

This toolkit has been created to support organisations who want to foster positive connections and conversations in their groups and communities. The activities encourage people to share stories, and to do this we use different objects to prompt people to talk about memories and experiences. The toolkit provides suggestions of how to design, lead and develop sessions that work with a wide range of people. We also include guidance on how to source objects (p4-5), and feedback prompts (p14) to use as appropriate.

The toolkit has been co-produced by Sophie Woodward, Jolene Sheehan and Ali Hanbury. We would like to thank the following who have supported the project with resources and/or time:

Economic and Social Research Council Impact Accelerator Award (ESRC IAA; grant number: ES/T501979/1)

National Centre for Research Methods (NCRM)

The University of Manchester

Joy Ethic

Stories of Our Lives

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COLLECT AND CONNECT

sourcing objects for sessions 2-5



PLACES TO COLLECT OBJECTS

Car boot sales; second-hand shops; Gumtree; Facebook marketplace; social media groups (putting a post on a specific location-based group for example); using personal networks (this works well if you are looking to borrow objects also).

Top tips around objects:

Give people examples; ask for 'types of objects'; be clear you want non-breakable and clean objects that will be well looked after.

HOW TO RUN THE SESSION

Pre-activity preparation:

Ask everyone to bring an object with them to the group and a couple yourself in case people forget.

Activity:

1. Start by asking the participants to introduce themselves and an object they have with them e.g. a wrist-watch, a scarf. They might share how long they have had it, how they acquired it and anything else significant about it.
2. Split the group into smaller groups (i.e. 2-5 people) and ask them to find out more about their objects i.e. are any of them the same? Could they be connected somehow? Finally, ask the groups to discuss if they could do this activity again, what object would they have liked to bring along? It could be something they owned or something they like/know about or use elsewhere. This can be used to set tasks of collecting new objects for use in the other subsequent story telling events.



OBJECT STORY EXCHANGE



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.



RESOURCE LIST

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

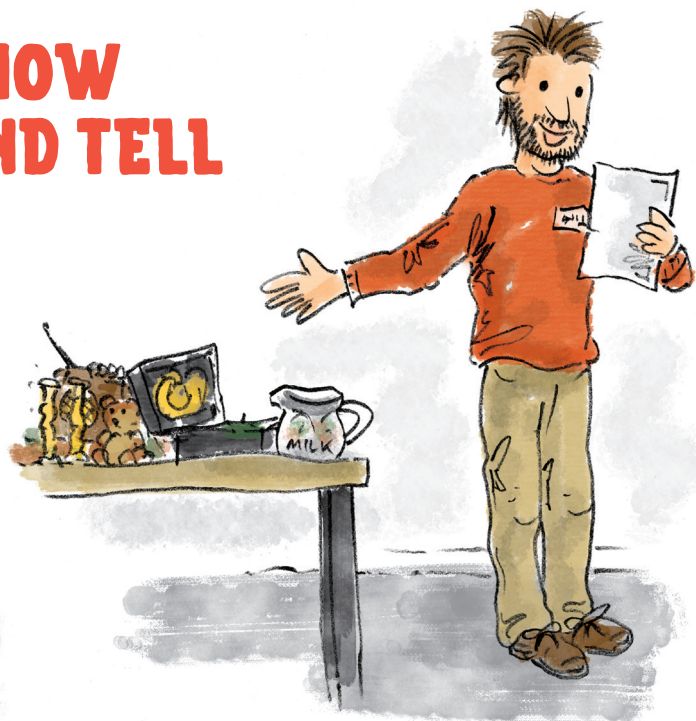
TIME TO SET UP AND DELIVER

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.

SHOW AND TELL



HOW TO RUN THE SESSION



Pre-activity preparation:

Choose a selection of objects and show them to a few participants who have volunteered to be the story teller.

Ask the volunteers to pick one object of interest and to prepare a story with a time limit (e.g. 5 mins). Invite them to prepare for this in a variety of ways, such as, creating a poem or a story or a reflection from the object's perspective.

Activity:

1. The session starts with time for participants to explore the objects on display, chat and mingle.
2. The volunteers are then invited to share their stories, followed by structured time for people to reflect on and explore their own memories and thoughts.
3. These thoughts from the participants can then be incorporated into the original stories and the group can do a piece of creative writing together.
4. The whole group comes together to share reflections to see if there are connections between groups.



RESOURCE LIST

At least one object per person but two each would be better; table to display objects; paper for written feedback; feedback prompts (p14).



