

RIVER OF LIFE

RIVER OF LIFE VISUALIZATION (1st part)

AIM:

River of Life is a visual-narrative technique that helps participants to tell real stories from their lives. This technique should allow young people to grasp feelings they currently experience as well as feelings triggered by memories of past events. Thanks to this better understanding, they can examine more easily what emotions and needs are linked to particular events, how these emotions and needs influence their behaviour, and how they reflect in their relationships.

The first part of the activity enables to visualize specific events in the young people's lives that are connected with manifestations of stereotypes.

TYPE OF ACTIVITY:

deepening activity

TARGET GROUP:

group size: any size

age: 15–25 years

gender: any gender

DURATION:

- ▶ activity introduction: 10 minutes
- ▶ explanation of the creative process and creating River of Life visualizations: 45–50 minutes
- ▶ discussion and conclusion of River of Life visualizations: 30–45 minutes (according to the group size)

ACCESSIBILITY:

- ▶ drawing on paper
- ▶ presentation of the created output

MATERIALS:

- ▶ a flipchart to show how to draw a River of Life
- ▶ flipcharts (a possibility to cut them into two A3 halves) for individual Rivers of Life
- ▶ writing implements, coloured marker pens, coloured pencils
- ▶ masking tape for exhibiting Rivers of Life in the room

PROCESS:

Have participants sit comfortably so that everyone can clearly see the flipchart paper. We read out the River's story while having it visualised simultaneously by the second facilitator on paper. Have participants find a place where they would feel pleasant and create own River on an A3 paper.

REFLECTIVE QUESTIONS:

- ▶ What stones/stereotypes appeared in my River?
- ▶ What did the stones aim at and what was the River's response?
- ▶ Why, in your opinion, did others throw stones?
- ▶ Is there anything that surprised us at our River?
- ▶ Is there anything that we realized for the first time?