



# DEEP TALK

Tuula Valkonen





Deep Talk is a method for developing joined language and understanding with narrative-based group activities. The aim is to visualize individual's values, attitudes, ethics and enable to participants to express and share their inner thoughts. The method is created by Tuula Valkonen.

At the heart of the method are narratives or stories whose origins and authors vary and which have a strong symbolic level. The name, Deep Talk, refers to the inner speech that the method seeks to bring to surface through certain steps and repetitive elements.

The Deep Talk method always starts with the participants calming down by sitting down in a circle and opening a bag of sand. As all the participants are ready to listen, the narrator start telling the story. He simultaneously enlivens the story with patterns drawn on the sand and the sounds created by moving the sand. In the method, sand is a desert where anything is possible. After the story, participants share their thoughts: what was best in the story, where in the story they would like to be and was there something they would like to change in the story. There is no right or wrong answers.

After the discussion, there is a change in rhythm, which is illustrated by changing places in the circle. At next phase, the meaning of the story is pondered in the lives of the community and the participants: The narrator draws to the sand the moods, hopes and fears of the participants and asks questions of their values. After that, each participant describes their thoughts by selecting a wooden character and placing in the sandy landscape.

Finally, it is time for a common celebration and a task of wonder to implement at home.





RAUMAN  
PIKKUNORSSI

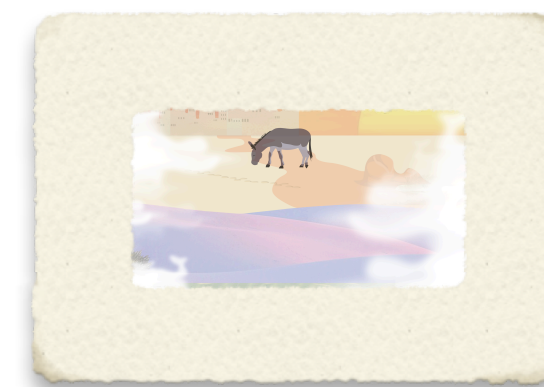
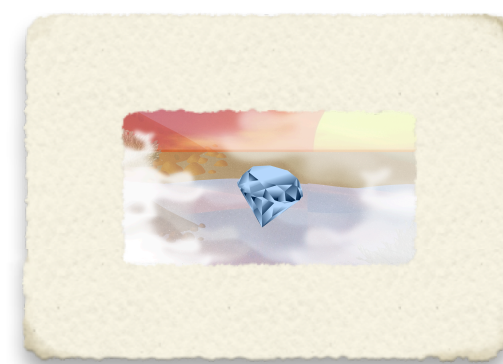
## DEEP TALK -MATERIAL

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Illustration: Rauman Pikkunorssi

Marjaana Korpi

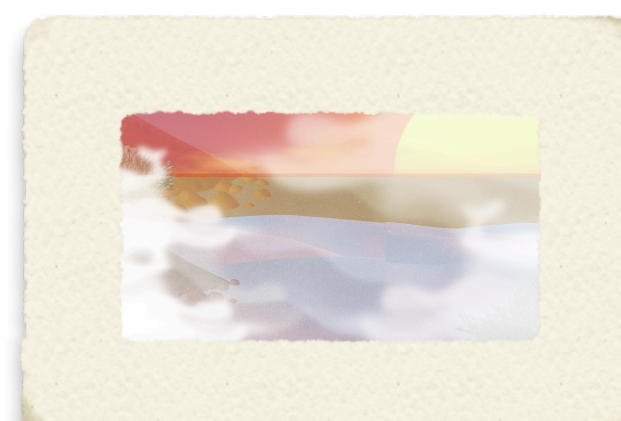
### 1. STORY PICTURES



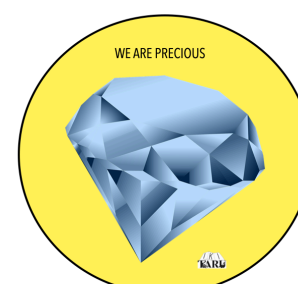
### 2. ACTION CARDS (SESSION STEPS)



