

# Living Archives Interview Activity: LTP Hand Map Activity

- **You will need paper/cardstock.**
- **Please participate in the activity yourself, it helps alleviate any pressure or stress for the interviewee. You don't need to talk through your hand map, but if you're working on it simultaneously and aren't staring at the participant, it makes them much more comfortable.**
- **Use the Hand Map as a guide or tool to collect a rich deep conversation. Feel free to ask deep open-ended questions that come to mind organically...**
  - Ask interviewee to trace their hand
    - Let interviewee know they can label using words, drawings, or symbols, and that it's ok if the symbols/words only make sense to them.
    - Specific prompts:
      - **Step 1:** For each finger, identify by listing/drawing a noun and/or adjective that describes you.
        - These can be characteristics or identities, e.g., a teacher, playful, a vegetarian, a dreamer, etc)
      - **Step 2:** Look at your palm and draw the main lines/grooves you see on your hand drawing.
        - Think of three journeys in your life. Along those three lines you drew, write a word or phrase (or draw a symbol) that corresponds to a journey.
        - You might want to think of a journey you've taken in the past, and a path you're on in the present. The journey could be more literal (such as a trip you've taken or a move you've made from one home to another), or it could be more metaphorical (such as attending college, weathering a long struggle, etc.)
      - **Step 3:** Next, along the lines at the base of your palm/on your wrist, list 2 or 3 thoughts or feelings that come to mind when you hear the word Covid-19 pandemic.
      - **Step 4:** Wherever you have space in the middle of your palm, usually by the thumb area, can you identify one or two things you've gained from the pandemic?
        - Think of this as something—symbolic or concrete—that you now possess or are holding in your hand, as a result of living through the pandemic
      - **Step 5:** On the outside of your hand, what's surrounding you? Who or what supports you? Inspires you? What people, what ideas or values? Indicate these people/ideas in the background of your paper, outside of your hand.

## **Recorded Interview:**

- Once the hand map is complete, ask questions about it during your recorded interview
  - Ask interviewee to share their list of memories or associations with the activity
    - You might also want to let interviewee know up front that they will not need to share anything they don't want to share.
  - Ask questions like:
    - Can they share about their hand map?
    - What stood out to them?
    - What feelings came to mind when they thought about the Covid-19 pandemic?
    - What is one thing they've gained from the pandemic?
    - Who was surrounding them? Who was their support system?
- Use the Guiding Questions for more prompts if needed....