



Care in the time of CORONA

# WHAT'S YOUR STORY? church

## An Activity for Parents and Children

Our government has asked us to stay at home to stop the virus from spreading. But even after the lockdown, we must try to stay away from crowds and social gatherings. Staying at home can be difficult. But it can also be an opportunity to get to know the important people in our lives better. Story sharing is a wonderful way to build better understanding and empathy with others. “Know me. Know my story.”

In our normal busy lives we often don't spend time listening to and sharing stories with the people closest to us. Heartlines has developed a story sharing technique called **What's Your Story?** It is a great way to build deeper relationships with family and friends. And it's simple.

### ASK.LISTEN.TELL.

#### At home with family

- Set aside 30 minutes every few days to share stories and get to know each other better.

#### With extended family and friends

- Set up a group skype, WhatsApp or Zoom call and invite extended family or friends to chat and share stories.

#### Story Sharing tips

- Make this a fun time.
- Practise Active Listening. Listen carefully, don't judge or interrupt. Affirm each other.
- Ask questions to get to know each other better. Here are some examples:
  - For parents: *What is the best gift someone gave you? What was your childhood like?*
  - For children: *What is the best holiday you have had? What achievements are you most proud of?*
- Use an object or photograph as the focus of sharing a story. It can be about an event or incident in your childhood or family's history.
- When you share your story be courageous and truthful. Only share as much as you feel comfortable to.
- Don't force your children to participate if they don't want to.
- Start by sharing your own story and encourage them to listen and do the same if they want to.

Go to Heartlines' online platform <https://church.wysza.org/> and follow the links to Our Story & roll out WYS. You will find lots of ideas to make personal story sharing a habit within your own family, congregation and beyond.