

The Bird

Themes: values, choices, decisions, letting go, control, life, care

Inspired by: source unknown

Opening Words

Are you ready for a story?

From now on keep your eyes looking down.

Let's turn this upside down.

Now we have time to breathe.

In a circle of trust we listen and explore feelings.

There's space to wonder and play, in love.

Your story, my story, our story. Let's be curious about this story.



Words

Actions (storyteller's perspective)

A person went on a journey to see their friend.

Make mountains and valleys. Place a bird on their side near the centre. Place the friend in the centre of the quadrant nearest you and to your left.

A person went on a journey to see their friend.

Place a person on your right and move them through the landscape in a meandering way - away from you and then back up to pass the bird.

On their way they came across a bird lying on the ground.

Stop at the bird.

The person picked up the bird and went on their way.

Carefully pick up the bird with the hand you are not moving the person with (which will probably be your left hand)

Move the person in a meandering way till they come to the friend.

Finally they came to their friend and asked, "Will this bird fly?"

Hold your palm out to show the bird.

Place the bird on the ground in front of the people.

The friend answered, "You decide."

Please see our training resources or come on an OutoftheBox course to develop in the art of holding a safe and brave space for contemplation, reflection and dialogue.

Wondering

You are now engaging with the group so look up, and say: Let's be curious about how we feel.

I wonder what part of this story you like?

I wonder what part you don't like?

I wonder what the story reminds you of?

Community Play

Facilitate play with the materials to further explore feelings and to focus on an issue or idea, e.g.

How are you feeling? or What does your day look like? or What does your community look like?

What is flying for you?

What is not flying?

What needs to be left alone?

Is there anything that needs to be done to help something to fly?

You may invite people to place themselves in the picture using one of the wooden figures.

Closing Words

Before the story is put away, ask: Is there anything else that needs to be said or done?

Hold out your hands as you say: For all that's been said and for all that's not been said - thank you.

Invite participants to remove the objects they put down, then put the other objects away in reverse order.

Personal Response

Time to play and contemplate, e.g. in movement, art & craft, writing, playing with the story materials.

Celebration

Share food and drink to allow people to connect socially and prepare to leave the session.