

Story Cube Activity Facilitator Instructions

The Story Cube activity will give learners the opportunity to begin exploring the stories they tell themselves and think about other ways to tell their story. The activity is designed to allow learners to approach a personal and sensitive topic in a non-threatening way.

For this activity, learners will work in small groups of 3-6. Each group will be provided with an envelope containing a variety of images – these can be photos, charts, words, magazine clippings, postcards, etc. The greater the variety and randomness of images, the better. You will provide the groups with a “story starter” and then the learners take turns selecting an image from the envelope and telling a segment of the story based on the image they’ve selected.

For the first story that the learners will build use the story starter: “You won’t believe the day I just had. This always happens to me - Everything I touched turned into a problem!”

Ask the learners to go around their group so that everyone has at least two opportunities to contribute to the story.

Next, learners should discuss briefly within their small groups and write a few brief notes on thoughts and insights from the discussion.

The second story will use the story starter: “I’ve just had the most amazing experience. I am on top of the world!”

Follow this again with a brief small group discussion.

Now bring the full group together to debrief and reflect on their experience. Topics to be explored include: How did they feel as they were creating their stories? What was frustrating? How well did their story reflect actual experiences that the learners have had? Ask other relevant questions based on your observations while the activity was in progress.

Finally, ask learners to spend a few minutes writing reflections on this activity in their workbooks. A specific question to focus and guide the reflection will help learners make more meaning from the activity – such as: What did you recognize about yourself and the stories you tell yourself during this activity?