

# Inspire! Ice Breakers & Openers



## Activity: **Work of Art**

### Overview

Participants rotate through roles as artist, clay, and model. Through the creation of living sculptures, your group's level of comfort will rise, as will each individual's confidence in the team.

### Props

- 1 blindfold per group of three.

### Instructions

- Divide your group into teams of three.
- Hand out a blindfold to each group and ask them to decide which person will play the artist, the clay, and the model for the first round.
- The clay will wear the blindfold and act like a moldable lump of clay.
- The model will pose in any creative pose he or she can come up with.
- The artist will observe the model, and attempt to form the clay into the identical position as the model.
- All three members of the team must remain silent throughout the exercise.
- When the artist feels confident that his or her work is an exact copy of the model, he or she will remove the mask from the clay, so that all can observe the work of the artist and creativity of the model.
- Next, the members switch roles. Play at least three times so that everyone can have a chance to play each role.
- At the end, for a reflection component, discuss when people were most and least comfortable. Ask them which role they preferred and why. Also ask them what things brought up challenges for them personally or as a group, and where those things come up in life.

### Safety

Some players may not be comfortable with the blindfolds. In this case, challenge them to play with integrity and simply close their eyes. Remind group members to be very careful and treat each other well and respectfully. The artist has a big responsibility to make the clay feel comfortable and taken care of. Stop any kind of rough or inappropriate behavior right away.