

Most Relevant moments

Storybodytelling

1. Participants write “the story of their lives” in maximum 15 minutes. Whatever they want to tell about it. Could be more descriptive or more general.
2. After the time defined, they should change stories with other participant. Both need to feel comfortable to share it with the person that they choose.
3. For ten minutes, participants read other’s one story, and should underline 10 most touchable/relevant words of the life stories.
4. When the peers finish, they get together, and one of them close eyes, and the other, read the words that he/ she underline (louder, softer) around the peer.
5. The one with eyes closed should do movements, body reactions conform the words that he/she listen./ The peer should observe their reactions. (3 minutes)
6. Change roles.
7. In peers, reflection time about what happened.