### 3. PICTURE PLATFORMS



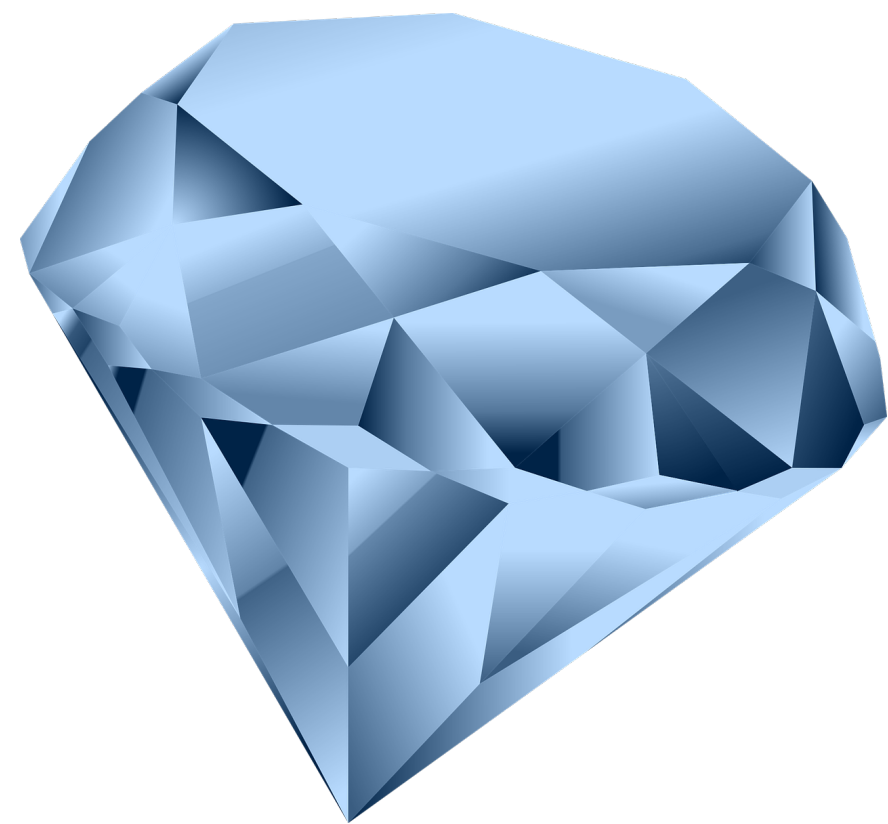
### 4. VALUE WORDS FOR NECKLACES





# DEEP TALK

**DIAMOND**



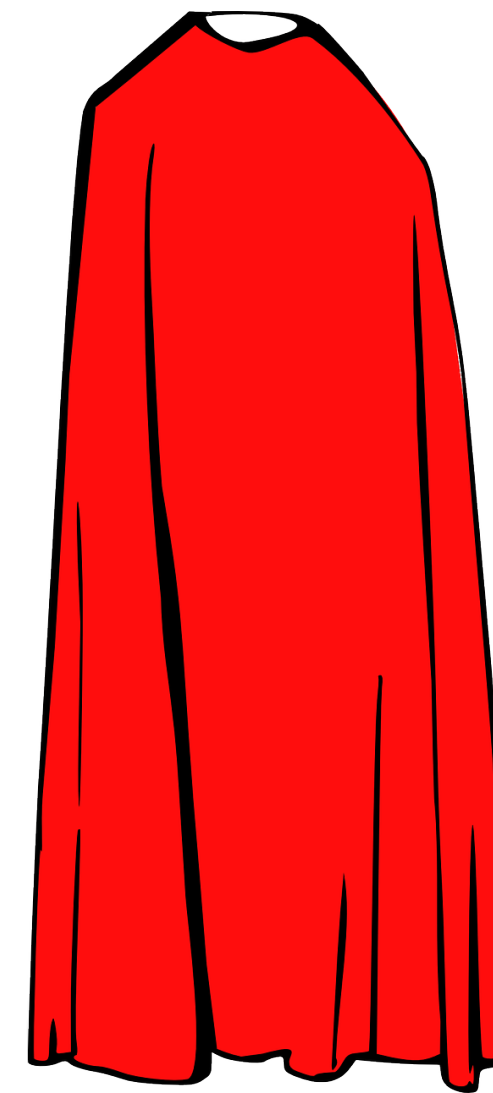
*PRECIOUS*

**STARFISH**



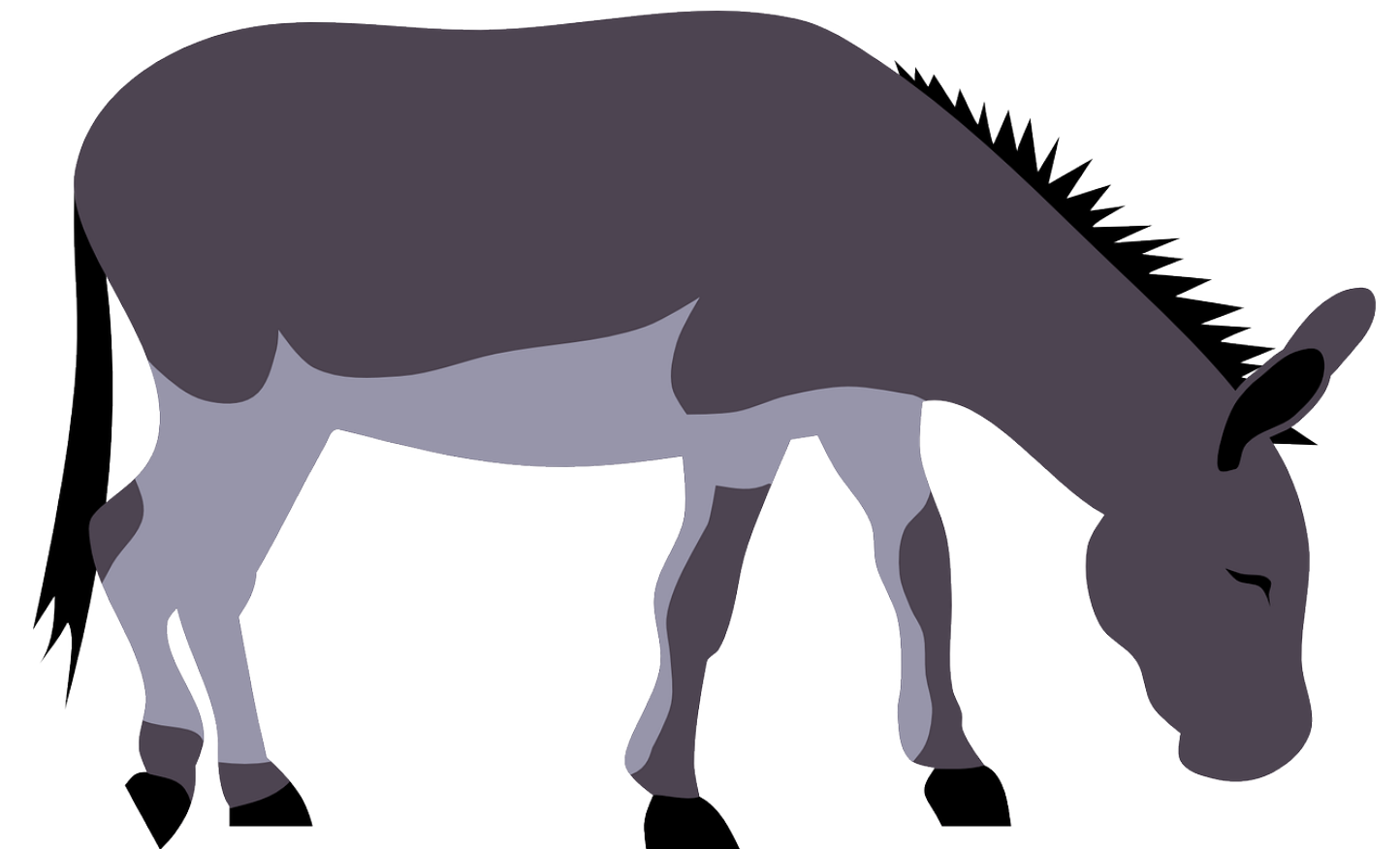
*CARING*

**CAPE**



*NOTICE AND BE SEEN*

**DONKEY**



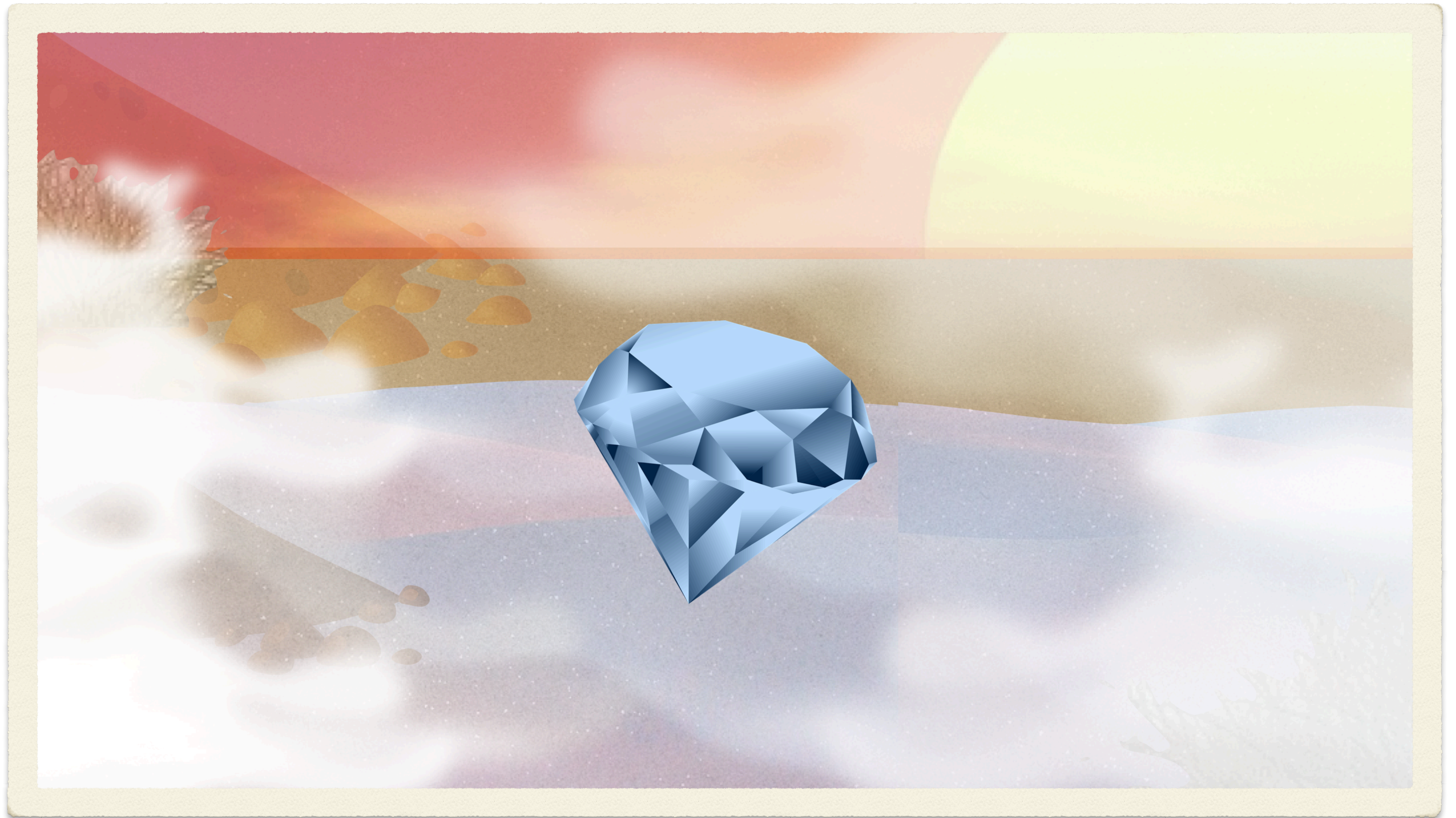
*OBSTACLE*



**Deep Talk: Tuula Valkonen**

Illustration: Rauman Pikkunorssi  
Marjaana Korpi







The desert is a dangerous place, the wind is blowing out there, so hard that the sand moves and a person has hard time to find the way. During the day it is burning hot and freezing cold at night. In the desert few things grow, or nothing, and there is little to eat or drink. Very few will go to the desert, unless they have to (or they are prepared).

Through the desert, travelled a person, with nothing. He found a precious stone from the desert.

The person took the stone and went on his way. Towards the person came a stranger who saw his stone. The stranger asked if they could have the stone.

Without a complaint the person gave the precious stone to the stranger. And both continued on their way.

After a few days journeying, the stranger, however, turned back to find the traveller again.

