

# Something to talk about

## Stories and poetry

### 2 x 1-hour sessions

with a task for the participant to do in between

#### You will need:

Craft materials, such as undecorated containers, glue, scissors, paper, stickers

An example of a completed box

Images of other interesting boxes

A selection of boxes and containers, enough for all participants

A small selection of memorabilia and 'found' objects collected by participants

### One-to-one



Sociable  
Reflective  
Sharing

A two-session activity that encourages participants to curate their own set of personal objects into something that offers the opportunity for reflective conversation.

#### To prepare:

In advance of the first session, make a small decorated box or jar filled with things that you like. These could be personal items or items that you have found outdoors. You can decorate the box in any way you like.

#### Session one:

Begin the first session by welcoming the group and asking people to introduce themselves if they don't know each other already.

You can now introduce two ideas: interesting objects and curated boxes. This is a good time to share the box that you have created as well as the pictures of interesting boxes. Use these as a starting point for conversation:

*What do they like about the box?*

*How do they feel about the items in it?*

*Which item do they like best?*

After this introduction, offer a selection of boxes and containers to participants to choose one to work with during the workshops.

Invite participants to decorate their boxes using a range of materials such as paint and stickers. Leave the containers to dry until the next session.

At the end of the session, ask participants to look around for objects they would like to put into their box and to bring them to the next session together. They can also think of other ideas they have for decorating or personalising their boxes.

#### Session two:

Recap the previous session with participants and then invite them to continue to add further embellishments to their container.

Once decoration is complete, participants can curate their objects in their boxes.

With approximately 30 minutes left of the session, ask the group to stop working on their boxes. Then invite each person in turn to show their creation to the rest of the group and to explain their design and the things they have included in their box.

Participants are then able to take their curated boxes home.

#### Credit:

Roger Hill / Bluecoat  
Developed in partnership  
with Belong.



