



Co-funded by the
Erasmus+ Programme
of the European Union



Strategic Partnerships Adult Education N°2020-1-IT02-KA204-079571

The Methodological Manual



Grazia Chiarini – Sara Calcini
LUA



Intellectual output of the project My Life in Europe

The Manual

My Life -The game

Technical instructions



The methodological manual

Online and free, it will be a useful tool for individual training and for the training of operators able to implement repetitive training courses in different contexts.

It contains all the basic instructions to introduce autobiographical writing in therapeutic and recreational paths.

Contents of the manual

4

Dr.ssa Grazia Chiarini e Dr.ssa Sara Calcini



A general theoretical part dedicated to Life-Writing and its potential, realized in synergy with all partners favoring the multidisciplinary contribution.



Characteristics of the game, the cards, the role of the facilitator.



Autobiographical and biographical texts proposed by the partners, contributions and experiences of the partners, scientific test results...

Some topics of the theoretical part of the methodological manual

- A brief history of Autobiography
- Narrative Methodologies
- The school of the Free University of the Autobiography of Anghiari
- The benefits of writing
- Narrative medicine
- Memory, neuroplasticity, autobiographical memory
- Serious games
- Autobiographical practice in training processes
- Overview of adult education theory by M. Knowles
- The role of Master
- The role of the Master in different contexts: practical examples



Diary, Autobiography, Biography

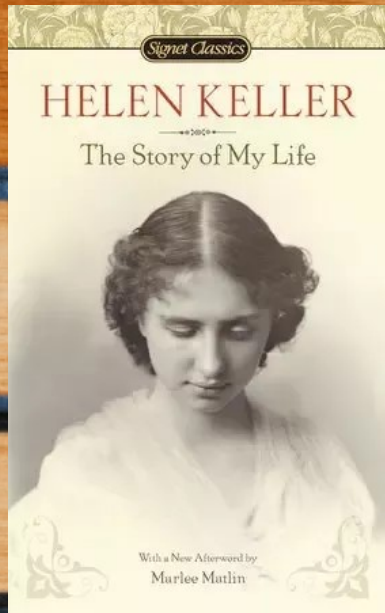
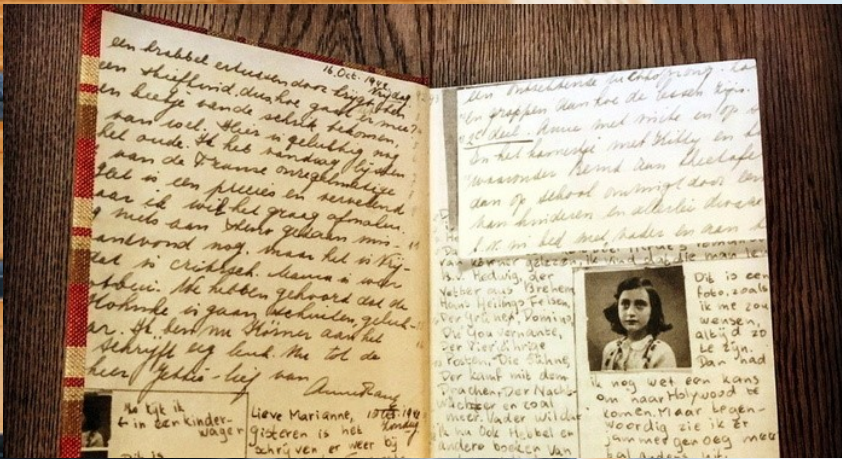
Diary is a narration, through writing, almost daily. It is written for yourself. It is often written at a young age and the linguistic register is informal.

The word Autobiography comes from the greek αὐτός «myself», βίος «life», γράφω «write» : I write about myself,

about what I did and learned over the years.

At any age, you can learn to document your experience, to leave a testimony of yourself to others, to understand the meaning of your life, to think and reflect better.

