to look around at the other groups without moving, and then relax to make the next figures. If desired, take photos of the group images. Repeat the same instructions for the following images:
 - A five-point star
 - The Eiffel Tower
 - The Sagrada Familia
 - The Taj Mahal
 - Christmas
 - Hanukkah
 - Ramadan
- When you have finished going through all images sit in a circle to debrief.

Learning outcomes/evidence collected

Photos taken of all the final collective images

Evaluation

During the debrief, ask participants about how they felt, what was difficult or easy, if they noticed differences and similarities between the different images, if they were surprised or discovered something new about themselves or about others, etc. Allow them to discuss openly their experiences, always reminding them there is no right or wrong answer.

Teaching tips, stories and experiences during piloting

It is important that the participants understand that they must be very attentive to the movements of others and respond to them to generate joint work without using words or gestures.