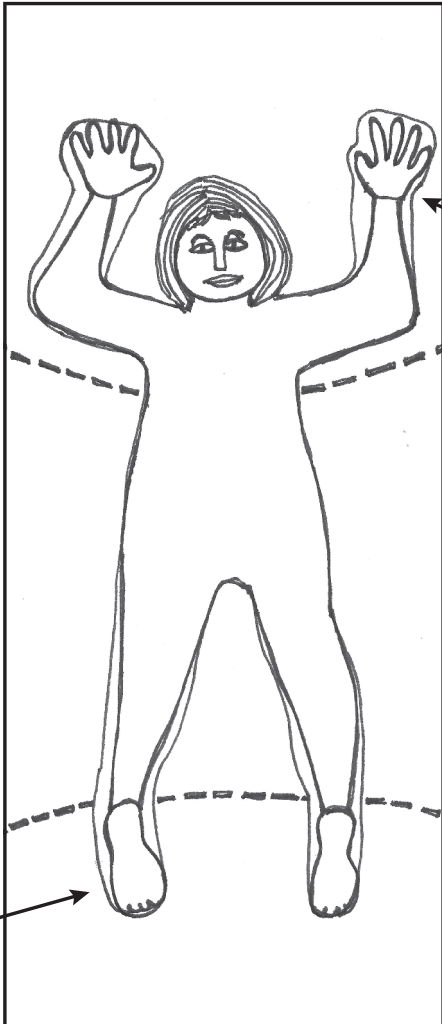


## APPENDIX 5. Mock Body-Mapping Activity



Body mapping generally involves painting, but you can use any materials—pastels, collage, and/or embellishments

Anywhere on your body map, please include the following:

- A personal slogan, motto, quote, or saying
- A personal symbol
- People and entities who have supported you [you can represent each by a symbol or a handprint]
- A message you would like to share with others

Trace your hands here . . . and choose a color/colors for your hands

Trace your feet here . . . and choose a color/ colors for your feet

“My Goals/ Visions” or “Where I Am Going” [top third of your body map]

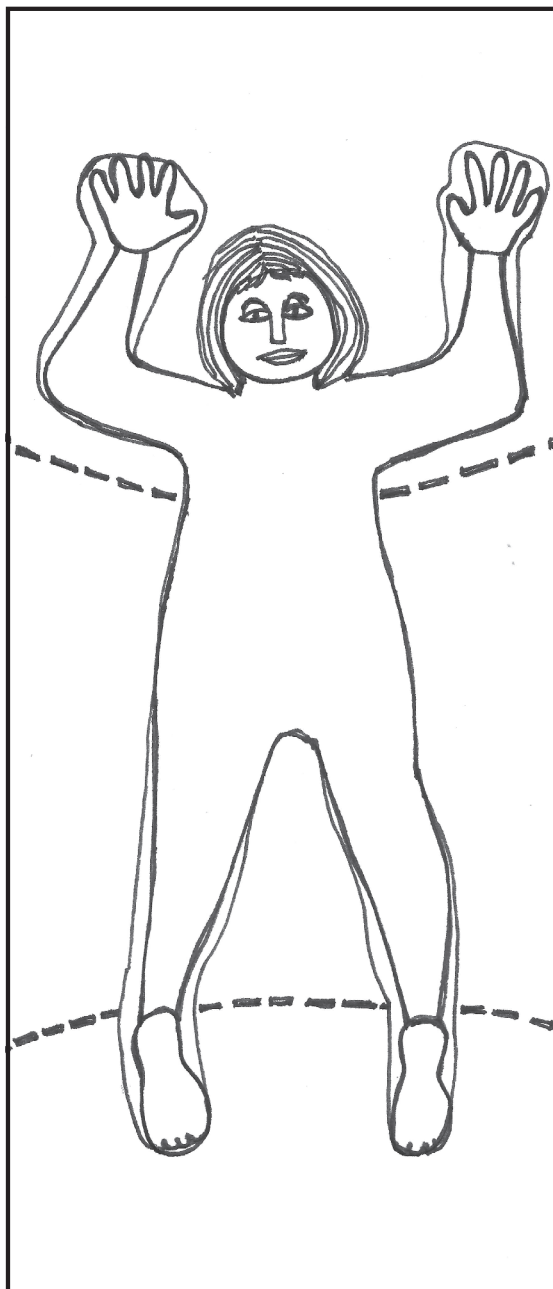
Make marks, symbols, or images on your body to represent challenges, events, or obstacles you have overcome or are in the process of overcoming in your life [“marks of resilience”]

“My Journey” or “Where I Come From” [bottom third of your body map]

When you are finished, do whatever feels right to complete your body map. Fill in spaces, add elements, or emphasize parts.

From *Trauma and Expressive Arts Therapy: Brain, Body, and Imagination in the Healing Process*.  
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## APPENDIX 6. Body-Mapping Template



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