



Every family has stories – some joyful, some painful, some still waiting to be told.

Nkwihoreze

Arts for Resilience
Ubugeni bwubaka
ubudaheranwa

Buri muryango ugira amateka, amwe ababaje, andi ashimishije. Amwe mu mateka aba ataravugwa. Ngwino ubane natwe muri gahunda za Nkwihoreze.

Remembering the unlived past

Building resilience in families affected by the 1994 Genocide against the Tutsi in Rwanda.

The *Nkwihoreze* project has been a shared journey—children, young people, families, artists, psychosocial workers, researchers and communities walked together to explore how art and storytelling can open space for healing across generations.

This booklet offers a glimpse into our journey, sharing a small selection of the creative tools developed by our team.

Read on to learn more about our tools and for full details and professional resources please visit us at www.nkwihoreze.org

Kwibuka ibyahise utabayemo

Kubaka imbaraga mu miryango y’abarokotse genocide yakorewe abatutsi mu 1994.

Gahunda za nkwihozeze zabaye ubufatanye hagati y’abana , urubyiruko, imiryango , abanyabugeni, abashakashatsi n’abaturage bareberaga hamwe uburyo ubugeni bwifashishwa mugusangizanya amateka no gushyiraho umwanya wihariye wo komorana ibikomere hagati y’abato, urubyiruko n’abakuru mu muryango.

Aka gatabo karagaragaza incamake y’uburyo, n’ibikoresho byakoreshejwe.

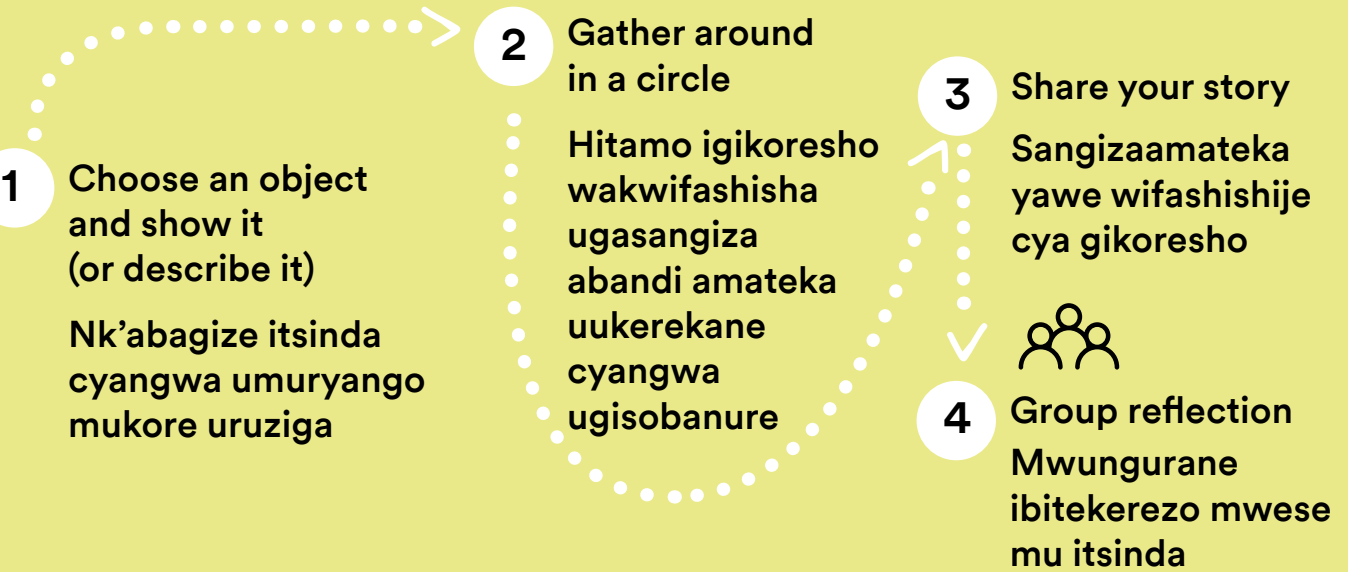
Soma witonze umenye neza ubwo buryo n’ibyo bikoresho ariko kugirango ubone amakuru arambuye wasura urubuga rukurikira rw’ikoranabuhanga rwa www.nkwihoreze.org

Object Elicitation Igikoresho mbarankuru

This activity helps to share stories about family histories, identify strengths, values and learnings and build connections.

