



Storytelling--Migration Stories

Framing: *This activity is part of an in-depth look at the foundational aspects of PAR--storytelling, mutuality, and social transformation. Through sharing migration stories, participants identify the knowledge contained in each other's experience and recognize the power of storytelling. These discoveries will be used to facilitate a whole group discussion on "Why stories matter?" and how we learn from each other. Taken from the training "Building a Foundation: An Introduction to PAR".*

Time: 1 hour

Materials:

- Chart Paper
- Markers

Group size: 3 or more

***Facilitator note:** *if you have more than 15 participants with various language needs, it may be more helpful to do this activity in small groups, before reconvening with the larger group. Use your judgment on how to best do this activity based on group, size and language needs.*

Activity

Opening: (5 minutes)

Action: To help participants start thinking about the knowledge and power held in our stories, ask everyone to think of a short story or piece of advice that has been handed down through their family or community. Have a few people share out, depending on the size of the group.

Main Activity: (50 minutes total)

Sharing Stories (25 minutes)

Action : **Facilitator B** post the guiding questions on chart paper. If done as a small group activity, **Facilitator A** break participants into small groups (3-5) and give directions for the activity. Otherwise, **Facilitator A** give directions to the entire group.

Talking Points: **Facilitator A** ask each person to spend a few minutes talking about one thing in their own or in their family's migration history. Guiding questions may include:

- Why did you/your family come here?
- How did you come here?
- Who did you come here with?
- Who or what did you leave behind?

**Facilitator note: encourage an environment of confidentiality and trust. Also, if participants do not want to share, that is okay.*

Follow-up discussion (25 minutes):

Action: Once everyone has had a chance to share their migration story, return to a whole group if divide up, and move to follow-up discussion. **Facilitator B** guide discussion. **Facilitator A** take notes on chart paper.

Talking points: **Facilitator B** guide the discussion to consider why stories make it possible to build connections, how stories drive our work and shape who we are. Possible guiding questions:

- What did you learn from each other in this process?
- Why do our stories matter?
- How are stories a part of our work?

Closing: (5 minutes)

Action: Ask participants to consider what is an important piece of knowledge or expertise contained in your family's migration story? Have a few people share out, depending on the size of the group.