The stranger gave the precious stone back to the person and said: "I want something even more precious from you.

Tell me where did you get that attitude, that you can give away your most precious thing for the sake of a stranger?"



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Marjaana Korpi







Where water comes near the edge people, animals and plants can live.

Next to the sea there was a man walking and casting back into the sea some of the starfishes which where flushed on the beach. There where thousands of starfishes on the beach, so he could not rescue them all.

There was an other man watching man casting starfishes back to sea. He said: "You can not rescue them all."

Man cast one starfish into the sea again and said: But I can rescue this one.



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Illustration: Rauman Pikkunorssi  
Marjaana Korpi







The desert is a dangerous place, the wind's blowing out there, so hard that the sand moves and a person has hard time to find the way. During the day it is burning hot and freezing cold at night. In the desert few things grow, or nothing, and there's little to eat or drink. Very few will go to the desert, unless they have to (or they are prepared).

However, at the edge of desert, water comes close to surface and there humans, animals and plants can live.

Also the first towns were found there.

Sometimes it happened, when farmers brought food to the citizens of the town, that the donkey used for transportation, blocked the narrow street of the town.

If people tried to pass by it from its head side, it could bite painfully.

If people tried to pass by the donkey from its back end, it could kick hurtfully.

So people remained standing on the both side of the donkey.

They discussed together: "Let's wait our wise rabbi. He will know what to do"

Finally, the rabbi came and saw the donkey and the people standing on the both side of the donkey.

"I will go round", he said.



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Illustration: Rauman Pikkunorssi  
Marjaana Korpi







At the edge of the desert water is coming up. There plants, animals and people can live. There was also this town with a beautiful park.  
Every day the rich and wise and beautiful lady with her pretty cape went for a walk into the park.

People wanted her company because of her good character. They talked to her and listened carefully what she has to say.