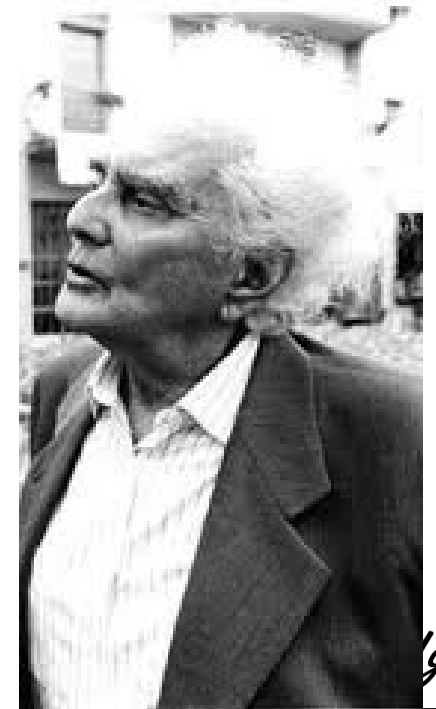
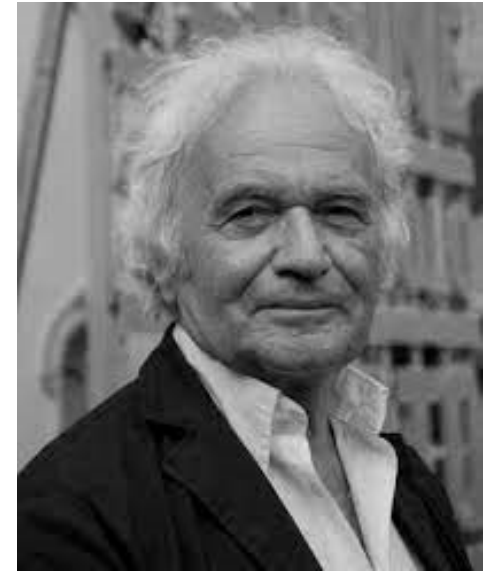
If you write about him, her, them, you write a biography.



A Community of autobiographical writers

The Free University of the Autobiography of Anghiari was founded as a non-profit cultural association by Duccio Demetrio and Saverio Tutino in 1998.

The association promotes training and research through various activities : the school, specializations, seminars, the Study Center, the Master.



The autobiographical methodology of the LUA

The methodology has a formative, introspective and reconstructive dimension.

In the meetings a circumscribed space-time is created, a space of well-being and freedom in which everyone can take time for himself, opening up to new possibilities and perspectives.

Through exercises guided by a facilitator, readings and commentaries of literary passages and sharing of testimonies, we develop deep self-listening and reflection on lived experiences.



What is My Life The Game?

My Life the Game consists of decks of cards that are narrative stimuli which, according to the autobiographical methodology of the LUA, have the purpose of clearing the ground and bringing back memories buried in memory. The players, with the help of the solicitations given by the cards, can bring out various episodes of their life and write them down in a dedicated space.



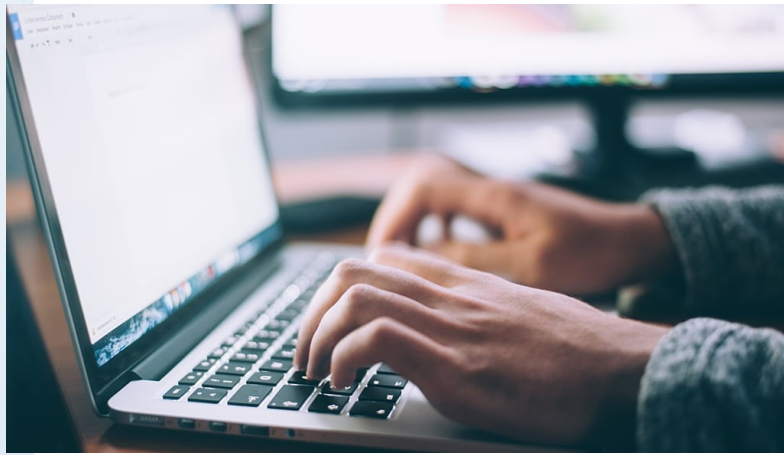
The versions of the game

There are two versions of the game:

- Paper version
- On-line version

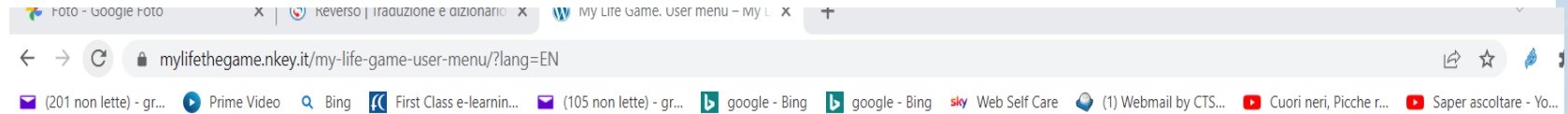
It's possible to play individually or in groups with the help of a facilitator we call master.





On-line version of the game

On-line version is
a web app, free,
downloadable
from My Life in
Europe website
with smartphone
or PC.



Hello, Chiara1!

PLATINUM ★★★★★

New Game

Continue Games

Archive

Forgot Password

Edit Profile

Setup Language

Version online for group play



The group facilitator we call master logs users, chooses the type of game and language. The master can see all the writings and can export them, asking the participants for the release.

- 1) Traditional game: players play cards individually and choose cards to share
- 2) Collaborative game: the master subdivides the deck and assigns the cards to players who will have different cards.

