

Telling our stories

What is it and how does it work?

This is an exercise that helps people reflect on story told and

It can be done with groups of children and young people, with practitioners or with researchers and can be adapted depending on the aim of the session.

How long does it take?

About 20 minutes.

Steps

1. Split the group into pairs (or threes if necessary)
2. Ask each pair to take turns to spend one minute telling the other person how they came to be here this morning (*explain that the facilitator will keep track of time and tell people when to start*). This could be interpreted in different ways it might be a really literal story abo