

A simple exercise in which each participant shares a few experiences and events that contributed to shaping him or her as an individual. The purpose of personal histories is to support each participant of the group and begin to relate to each other as individuals with life stories and interesting backgrounds. Personal histories encourages trust and understanding while discouraging unfair and inaccurate assumptions

**TIME FRAME**

30 min

**GROUP SIZE**

2-40

**FACILITATION LEVEL**

Beginner

**MATERIALS**

Pens/Markers

Paper

Step 1:

Tell the participants to write some thoughts and be ready to share your answers with your table group. Explain you must answer each question, but should be comfortable in sharing your stories.

Step 2:

Tell or write down each of the following questions for participants to answer:

1. Where did you grow up?
2. How many siblings are in your family *and* where did you fall in terms of birth order?
3. What was the most significant challenge you've faced?
4. How did that help to make you into the person you are today?

Step 3:

Once you've given the participants enough time to write short answers, have each group spend 3-5 minutes per person to share answers.

REFLECTION

Did anything surprise you about your peer?

What more would you like to learn about others in your group?