



Telling our stories

What is it and how does it work?

This is an exercise that helps people reflect on active listening and what it's like to have your story told and what it's like to tell someone else's story.

It's good because...

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 about their physical journey to the session or it could also encompass broader themes about how they came to be part of the group/part of the training. Explain that people should only say things that they are willing to be shared with members of the wider group.
3. Explain that while one person tells their story the other has to actively listen.
4. Then swap and do the same thing.
5. Then ask two sets of pairs to join up (so now everyone is in groups of four).
6. In each group of four, the pairs take turns to tell each other's stories. The person whose story is being told should sit on a chair. The person who listened to their story in the first part of the exercise stands behind them and has exactly one minute to tell their story to the other pair (*again the facilitator will give timings*). Take turns until everyone's story has been told.
7. Join the whole group back together and ask for reflections about the exercise:
 - a. What was it like to have your story told – the good bits/ the challenging bits
 - i. Did the person telling your story get it right?
 - ii. How did it make you feel?
 - b. What was it like to have to tell someone else's story – the good bits/ the challenging bits
 - i. Did you get it right?
 - ii. How did it make you feel?
 - c. What has this got to do with listening to young people?

Source: not quite sure...let us know if you developed this activity so we can credit you!