In the park walked also a beautiful and wise girl who was very poor. No one wanted to listen to her.

One day she said to the rich lady: " Can I walk today under your cape, so that people would recognise me too!"

The wise and rich lady enclosed the poor girl under her cape and they walked and talked the whole day together.

The rich lady noticed that the poor girl was very charming and wise.  
And so did all the others!



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# 1. ARE YOU READY TO HEAR THE STORY?



1. Sit down and make a circuit on the floor or at a table.

Pay attention to every child.

Calm down, take a deep breath and ask:  
Are you ready to hear the story?

Start the story when you are ready and let  
the story come.



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## 2. STORY AND WONDERING



### 2. Press your gaze down.

Tell the story peacefully in a calm atmosphere.

Illustrate the story with hand movements and sounds of the sand.

Questions of wonder:

Ask the following questions after the story:

- What did you like most in the story?
- What part of the story would you like to take away/
- What part of the story you did not like?
- Where in the story would you like to be today?

After presenting the question, stand up and change places  
In the circle if possible. (If the group cannot change places,  
the narrator should change her/his place).



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### 3. COMMUNITY PLAY



3.

Create the day of the group by molding the sand

What kind of things you would like to put on the sand  
Today? (Joys, sorrows, tensions, hurries, wishes, concrete things,  
feelings and thoughts). Remember and remind that you do not  
have to say everything aloud.

Ask the story question (each story has its own question)  
Collect children's answers to the symbol (diamond, donkey, cloak)  
But do not show the symbol immediately to children.

