

TRANSITIONS

Sustaining Social Change

*there is no beginning without an end
what is over? what isn't?
what can I let go of?
chaos can*

Transition Sculpture

Like the [Life Maps](#) activity, this exercise asks you to reflect on a change and transition that you have already experienced. Again, it is easier to draw insights from a past experience than one you are currently facing.

In this exercise, however, you will isolate one significant change, rather than representing your whole life journey, and illustrate it using a variety of materials. Reflecting upon and representing your experience in a range of ways -- writing, drawing, and sculpting -- allows you to look at your life from different angles, which can reveal new understanding about yourself.

Materials:

- A variety of arts and crafts supplies, including Styrofoam of various shapes and sizes, yarn, pipe cleaners, glitter, modeling clay, foam shapes, stickers, beads
- Pieces of bark, sticks, leaves, acorns, etc.
- Glue, wire, tape, wire hangers

Activity:

Identify one significant change and transition that you have completed -- or mostly completed.

Using the materials provided, create a sculpture or mobile that represents your transition. Be sure your sculpture identifies the change and expresses what you experienced during the Endings, Neutral Zone and New Beginning phases.

Give your sculpture a title.

The Community Mentoring Program at the University of Southern Maine has used this exercise with foster youth and their mentors. They debrief the exercise with the following questions:

- What title would you give your sculpture?
- What personal experience did you use for building your model?
- How does your sculpture represent your transition process? Describe the parts that represent the Ending, Neutral Zone, and New Beginning.

Source: [Transitioning from Foster Care, An Experiential Guidebook](#) (Published by the Institute for Public Sector Innovation of the [Muskie School of Public Service](#), University of Southern Maine, April 2006)