

Reviewing with Pictures and Objects¹

Find a picture (or object)

This is a good activity for providing individual reflection and thinking time, but also includes the opportunity for sharing ideas with the whole group. Keep a record of your ideas in a photograph.

Materials:

If you are indoors you need plenty of pictures or objects for example: pictures from magazines and postcards, if you are outdoors there should be a wide variety of objects that people can pick up for example: on beaches or in forests without damaging the environment.

Method:

- The structure is simple. You have one or two questions that you want people to think deeply about.
- They then look for pictures or objects that in some way answer your question(s).
- You then meet in a circle and each person introduces their picture or object and explains why they chose it.
- All you need is a good question or two, but whatever your questions, you are sure to get better quality responses than if you ask the same questions to the group.

Examples of review questions for Community Researchers:

Ask individuals to choose a picture which represents one or more of the following:

- something important about your experience;
- your best experience;
- your worst experience;
- your part in the activity.

What were your main successes?

What were your challenges or difficulties?

How you have gained from experience?

Choose a picture to give to someone else which shows: how you think they have gained from the experience.

Choose 2 pictures or objects: one which represents you and your skills before you started as a Community Researcher, and one to represent you and your skills at the end of the research project.

¹ Adapted from Roger Greenaway www.reviewing.co.uk/

Using picture cards to express, reflect, learn and move on

For the storyteller

Choose an event you wish to review. Choose and arrange up to 5 pictures to help you tell this story. The pictures should reflect your journey.

For the listener/coach (or for self-coaching)

Your questions should focus as much as possible on the picture cards and what they show.

Passing is allowed! And so is changing the questions to make them more suitable. Sample questions are presented below.

The essence of the story

1. Ask your partner to tell you their illustrated story in about 2 minutes.
2. Can you sum up, in a word or phrase, how each card represents your journey?
3. If you were to illustrate your story a little better, which picture would you most want to adapt or replace - and how?

Seeking explanations

4. If you were to choose just one of these pictures to represent your story, which one would it be - and why?
5. Which pictures represent the times when you were you most pleased with how you were responding to the challenge - and why?
6. Can you arrange your pictures in a way that shows relative high and low points? What helped you through the relatively low points?

Seeing the bigger picture

7. Does this picture sequence also fit how you have responded to other challenges?
8. If facing similar challenges in the future would you want to change the pictures or the sequence or the arrangement in some way?
9. Imagine a future challenge that you respond to really well. Choose up to 5 pictures to illustrate this future 'inner world' story of a real achievement.