Iki gikorwa gifasha mu gusangiza amateka akomeye y’umuryango, kumenya imbaraga zawo, indangagaciro hamwe no kwiga ndetse no kubaka ubusabane hifashishijwe igikoresho runaka mu kubara inkuru z’amateka y’umuryango

Steps: **Intambwe:** (Uko igikorwa gikorwa)



A heart full of sorrow cannot find the right words.

Umutima usobetse amaganya, ntusobanura amagambo.

(Rwandan proverb)



You’ll find a small tree hidden on the pages of this booklet.

Its changing form offers a gentle way to explore the concept of resilience with children. You might encourage them to spot the tree and reflect on how it changes.

Uzabona igiti gito kitagaragara neza muri ak gatabo

Impinduka z’icyo giti zitanga uburyo bworoheje bwo gusobanurira abana igitekerezo cy’ubudaheranwa. Ushobora kubashishikariza kukibona no gutekereza ku buryo kagaragaza impinduka.

Guiding questions:

Why did you choose this object?
What does it mean to you?
What story does your object tell?
How do you feel when you think about this story?
Are there are lessons you get from this story?

Ibibazo biyobora:

Kuki wahisemo iki gikoresho?
Kivuze iki kuri wose?
Igikoresho cyawe kivuga ayahe mateka?
Wumva umeze ute iyo utekereza kuri ayo mateka?
Ese hari amasomo ukura muri ayo mateka?

Guidance

Everyone has a turn.

Amabwiriza

Buri wese afite umwanya we/afite igihe cye.



The steps for Nkwihoreze tools listed in this booklet are for illustration only, they are not complete instructions.

Intambwe z’inyoborabikorwa za Nkwihoreze zavuzwe muri aka gatabo zakoreshejwe mu rwego rwo gutanga urugero gusa, ntabwo ari ibikorwa byuzuye.



The Family Tree

IGiti cy'umuryango

This activity helps you explore your family and reflect on what's been passed down—both positive and difficult. You'll think about what you've inherited: values, skills, stories, or challenges. You'll also imagine what you hope to pass on to future generations. It's a way to understand your roots, growth, and hopes for what comes next.

Iki gikorwa kigufasha kumenya umuryango wawe no gutekereza ku murage wagusigiye, ibyiza n'ibikugora. Uzatekereza ku bagize umuryango mugari byo ubakomoraho: indangagaciro, ubumenyi, inkuru, cyangwa imbogamizi. Uzanatekereza kandi ku byo wifuza kuzasigira abazagukomokaho. Ni uburyo bwo gusobabanukirwa neza inkomoko yawe, imikurire n'icyizere cy'ibizakurikiraho.

"I've found peace through Nkwihoreze."
"Nabonye umutuzo biciye muri Nkwihoreze."

Nkwihoreze participant



Steps:

Intambwe:

- 1 Draw a big tree
Shushanya igiti kinini ku mizi kugeza ku mbuto



- 2 Write in family names
Andikamo amazina y'abagize umuryango wawe uhereye ku mizi



- 3 Write what you inherited
Ibumoso bw'igiti, andika ibikugora ukomora kubagize umuryango wawe

- 4 Draw weeds for negatives
Iburyo bw'igiti shyiraho ibibi n'ibikugora ubakomoraho



- 5 Draw clouds for future
Mu mbuto shyiraho ibyo wifuza kuzaraga abazagukommokaho



Guiding questions:

How can we share positive values or inspire future generations?
How can we stop passing on bad values and behaviours to future generations?



Ibibazo biyobora:

Ni gute twasangiza indangagaciro nziza kandi tugasigira ibyiza n'indangagaciro tuzasigira abadukomokaho?
Ni gute dushobora guhagarika guhererekanya ingeso mbi n'imyoitwarire mibi kubadukomokaho?



Guidance

Respect and thank everyone.

Amabwiriza

Ubaha kandi ushimire buri wese.

