



How do you feel right now? Photo-based exploration

Objective

This exercise can be used for a range of different purposes. a) The cards can be used at the start of a counselling course to ask "How do you feel about this module?" "What do you find especially interesting?" "What do you find challenging as a lifestyle coach?" etc. The action-based picture method engages the participants with the question in a different way from plain words. Because of its symbolic aspect, this creative method usually offers new perspectives and helps to jolt a stuck mind better than a simple conversation. b) The counselor can use the cards with customers. For example, they can help customers find new approaches to a topic or situation which are not immediately accessible through rational, verbal communication. "What traits do you have that could help you achieve this goal?"

Target group and the group size

The picture cards can be used with groups of virtually all types or sizes.

Time use

With groups, make sure you reserve enough time so that everyone can express their thoughts (at least within smaller groups). Depending on the group size and depth of discussion, the exercise takes 15-45 minutes.

Preparation, supplies, facilities and equipment:

The teacher brings a pack of picture cards (Aapakka, Spectrovisio, Pesäpuu, homemade cards, etc.). There should be at least three times as many cards as there are participants.

Assignment and work instructions:

Spread the cards on the table and ask the participants to examine the pictures carefully before choosing one that best corresponds (either symbolically or directly) with the proposed question.

Debriefing

Depending on the group size, debriefing can be done with the whole group, in pairs or in smaller groups. The discussion should be collaborative and respectful.

Notes

The instructor can encourage the participants to pick a card that "speaks" to them even if they don't immediately know why. The answer may become clear later when analysing thoughts with a partner or in a smaller group.

