OBJECT STORY EXCHANGE

RESOURCE LIST
At least one object per person; feedback prompts (p14); paper/flipchart for capturing responses and reflections.

TIME TO SET UP AND DELIVER
Organising room and objects, and printing sheets 1 hr
Sourcing objects 1+ hrs
Delivering the session 1-2 hrs

NO. OF PEOPLE IT'S SUITABLE FOR
Minimum - 6. Maximum - capacity of room.

HOW TO RUN THE SESSION

Pre-activity preparation:
Display a selection of objects (at least one for every person) and give participants the option to bring their own objects. See guidance on sourcing objects on p4-5.

Activity:
After introducing the session, participants choose an object to reflect upon. Interviews/reflections can be done three ways:

1. Use question prompt sheets for people to interview each other in small groups of twos or threes.

2. Participants reflect on the object individually, writing down their responses and they share this with the group/another participant afterwards.

3. A couple of volunteers can ask questions and write down the responses. This works well for drop-in style sessions.

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