

## Bring a thing

Stepping Stones : Teambuilding & Empowerment; Storytelling

Materials : incl. materials

Type of exercise : oral

Duration exercise : 30 min.

### Objectives

- The learner can tell a story.
- The learner can understand a story.

### Materials

Ask everyone to bring an object evoking a memory, whether or not in relation to the treated topic.

E.g. topic 'Food': a herb, a vegetable, a sauce...

### Instructions

- Sit in a circle.
- Let the learners one by one tell a personal story about their object, evoking memories.

### Variant

Invite the learners to comment on the story.

### Tips for the instructor

This exercise might evoke strong emotions, especially when working with vulnerable groups. Be prepared.

Make sure all learners feel safe to share their story by giving some rules beforehand.

- *Listen to one another.*
- *Do not interrupt.*
- *Respect every story and the evoked memories.*
- *React after the story is told.*

**Read more in our manual at [www.alternativeways.eu](http://www.alternativeways.eu)**

*Language skills / Linguistic performance*

- Listening
- Speaking

*Linguistic competence/knowledge*

- Vocabulary
- Sentence construction
- Oral language skills

*Social-emotional skills and competences*

- Communication skills
- Cultural awareness, expression and identity formation
- Empowerment
- Imagination, creativity and learning to learn
- Narrative thinking