

# Totems of Resilience and storytelling



## OBJECTIVES:

- Understand the concept of Collective Resilience through examples.
- To experience and value collective creation as an experience of internal and external construction.
- Encourage respectful and inclusive dialogue.
- Explore how the challenge of integrating random elements to create a story of collective resilience can enhance creative capacity and better cope with collective challenges in everyday life.



## AXES:

**Collective Emotional Intelligence, Identification and active problem/ challenge solving**



## STEP BY STEP OF THE ACTIVITY

### »» Introduction to the activity:

Begin the activity by giving a brief introduction of the concept of Collective Resilience by adding examples.

### »» 1st part of the activity: Symbolising collective resilience:

Ensure that participants understand what Collective Resilience is.

Once the concept is clear, ask the participants to look around them, in the space where they are, for an object that symbolises Collective Resilience for them. Allow 3-4 minutes for each person to think about and find the object.

Ask participants, one at a time, to explain why their object exemplifies Collective Resilience. Remind the group to hold their object close and keep their explanation in mind.

### »» 2nd part of the activity: Narrating the collective:

Explain to the participants that they will work in separate breakout rooms, where they will receive each assignment in writing via messages, but that the facilitator will go to each room to answer questions and clarify doubts. Divide participants into subgroups, preferably 3-4 people to work in breakout rooms.

Before sending participants to their virtual rooms, share in the group chat a link to play online ([Story Dice - a creative storytelling tool from Dave Birss](#)). Explain and exemplify this tool that will be used to create a story.

Explain that each group should create a collective resilience story with at least one personal object they have presented to the group and integrate all the elements (three) they have obtained in the dice game.

Allow 15-20 minutes for the creation of the story. Instruct them that the story will be performed in a theatrical way in front of the rest of the group (they can combine humour, fantasy, use sound effects, etc.). It is not necessary for all participants to participate in the scene, but they should feel part of the creation of the story.

## » 3rd part of the activity: Diverse stories of resilience

Bring the groups back into the main room. Invite each group to perform their story before the rest of the participants.

Invite participants to share how they felt and whether they think this approach can be helpful in enabling greater flexibility in dealing with conflict collectively.

## » Closing of the activity:

The following questions can be asked:

- Do you think this exercise stimulates creativity and why?
- What role do you think creativity plays in connecting with the emotions and sensitivities of the group?



### METHODOLOGY:

**Creative narrative, storytelling, theatre**



### DIGITAL TOOLS INVOLVED:

Zoom, video cameras, computer sound, microphones, Story Dice.

### PREPARATION:

- Prepare an explanation of the definition of Collective Resilience. You can become familiar with the concept through our [Corecoles Handbook](#).
- Familiarise yourself with digital tools such as creating breakout rooms on the videoconferencing platform before presenting and using them for this activity.

### PLATFORM USED:

Zoom



### DURATION:

**90 min minimum**



### THEORETICAL FRAMEWORK:

Connecting with an object with a personal emotional involvement and then integrating it into a story with imposed objects, allows us to move away from stereotypes to create something genuine. This stimulates creativity and allows us to go through different emotional states given that we work in a group, and we must recognise and integrate the sensitivity of each person. Thence, through a game we learn to recognise and validate the emotions of each person and stimulate the emotional intelligence of the group.



### TIPS FOR THE PERSON DOING IT:

Once you are in subgroups, move from room to room to resolve questions. Ensure that at least one person per subgroup is relatively knowledgeable of the tools that will be used.