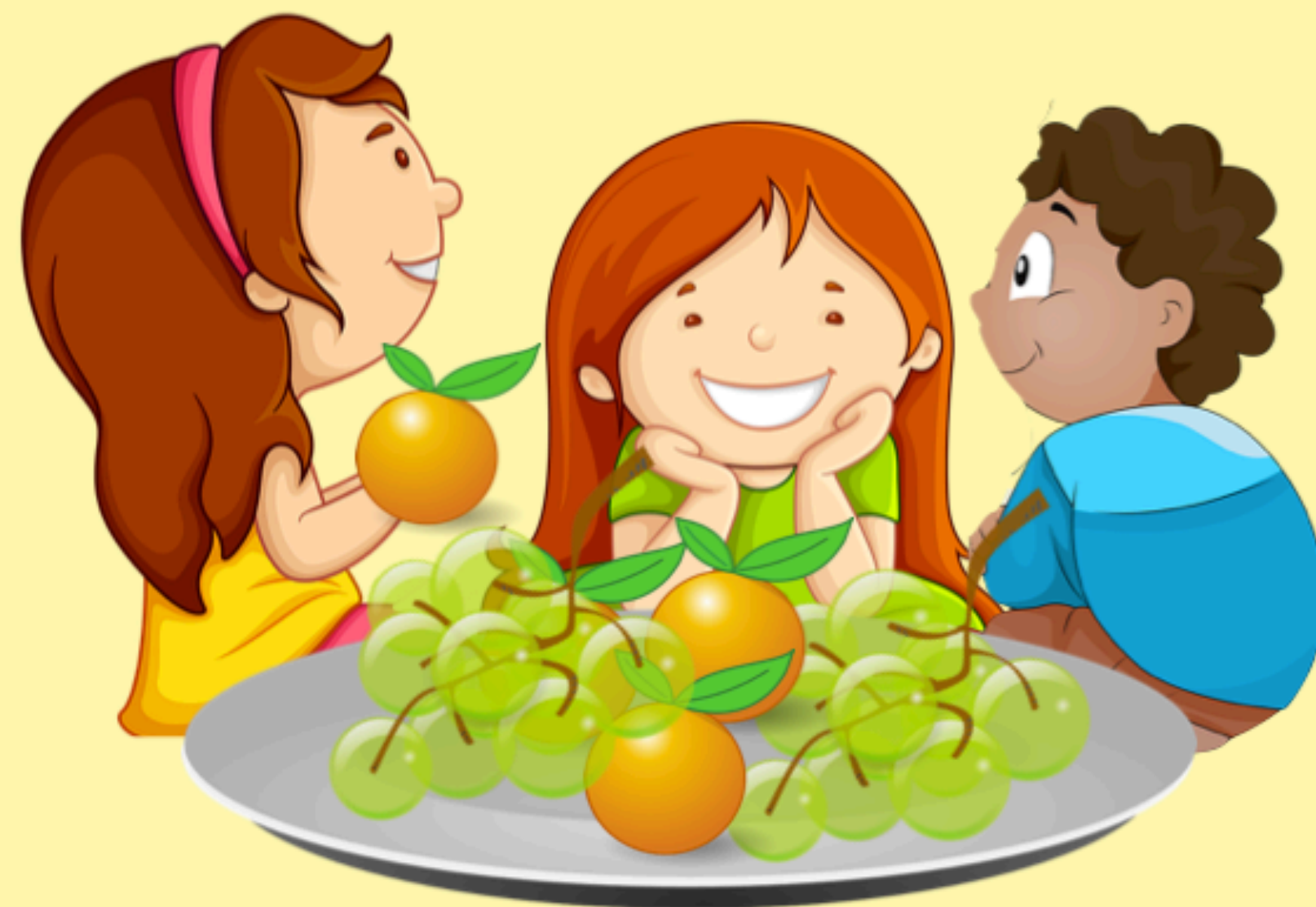


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## 4. CELEBRATION



4.

Provide a small delight for everyone and serve the delight to everyone in a festive manner.

Start the celebration simultaneously: start enjoying the delight at the same time.



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## 5. SOMETHING TO TAKE HOME WITH



5.

A mental exercise (reflection task) to take home:

depends on the story (f.e. think 1-3 topics of gratitude in the evening at home)



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IKU  
TARU





IKI  
TARU







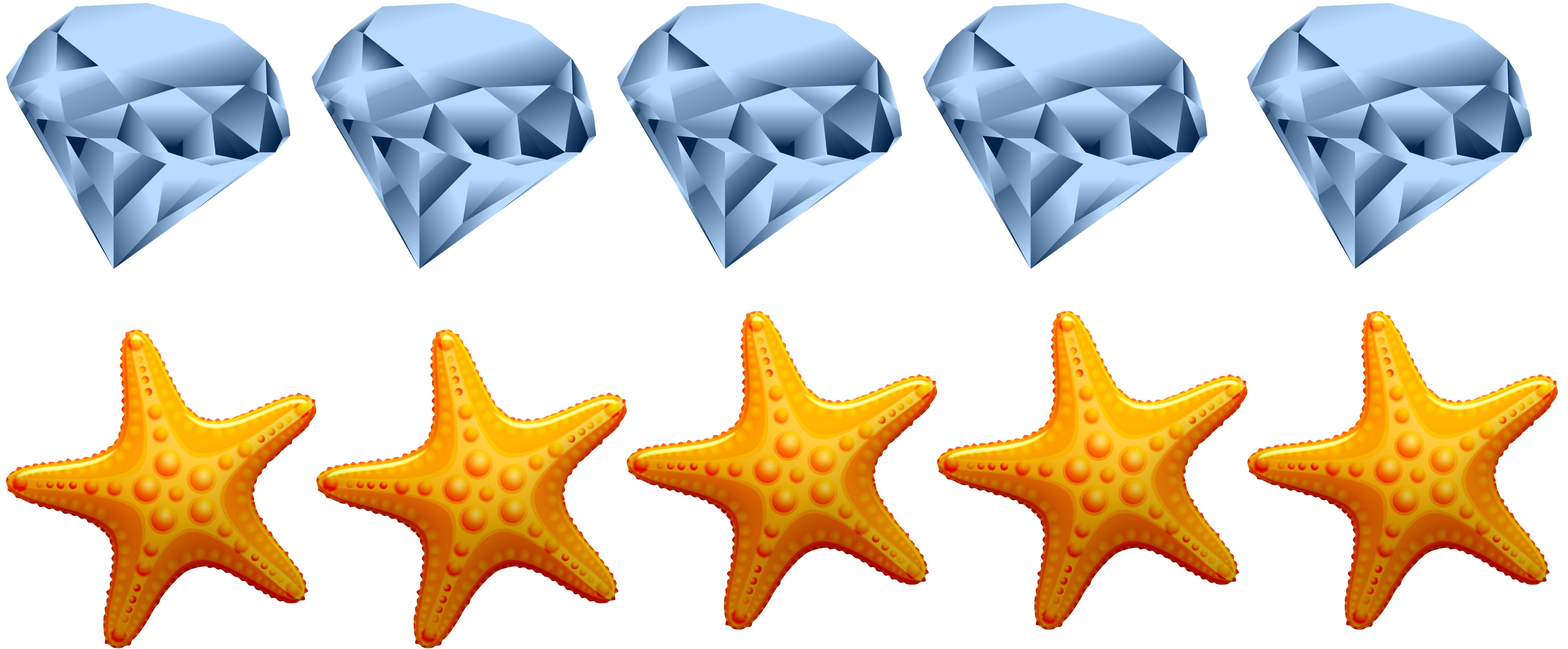
# DIAMONDS AND STARFISH TO PICTURE PLATFORMS



