



Image Narrations

This activity is a simple ice breaker or group cohesion building exercise that allows group members to freely express themselves by looking at some stock photos and then telling the story or narrative that comes up in their own mind.

The rules are simple: Take turns selecting one of the images provided in this exercise. Look at the image and think for a few seconds and then tell the rest of the group the story that comes into your mind. When your story is done try to add some feelings to it by answering the following two questions. (You may want to use a feelings chart for this exercise because the questions below involve sharing feelings)

- 1. What feelings are associated with your story. If there are people or animals in your story, how do you think they feel?'**
- 2. How do you feel now after you told your story? Does it remind you of anything?**

The counselor or group leader can allow for continued group discussion on any picture as appropriate. It is important that no one should share for too long as there should be enough time for everyone in the group to contribute.

The images for this exercise are on the pages to follow:

























