TIME TO SET UP AND DELIVER

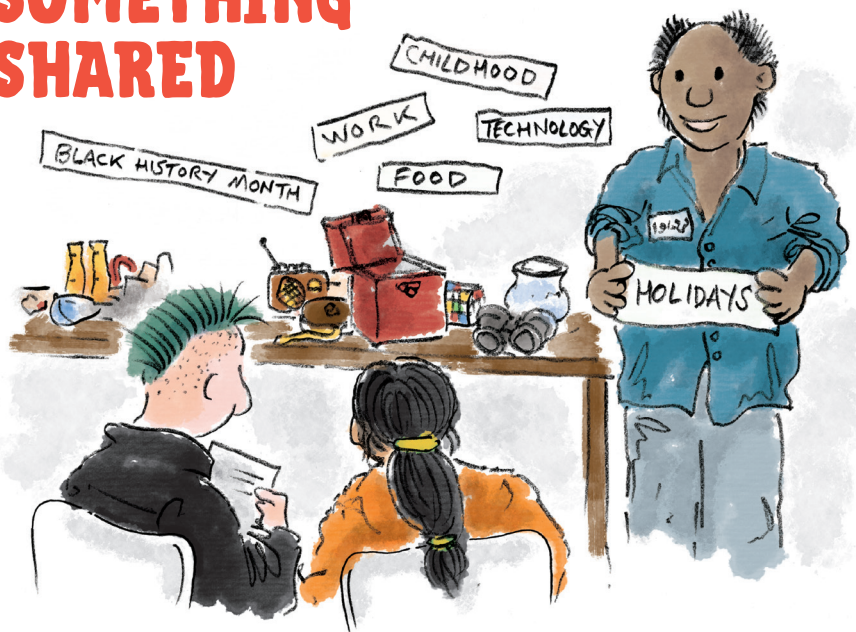
Sourcing objects 1+ hr
Room set up 1 hr
Delivering the session 1-2 hrs



NO. OF PEOPLE IT'S SUITABLE FOR

Minimum - 6. Maximum - capacity of room.

SOMETHING SHARED



RESOURCE LIST

Objects on the theme; you will need enough for one object per participant.



TIME TO SET UP AND DELIVER

Sourcing objects 1 hr

Creating an example story 1 hr

Room set up 1 hr

Delivering the session 1-2 hrs



NO. OF PEOPLE IT'S SUITABLE FOR

Minimum - 6. Maximum - 20.
(not ideal for larger groups)

HOW TO RUN THE SESSION

Pre-activity preparation:

You, as facilitator, will need to prepare a story about an object to share with the group.

Gather a few objects that represent a certain theme (this can be decided by the group in previous sessions) and invite participants ahead of time to bring their own. See guidance on sourcing objects on p4-5.

Activity:

1. Start by telling the group a story about a couple of objects that you have collected.
2. Put the group in pairs or threes to discuss their chosen objects.
3. One participant from each pair can share with the whole group to see how objects help us to understand the theme.

Some ideas for themes:

Moments of joy; Childhood; Black History Month; Work; Rest and recreation; Special occasions or holidays; Food and cooking; Technology; Reading.



CREATIVE CAROUSEL



RESOURCE LIST

Objects to get people thinking; paper for writing.



TIME TO SET UP AND DELIVER

Sourcing objects 1 hr

Room set up 1 hr

Delivering the session 1-3 hrs



NO. OF PEOPLE IT'S SUITABLE FOR

Minimum - 6. Maximum - 20.

(not ideal for larger groups)



HOW TO RUN THE SESSION

Pre-activity preparation:

Display a selection of objects around the room.

Activities:

1. Everyone is challenged to memorise the objects on display. One item is removed whilst participants close their eyes, and then they try to identify what's gone. Afterwards participants can reflect on whether certain objects are more memorable than others.
2. The group choose an object, then take a few moments to describe it either from a different perspective e.g. an alien, who had never seen or heard of the object before or from the perspective of the object itself, a mini autobiography.
3. In small groups, participants are asked to list all the ways one of the objects can be used within a certain time limit. Share the lists at the end. You could include prizes for the silliest, the longest list, the most unique idea etc.
4. Line the objects up and ask the group to either make a story of them in that order or find associations between those objects.



Economic and Social Research Council

To cite this resource: Woodward, Sophie; Sheehan, Jolene and Hanbury, Ali (2022) Storytelling Toolkit: Methods Using Objects. Other. National Centre for Research Methods.