Activity #3
My Personal Mosaic

- ✓ visual arts
- ✓ movement

Prompt:

We are all made of many pieces—fragments of memory, emotion, identity, and lived experience. Some are sharp and bright, others soft and shadowy. This activity invites you to create a personal mosaic that not only reflects those inner pieces visually but also allows you to move and embody them. By combining visual creation with intentional movement, you will access a deeper awareness of how each part of your identity and journey lives within your body.

This intermodal process helps bridge the physical and emotional self. As you move and create simultaneously, you're invited to experience how your inner world manifests externally—through line, shape, gesture, posture, and presence. Some pieces may feel heavy or jagged, others light and free. Each has its place in your personal mosaic.

Create:

Visual Arts & Movement:

Materials

- Construction paper or colored cardstock; Large paper or cardboard as the mosaic base
- Scissors or tearing (no need for precision)
- Glue or glue sticks Markers, crayons, or pens
- Sound/Music (optional for ambiance or guided rhythm) and open space for movement Journal or writing surface

Step 1: Tune In with Movement

- Stand or sit comfortably. Begin with a slow body scan—head to toe. Notice any tension, openness, heaviness, or lightness. Ask yourself:
- Where do I feel grounded? Fluid? Stuck? Brave?
- As sensations arise, allow your body to express them through simple movements. Maybe a soft sway, a tight curl, a strong stomp. Let your body speak in gesture. Spend 3–5 minutes moving intuitively with what you feel.

Step 2: Movement-to-Shape Translation

- While still gently moving, begin selecting or tearing colored paper that "matches" or symbolizes the movements or feelings you're exploring. Let your movement guide your visual choices, working simultaneously between expression and creation. You are translating emotion and embodiment into form.

Step 3: Assemble Your Mosaic
On your large base paper, begin arranging and gluing down your pieces. Pause frequently to return to movement:

- Place a shape, then respond with a movement or pose that connects to it
- Try moving around your mosaic as you create, placing pieces with intention and breath
- This is not a collage of perfection—it is a living map of your inner self, formed through intermodal dialogue.

Write & Reflect:

When your mosaic feels complete, step back and observe. Ask:

- What do I notice? Which pieces draw my eye or my breath?
- How does this image feel in my body?

Now, return to your journal (or use the space below) and respond to this prompt:

- "What pieces of me have I rediscovered today?"

You may also create a movement or gesture to represent the completed mosaic—one you can return to when you need to reconnect with yourself.