Object reflections

Purpose/suitability:
This activity provides participants of all ages with a non-threatening opportunity to share a personal story.

Resources:
You will need a selection of small found objects. You need at least 10 more objects than you have people. When collecting a range of small objects the following categories may be useful.
Natural: stone, leaf, twig, shell, feather...
Tools: scissors, safety pin, bolt, spanner, battery, key, matches...
Measuring tools: tape measure, thermometer, compass, spoon, cup...
Musical: whistle, tuning fork, recorder, music sheet
Materials: ball of string, ribbon, chain, fabric, cotton wool...
Toys: toy car, ball, dice, doll, Lego pieces, model trees or animals, ...
Values based items: badges, cards, miniature flags or symbols e.g. peace
Other: glove, mask, bangle, cork, highlighter, candle, paintbrush, fan, map, notepad, take-away menu, chocolate wrapper...

Procedure:
Invite students to sit in a circle. In the middle of the circle, place your collected objects.

Invite students to choose one of the objects that they connect with, react to or that appeals to them. Give participants a few minutes to select their item, return to their seats and think about the object and what they are going to say. (Choose an object for yourself too)

Invite someone to start or if the group is hesitant, go first yourself. It can help students if you model what you expect. If someone is finding it difficult you could ask questions to prompt him or her (e.g. Why did you choose the key? What does the key remind you of?). However, do not put pressure on participants to share – they may not be ready.