The role of Master

The master has a very important role within a group. It is able to provide its skills to facilitate exchanges between the elements of a group and help achieve the set goals.



The master, in leading a group, follows some rules:

- to have experience of My Life the game personally.
- to pay attention to what happens
- to use flexibility
- to show respect for others
- to have active listening
- not judgment
- to take care of others
- To remember that the time of communication is a time of care



The decks of cards

There are several decks of cards to explore. The choice of the number of cards has a meaning. Some of them:

64 cards

64 is the number of boxes in the Italian Game of the Goose, 63 boxes + 1 that represents the center, the end of the game.

22 cards

22 is the number of the major arcana of the Tarot, cards of ancient origin with psychological implications, studied by Carl Gustav Jung and Alejandro Jodorowsky.



Which deck to choose?

It depends on the time you want to dedicate to the game, the writing, the type of players, the context.

The 64-card deck offers more opportunities to explore more aspects of your life story. It takes more time to get to the end of the game. Suitable for a round of matches.



With the 22-card deck you arrive in less time at the end of the game. Suitable for a single match. It can be used in the first trial of the game.

Each card contains:

A number

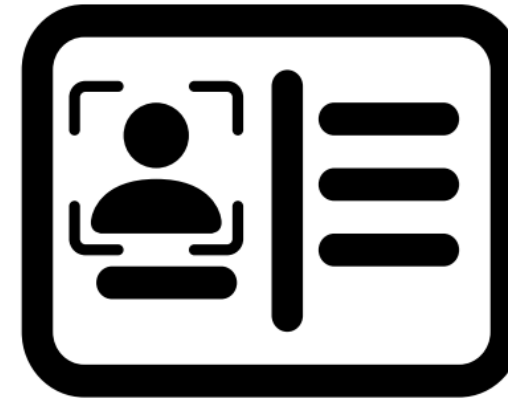
An image

A word related to the image

A brief description of the image

A proposal for writing.

Other proposals are in the manual or indicated by the master or you can write what you want.



First name

Image of an identity card

Do you know who chose your name and why?

For example : name

- Who gave you the name and why did they choose it?
- Do you know the meaning of your name?
- Do you feel that your name represents you?
- If you wanted to change your name, what would you call yourself?
- How does it feel to hear your name spoken?
- Have you chosen the name for someone? It can be a person but also an animal, an object...

Joy

Other writing proposals:

- • That time you felt great joy.
- • What does joy mean to you?
- • If you think back to an episode where you felt happy what comes to mind?
- • When you were little, were you afraid of something? Tell me.
- • If you think of joy, what image comes to mind?
- • What difference do you find between joy and happiness?

What to do in front of a card

When you are in front of a card, both in the paper and in the online version, you observe it in its components, you can close your eyes and let your mind travel freely. This will bring you back to past experiences , what you were and what you experienced (retrospective thinking) and it makes you reflect on the meaning these experiences have had for you (introspective thinking).





My first memory

Image of a rocking horse

The first thing you remember from your childhood is...

2

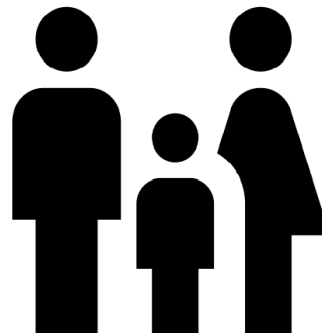


Self portrait

Image of a bust inside a frame

Describe yourself however you want.

3

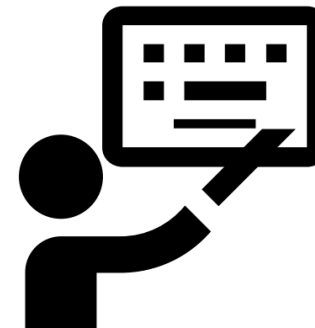


Family

Image of adult people with child

Describe your family. Do you remember any particular episode?

4



Teacher

Image of a person with a wand in his hand indicating some phrases on a blackboard

If you think of your teacher, who comes to your mind?

5

In the 64 deck the first sixteen cards explore memories of childhood and early adolescence. Words and images have a clear meaning. In addition to the writing proposals of the card you can write on family holidays, recipes of food, habits and so on.



Project

Image of a light bulb, a ruler and a sheet
The first time you thought of a project that
you could carry out, how old were you?
What was it about?

6



Joy

Image of an emoji expressing joy
That time you felt great joy

7



Home

Image of a house
If you think of a house where you lived
what comes to your mind?

8



Traveling to Europe

Image of Europe with two cars, motorcycles, bicycles
Have you visited other European countries besides yours?
Which one would you like to visit?

