

Inner growth

3 steps to the activity realisation



Step 1 – preparation phase

As this exercise is about very personal experiences, be aware that some young people might have a troubled family history. Therefore, it is important that you familiarise yourself with their situation. It is recommended to start with an ice-breaker exercise to make the young adults feel more comfortable talking about personal experiences. Then, familiarise yourself with the exercise and collect all the materials you need for implementing it.

Step 2 – activity phase

Briefing:

Firstly, in a natural conversation style, introduce the participants to a brainstorming activity on the topic of “role models”. Ask them, if they have any role models and what exactly they find inspiring about them. Discuss with them, whether there are any role models in their families or which family members typically function as role models at certain stages in our lives. Then, explain the concept of storying and that the sharing/transmitting of (family) stories can be a valuable source of learning. Also, encourage the young adults to talk about how family members or other people they feel close to influenced them to become the person they are today.

Highlight that role models or persons dear to us, incite our ability to learn from others. Therefore, they have an important function in the human learning process, influencing the way we deal with new experiences or situations. Ideally, role models exert positive influences. However, you can also explore and talk about negative influences other people can have on our lives; if you do so, also talk about strategies how to keep negative influences at a low level.

Implementation of core activity:

Then, ask learners to think about experiences they have made with learning from storying. Encourage them to give an example of a positive (familial) story that was shared with them. The young adults are then asked to write down/take notes on the lessons they have learnt from the story. You can provide a personal example of storying that you experienced yourself. This way, they know what to focus on during the activity.

Next, have them exchange their lessons learnt from (familial) storying, either in small groups or in a group discussion. Emphasize the most important aspects and lessons that can be learned from familial storying.



Type of activity:
Storying – familial story sharing

Value of the activity:
This activity is designed to explore young people’s personal life story. By engaging with one’s personal family story, the awareness of resources gained by their family (story) is raised. Thus, with this activity young adults learn to better identify their strengths and achievements.



Timing:

Preparation: 10 min.
Implementation: 40 min.
Checking learning progress: 10 min.



Activity follow-up:

Young people write a short text about their role model or the importance of having role models.



Other value case box components:

It is suggested to implement this activity in a trustful atmosphere.



Value quoted:

Step 3 – wrap up phase

Ask them about their opinions on the exercise and what they found useful. You can use the wrap up phase to highlight how much we learn from the stories our families transmit to us. In this regard, it is worthwhile mentioning that by sharing their stories and lessons learnt, the young adults can also function as positive role model in other people's lives.

Your notes:

V ...

V ...

V ...

V ...

V ...

V ...

V ...

V ...