



Picture it! metaphors

In this activity, participants create visual metaphors in order to share a personal change they have experienced or something they are proud of having achieved.

A visual metaphor is a representation of a person, place, thing, idea or experience by way of an image that suggests a particular association.

Visual metaphors encourage critical reflection and can generate insight into an experience, change or achievement. They help participants explore and capture the many dimensions of change.

Objective: To have participants identify and share personal changes they have experienced or something they are proud of having achieved.

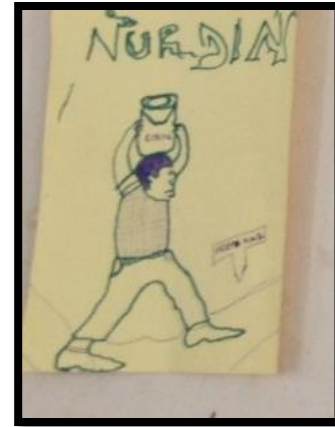
Materials: Pens, pencils, coloured markers, sheets of paper, tape

25 min

Part A Individual work

1. Provide everyone with a small box of crayons, colouring pencils or markers and a piece of paper.
2. Invite group members to record or draw a metaphor that represents a personal change or success they are proud of.
3. In advance, prepare a drawing of your own metaphor to share with the participants. An example is provided below.

A participant in a community evaluation meeting in Tanzania drew this metaphor to represent a personal change in his attitude towards the roles of men and women in the home. In this picture, he is helping his wife get water.



4. Post the drawings on a wall and invite group members to interpret the meaning one another's metaphors.
5. Next, invite group members who would like to, to share the meaning of their metaphor with the whole group.

20 min

Part B Large group discussion

Feel

- Are you surprised by the results of this activity? Why or why not?

Think

- What changes does your group share?
- What have you accomplished as a group so far?

Act...

- How can you use what you have learned so far in your work or life?

End of the activity ■