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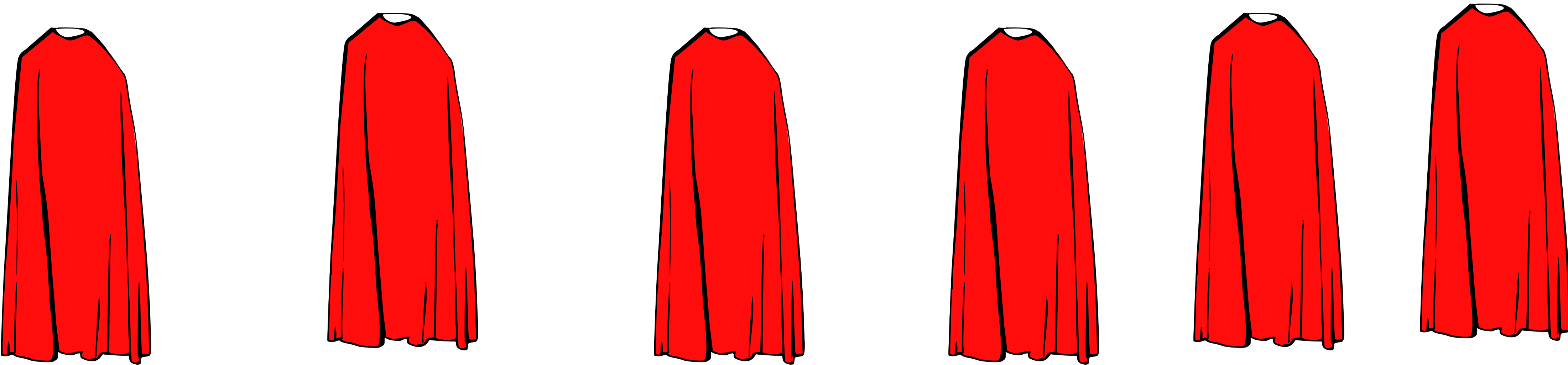
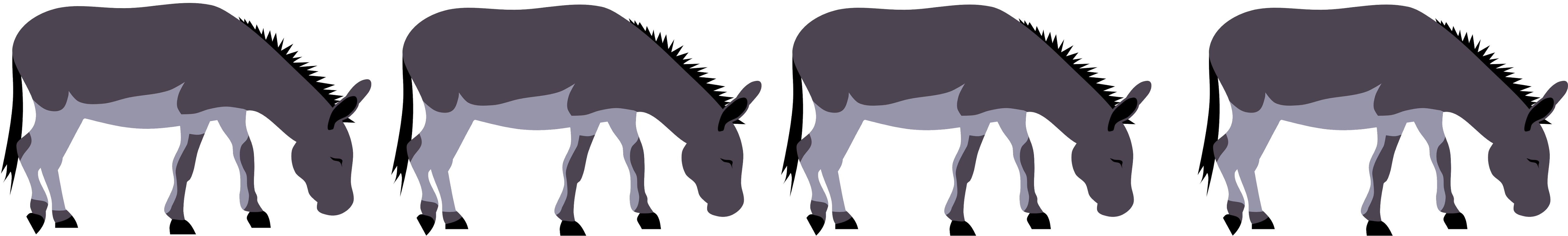
DONKEYS AND CAPES TO PICTURE PLATFORMS