9

On each stimulus you can still write memories of other ages of life

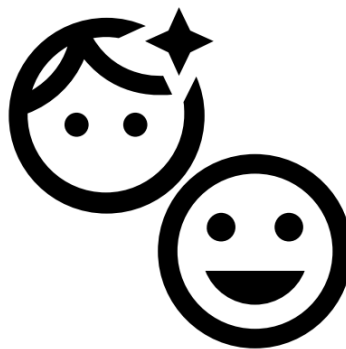


Poetry

Image of a paper and a pen

Come up with a poem or write one that you liked the most

10



Faces

Image of two faces

What is the first face that comes to mind?
Who does it belong to? What strikes you about this face?

11



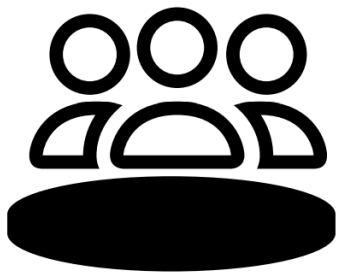
Bridge

Image of a bridge

A physical passage from one part of a city to another
or an important step in your life

12

The bridge in this case can represent the transition from childhood to adolescence. What happened? What changes?



Meetings

Image of three people around a table
That time I met ... what happened?

13



Animals

**Image of some animals:
a dog, a cat, a bird**
Have you had or do you have pets?
Would you like to have an animal?

14



Childhood games

Image of girls and / or boys playing with a ball
Is there a favorite game you played
when you were a boy or a girl?

15



Music

Image of musical notes
Do you remember an event related to music?
Do you want to write something
about a particular song?

16

Also on these stimuli you can write memories of other ages of life

My Life Time Line

- The stimuli of the cards have a chronological disposition from the first memory to the adult age, a Timeline.
- You can find specific topics to write about: work, studies, health, love, dark events and so on.
- At the end of the game you can save your writings in PDF.
- With all the writings you can make your autobiography.

Name:

Major Events in My Life Time Line

I was born

↓ ↓ ↓ ↓ ↓

0 | 1 yrs. | 2 yrs. | 3 yrs. | 4 yrs. | 5 yrs. | 6 yrs. | 7 yrs.

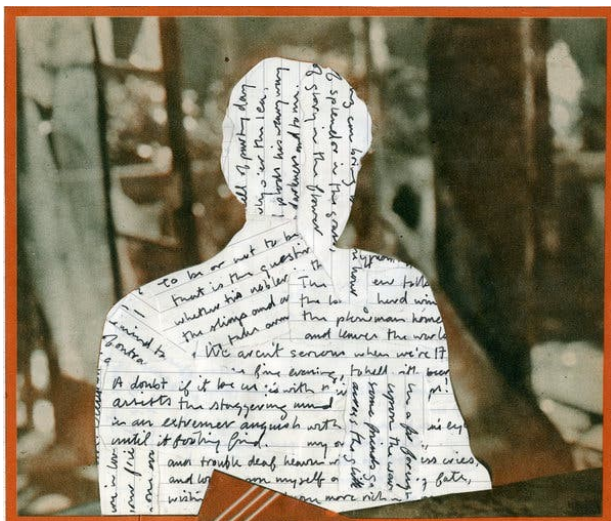
↑ ↑ ↑ ↑

Click and drag the box borders to move. Click and drag the arrow to move



Your autobiography may consist of:

- **INCIPIT** : your life begins (things, events, faces, noises, reflections, people, facts)
- **RUIT** : your life runs (education, the family, childhood environments, adult figures, peers, games, crisis, breakups, turns, desires, budgets, meetings, passions)
- **EXIT** : your life ends for the moment (results achieved, not achieved, future programs)





You can play many times

- No memory is an exact copy of what really happened.
- What you write on a memory can be expanded.
- My Life The Game can be played many times, in many different ways and in different contexts.

What to do with stories of My Life-the Game?

My Life offers several opportunities



- At the end of the game players can save their writings and insert their narratives in the dedicated space on the website of My Life in Europe
- So they can make life stories known and shared in the European Community.
- It's possible to research life stories, identifying common aspects and differences. The master can thus become a reflective researcher.
- It's possible to have a precious archive of European memories with the autobiographies collected in the various EU countries : a repository of individual stories belonging to everyone.
- It's possible to create a network of masters for the exchange of good practice
- It's possible to create a list of masters and reference locations where people can play with My Life

Participants' words about the game in Polonia

- Joy
- Useful
- Sharing
- Positive
- Novelty
- Interesting
- Someone cares
- Very good
- Amazing
- Educative
- Informative
- Calm
- New idea
- Better
- Very productive

Thanks for your attention

