



History map



Project phase

Mapping and reflection.



When (Transition Lab Steps)

Responsible Research and Innovation (RRI) priorities reflection.



Purpose

The main purpose of this activity is to remind and reflect on what group members or participants have been through and to create a collective experience and shared story. Every individual will gain a shared idea of what the group has been through together.



Suggested session duration

Time frame: 60-120 min
Group size: 2-40+
Facilitation level: Medium
Materials: Multi-colored markers Roll of paper Sticky notes (Optional) Old Magazines, glue, scissors (Optional) Candles.



How

GUIDELINES:

Use this exercise at the end of a project/phase or program as a way to reinforce learnings, celebrate highlights and create closure.

STEP 1

Roll out a long piece of paper (5-10 meters) on the floor or on a wall. Draw a timeline representing the period of a project or team experience. Include months and a couple of key events such as highlights and lowlights. If the project is very long - consider including the last 3-6 months.

STEP 2

Have participants capture their experiences. They could include their highlights, lowlights, learnings, challenges, successes, and anything else that was important to them. Give them enough time (15-30 min) to capture their top experiences and place them on the timeline. A creative alternative choice for a face-to-face session is to follow the same guidelines but using magazine cut-outs or drawing rather than use sticky notes.

STEP 3

After the map has been created, ask participants to share their top (1-3) Highs and Lows. The number of Highs/Lows they share is up to the facilitator. It depends on the group size and the time you have. Nominate a time-keeper if you choose.

STEP 4

Optional Final Step. Have the participants reflect individually, in silence, on the experiences they have just shared and heard and chose the most important moment for them. Give about 2-3 minutes for this step. Then, one-by-one, participants place a sticky note or a candle (a tea light) on the moment that has been the most important to them and have them briefly describe why. Continue until all participants have placed a candle and shared.



Remote advice

STEP 1

Create a timeline on your virtual whiteboard (*Miro* or *Mural*) and draw from the instructions above. Tip: Provide a short demo video, or send simple instructions ahead of time, if needed, for the virtual whiteboard before your workshop/meeting. You can find plenty of instructional text and video online.

STEP 2

Facilitator: Pre-create virtual sticky notes, emojis, etc. for people to capture their experiences and place onto the virtual whiteboard. Consider putting on (mellow) music while the participants work.

STEP 3 & 4

Participants use a virtual candle or sticky note.

Online support:

Digital Whiteboard (ie: Miro or Mural)



Source

<https://toolbox.hyperisland.com/history-map>