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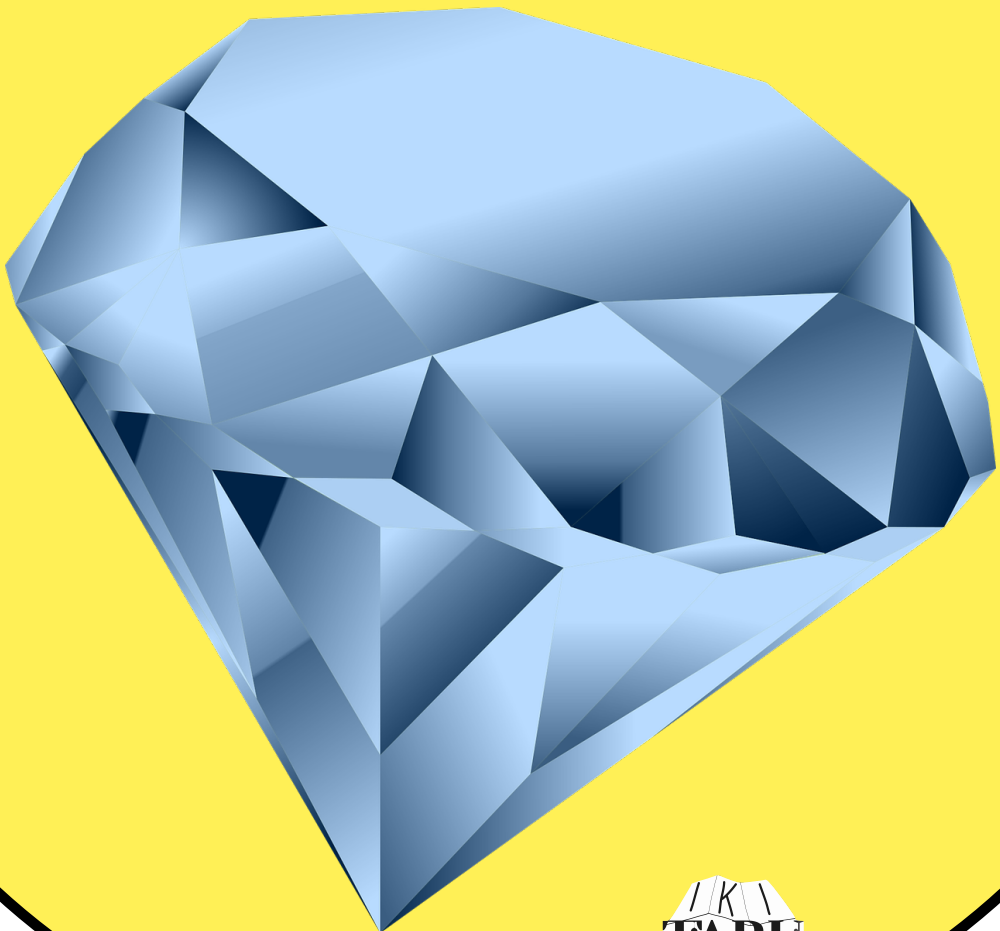
MEMORY CARDS OF THE POSITIVE VALUES IN STORIES



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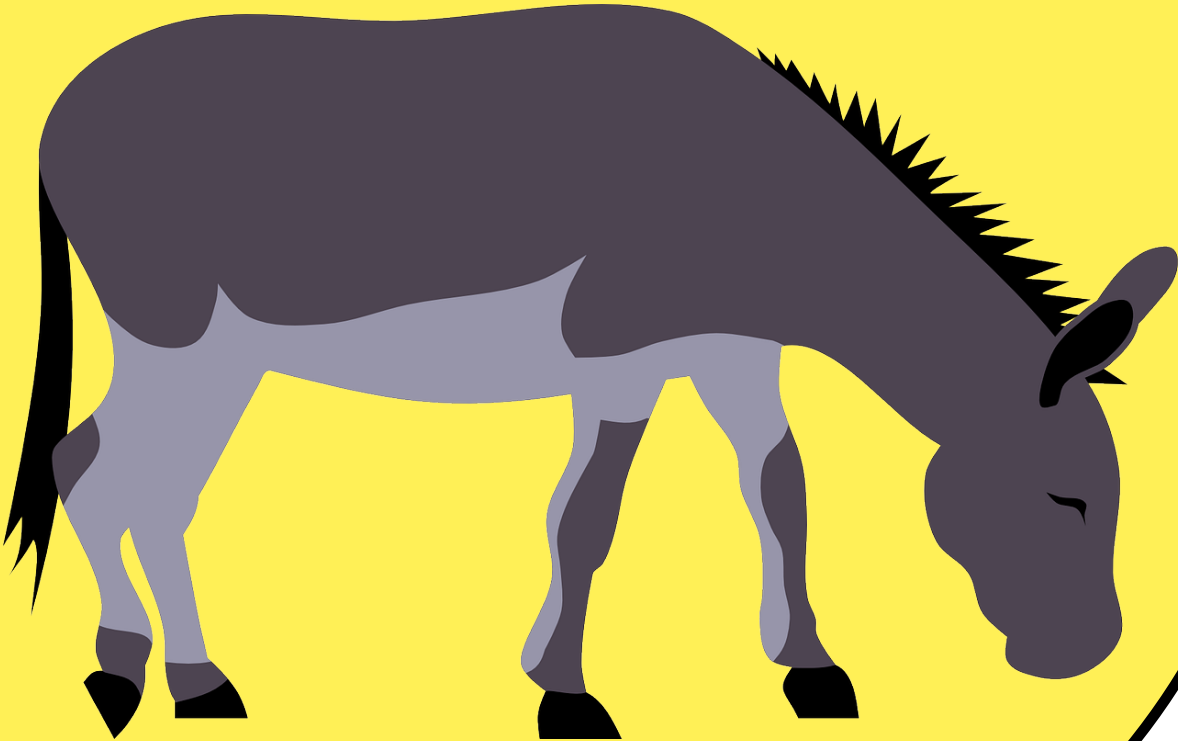
WE ARE PRECIOUS



WE CAN CARE EACH OTHER  
AND OURSELVES



SOMETIMES THERE IS  
CHALLENGES



WE CAN NOTICE OURSELVES  
AND OTHERS

