



## Storytelling circle sharing short stories or experiences regarding the topic

### Practical informations

**Time:** 30 - 45 minutes

**Number of participants:** 20 - 30 people

**Number of facilitators:** 2

**Equipment :** Computers (depending on the number of participants) with access to Zoom, Microsoft Teams or Google Meet platforms and an internet connection

### Animation goals

This method has an aim to motivate participants to share stories related to their experience or knowledge for some topic. Each participant takes turns sharing their story or experience related to the theme. Encourage them to speak from the heart and share as much or as little as they feel comfortable. After everyone has shared, take some time to reflect on the stories. Discuss common themes, differences, and any insights gained from the sharing.

### Animation summary

#### Steps to Organize an Online Storytelling Circle

1. Choose a Platform: Select a video conferencing tool that all participants can access, such as Zoom, Microsoft Teams, or Google Meet.
2. Set Up the Virtual Circle: Arrange the meeting so that everyone can see each other. Encourage participants to turn on their cameras to create a more personal and engaging atmosphere.
3. Establish Ground Rules: Set some basic guidelines to ensure a respectful and supportive environment. These might include:
  - Confidentiality: What is shared in the circle stays in the circle.
  - Respect: Listen without interrupting and respect each person's story.
  - Equal Time: Ensure everyone gets an equal opportunity to share.
4. Start with an Icebreaker: Begin with a simple icebreaker to make everyone comfortable. This could be a quick introduction or a fun question related to the theme.



5. **Share Stories:** Each participant takes turns sharing their story or experience related to the theme. Encourage them to speak from the heart and share as much or as little as they feel comfortable.
6. **Reflect and Discuss:** After everyone has shared, take some time to reflect on the stories. Discuss common themes, differences, and any insights gained from the sharing.

#### *Example Themes for an Online Storytelling Circle*

1. *Personal Growth: Share a story about a time you overcame a challenge or learned something important about yourself.*
2. *Cultural Heritage: Share a story or tradition from your culture that is meaningful to you.*
3. *Memorable Experiences: Share a memorable experience from your childhood or a significant event in your life.*
4. *Acts of Kindness: Share a story about a time when you experienced or witnessed an act of kindness.*

#### Tips for Success

- **Be an Active Listener:** Show genuine interest in each story and provide positive feedback.
- **Encourage Participation:** Gently encourage quieter participants to share, but respect their choice if they prefer to listen.
- **Create a Safe Space:** Ensure the environment feels safe and supportive for everyone to share openly.
- **Use Prompts:** If participants are struggling to think of a story, provide prompts or questions to help them get started.

#### Benefits of a virtual scavenger Hunt

- **Builds Community:** Sharing stories helps build connections and a sense of community among participants.
- **Enhances Empathy:** Listening to others' experiences fosters empathy and understanding.
- **Encourages Self-Expression:** Provides a platform for individuals to express themselves and share their unique perspectives.
- **Promotes Reflection:** Encourages participants to reflect on their own experiences and learn from others.