

FAST FACTS



Varies



Varies by
size of
group



\$0



Medium
to High
Risk Level

Family Portrait

Adapted with permission from Any Town Arizona Inc. www.anytownarizona.org

Objectives/Learning Outcomes:

By actively participating in this activity, participants will:

- Understand and learn to value listening to other people's life stories
- Understand and learn to value sharing one's life story with others
- Appreciate how diverse people's backgrounds can be
- Learn to utilize this knowledge of people's backgrounds into the building of genuine relationships with other participants

Time: There is little set-up involved with the activity. With a large group, the activity could take up to two hours, but the time may be adjusted depending on the needs of the group.

Ground Rules:

- Be fully present and participate at your own comfort level – challenge by choice.
 - Follow up - What does it mean to be “fully present”?
 - Follow up - What does “challenge by choice” mean?
- Push yourself outside of your comfort zone – the most learning happens when we are a little bit uncomfortable.
- Listen respectfully, share air time, and encourage others to participate.
- It's ok for us all to be at different places with the things we discuss today.
- Show respect for one another's beliefs, values, and experiences.
- Respect and maintain privacy.

Facilitation Guide:

- Participants should sit (preferably in a circle) in a large, open space. Each participant (challenge by choice) creates a “family portrait” using other members of the group by physically placing the family members in strategic spots in relationship to the presenter.
- After all selected family members (friends can be included) have been placed appropriately, the participant may address the following questions, posed by the facilitator:
 - Who is who?
 - Why did you place each person in the location you did? Tell us a little bit about your relationship with those placed.
 - Where would you position yourself in this portrait? Why?
 - If you could choose to change the position of any family member, who would that be? And why?
 - Is there anyone you would have liked to have included in this portrait? If so, why?

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- If you could address one family member in the portrait, who would that be? And what would you say to him/her?
- Each participant should have the opportunity to present their portrait and answer the questions. When all participants that would like to share have done so, the facilitator should begin the processing questions.

Processing Questions:

Initial Questions

- What words come to mind when I say the word “Family”?
- Who do you think traditionally belongs in a family?
- Who do you think traditionally lives in a household?

Discussion Questions

- What are some of the feelings you are sitting with right now? What are some of your emotions right now? (It is OK to allow of silence when asking the questions. Some folks may need to take some time before they start speaking.)
- What are some of things that took place in your room? What were some of the things you noticed?
- What did you observe as you were doing the activity?
- Why do you think we did this activity?
- How might this activity be connected to the notion of diversity? Of community?
- Has this activity changed your perspective of others?
- What did you find challenging about doing this activity?
- What did you find rewarding about doing this activity?
- *The facilitator should bring the conversation back to the initial questions.* How does what you experienced today relate to the initial questions we discussed earlier?
- How did this activity make you feel?
- Did anything surprise you?
- Overall, what has this activity offered us today? What have you learned from this activity?

Notes: A facilitator or RA should model this activity before participants attempt to share their portraits. The more in depth the first person shares, the more likely it is that the residents will follow the person’s lead. If this activity is coordinated with a small group, allow time for questions in between each portrait, if the participants are comfortable. Participants in larger groups should be encouraged to continue discussing their portraits after the session, if time is an issue.