

## Talking Journey Questions

Adapted from Healthy Native Community Fellowship (2012) Guide to Community Wellness Planning. Healthy Native Communities Partnership, Inc: Shiprock, NM. <http://hncpartners.org>

### Helpful Materials

Flip chart paper  
Markers, pens  
Post-it notes

### Number of Participants

This activity will work with any size of group.

### Amount of Time

30 minutes

This activity invites participants to reflect upon a completed learning activity by asking a series of questions. Pages 2 and 3 offer 2 different sets of questions for people to consider asking to stimulate personal reflection and a group conversation.

Option 1: This activity can be done as a group conversation. The facilitator writes one question from each direction or the 4 questions from page 3 at the top of 4 sheets of flip chart paper and hangs it on the wall. As participants share their response to the question, the facilitator writes participants' ideas under the question until all 4 questions have been discussed.

Option 2: A question from each of the 4 directions is written on the top of a sheet of flip chart paper and hung in that direction of the room. For example the question from the east: *What did you see?* is written on the top of a large sheet of flip chart paper and hung on the wall in the east direction of the room.

Individually participants reflect upon each question and write their personal reflection on a post-it note. Each person posts their post-it note on the flip chart paper in each of the 4 directions of the room.

After, each person has hung their post-it notes the facilitator begins with the east direction and reads participants' post-it notes aloud. Together, the group has a conversation in the east about what they saw. The group conversation then moves to the south direction and the conversation continues. Depending upon the size of the group, participants can stand around each sheet of paper for the group conversation and move around the room as the discussion continues until all 4 questions have been talked about.

Thank participants for sharing their ideas.

## Talking Journey Questions

Adapted from Healthy Native Community Fellowship (2012) Guide to Community Wellness Planning. Healthy Native Communities Partnership, Inc: Shiprock, NM. <http://hncpartners.org>



### EAST

#### Experience

What did you see? What stood out for you?  
What were some of the topics discussed?

### SOUTH

#### Soul/Spirit

How did the activity make you feel? What surprised you? An 'aha'

### WEST

#### Weave Insights/Learning

What new insights have you gained?  
What inspired you about what you heard?

### NORTH

#### Now What?

How can you use this learning in your community?  
What will you do because of this learning?  
Where do we go from here?  
How can you share this with others?



# Reflecting Using the Four Questions

<p>1. What is going on here?</p>	<p>2. How can we relate to what is going on?</p>
<p>3. Why do things like this happen?</p>	<p>4. What can we do about it?</p>