



# Radical Emancipatory Values

PRINT AND PLAY EDITION  
VERSION 1.0

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# Radical Emancipatory Values

## Dancing with the troubles: Ritual

This tool guides a process of collaborative ritual design to embody values for responsible design research and practice. In which each value is danced following a choreography co-created by participants in the context of a sharing circle, following a ritual structure.

Participants would need to bear in mind the details of their project proposal and/or plan. This framework is based on decolonizing values and invites designers to tap into the shared somatic experience to feel with their bodies, and step by step, the importance of contesting unfair power structures.





Instructions

**People:** all participants are sitting (or standing) around a sharing circle. If there were 12 or more participants, they would work in pairs or individually. Print A4 (recommended) or A3.

**IF THERE ARE LESS THAN 12** participants, facilitators would pre-select a few value cards, so there is 1 value card per person. Alternatively, the team can discuss what are the most relevant value cards for their project and discharge the rest, in a way that there is 1 card per person.

**Aim:** to embody project values, to dance with emancipatory energy and share hopes for a better future of dismantled colonial systems.

How to use the cards:

Before the ritual starts, the team share reflections about the project. The team could ask questions such as: “How is the project going?” “How do we feel about the project?” “What values do we want to embody in this project?” “How colonial systems are affecting directly or indirectly our project”?

- 1 Take the 12 printed A4 cards. Distribute the 12 A4 cards equally individually or in teams (if more than 12 people work in pairs or trios). There are also blank cards with the option to write your own value – what feels important for you, what moves you to work in the project - that you feel is more suited to the project.

It is time to celebrate these values as a collaborative ritual design using movement and dance. The activity is facilitated by one or more “celebrants” to hold the space and guide the process.

- 2 (10 minutes) In turns, each person or pair assigns together a simple movement to the value they received or created. Cards suggest movements, but participants can assign any simple movement they prefer.



### How to use the cards:

**IMPORTANTLY:** movements must be suitable to be done individually. For example, “shaking hand” is NOT suitable, but it could be replaced by shaking one’s own two hands. “High fives” or “hugs”, are NOT suitable. Adapt the movements so they can be moved individually.

- ③ In turns, from the celebrant’s right side of the circle, participants (or teams) place their value at the center of the circle and show their movement to the rest of the circle. Participants repeat, until all participants have shown and learned all the movements.
- ④ Celebrants play loud (upbeat) music and all the group dance in turns, all the values, in the direction of the clock. Each value must be danced for about 1 minute. Each person is allowed to appropriate the suggested movement into something that feels comfortable in their body. Values are shared but how values are embodied and celebrated is an individual choice. 1 minute is a long time! Values movements are expected to be appropriate and individually evolved.
- ⑤ Once all participants have danced to the values, there is a time for free dance at the center of the circle, or to embrace any sort of dance interaction that may emerge.
- ⑥ Once the music ends, participants slowly settle down (setting or standing). The celebrant guides 3 deep breaths, and there is a minute of silence with eyes closed or lowered gaze looking at the center of the circle. After that moment of grounding, the sharing circle is open to sharing reflections about the experience, or about something else: values, project, feelings.