Maria Magdalena Campos-Pons The Seven Powers by the Sea

Thought/Feeling

Work as a group to think of five thoughts and feelings that you think people may have felt when they were on board the slave ships and being transported to a new and alien place.

Once you have decided on the five thoughts and feelings, begin to think of the movements that might represent these thoughts and emotions. For example, feeling scared could be covering your eyes or wrapping your arms around your body.

While you are working together to think of these movements, remember that they will need to be performed in a small, cramped space. The enslaved people on the ships would not have had any personal space so that any movements they made or emotions they expressed would have reflected this.