# Storytelling Toolkit

## Activity 2 – Object Story Exchange

The second activity is called Object story exchange. And this is a really good introductory activity. And when I say introductory, I mean if you haven't used object based methods before, or you're working with a group where they haven't been used before.

If you feel like you're less experienced with object methods, and you just want to have a go at doing one, I think this is a great one for you to start with. Because in my experience, it always works really well. And it doesn't necessarily acquire loads of expertise, you just need to think and plan a little bit about what's going to work best for you and your group. So there are some different different methods within it that you can do with it. Or you really want to think about what's going to work best for you, but also for the group that you're working with.

The purpose of this really is just to get people thinking, and reflecting, and really starting to understand actually, objects can tell us quite a lot about ourselves, and can tell us quite a lot about each other objects are a really good route, then into stories and memories. And I think this is a great activity to get people connecting into that. It's also a really good chance to connect with each other. So people can share experiences with with each other. The idea that we're really introducing people to this basic idea that you can use objects to get good stories. So here for this, you can bring the objects on people or they can bring their own again, with that proviso that people may forget, some people will bring, but some won't. And as I said, this is a chance for people to be reflexive, and it can be really open and how you do it.

The kind of options that we've put in the book club are, people can interview each other. So we have question prompts, and you can interview people about an object, you know, where it came from, what memories are associated with it. Or if you think certain individuals or the group would work better with writing it down. Sometimes people like to have space where they write down their reflections around an object. Or alternatively, if you're running maybe as with a more experienced group, you can get volunteers from your group to write down answers for other people. And that sometimes is a really good way of empowering people to feel like they know how to do the methods themselves. And I think this activity is when you probably will find yourself coming back to because there's lots of different ways you can do it, as I've already outlined three ways. And I think it works with most groups, even if you've got a new group or a very well established group. And I think it's also for you a really good foundation for you to start to establish confidence in doing objects based methods and then starting to think maybe about doing some other more complex or experimental ones, but I think this is a really good kind of first one for us to sort of get into

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