"Your struggles don't define you. Taking care of your mental health is an act of self-love. You are worthy of happiness and peace of mind."

"Ntabwo usobanurwa n'ibikomeye unyuramo. Kwita ku buzima bwawe bwo mu mutwe ni igikorwa cyo kwikunda. Ukwiye kugira ibyishimo n'amahoro yo mu mutima."

Sandrine
Nkwihoreze workshop young facilitator
Umwe mu bato bayobora ibikorwa muri gahunda za Nkwihoreze

A hero's courage comes from the brave heart of their parent.

Imbaraga z'intwari izikomora ku mutima wa gitwari w'umbyeyi we.

(Rwandan proverb)



The Family Table

Ameza y'umuryango

This activity helps families reflect on their shared strengths, individual skills, and challenges, encouraging open dialogue and unity.

Iki gikorwa gifasha imiryango mu gihise c'igitamo cy'umuryango mu gutekereza ku mbaraga usangiye, ubumenyi bwite n'imbogamizi, hashishikazwa gukora ibiganiro no gufata ingamba ku miryabango yabo.



Steps:

Intambwe:

- ## 1 Sit together as a family

**Mwicare hamwe
nk'umuryango
kandi musige
intebe irho ubusa**



- 2** Draw a cooking pot on a fire – this represents the family

**Mwifashishe imvugo
shusho y'inkono yo
gutekeramo iri ku
muriro ihagarariye
ishusho y'umuryango**

- 3** Around the fire, write or draw the family's strengths and values

**Mu gihe
muzengurutse
ameza , buri wese
yandike cyangwa
ashushanye
imbaraga
n'indangagaciro
by'umuryango**

- 4** Inside the pot, list each member's unique skills

Buri wese agaragaze ubumenyi bwihariye bwa buri wese mu bagize umuryango.

- 5** Identify any “bad ingredients” (challenges or negative behaviours) and put them on the rubbish pile

**Buri wese kandi agerageze
agaragaze cyangwa ashush-
anye imbogamizi cyangwa se
ingeso mmbe n'imyitwarire
mibe abishyire ahagenewe
gushyirwa imyanda.**

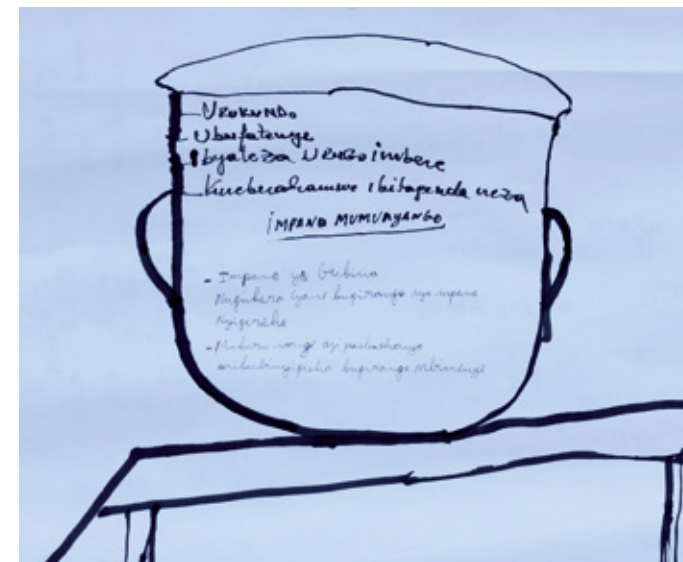


Guiding questions:

What skills does each person bring to the family?
Which of these makes our family strong?
Are there any habits or challenges we should work
on together?

Ibibazo biyobora:

Ni uruhe ruhare buri muntu agira mu muryango?
Ni uruhe ruhare rutuma umuryango wawe ukomera?
Ese hari imico mibi cyangwa imyitwarire mibii
dukwiye gukemurira hamwe?



Guidance

Only share what you feel comfortable sharing.

Amabwiriza

Sangiza gusa ibyo
wisanzuriye
kuba wasangiza.

“We hope Nkwihoreze program can reach every corner of the country.”

“Turizera ko gahunda ya Nkwihoreze yagera mu duce twose tw'igihugu.”

Nkwihoreze exhibition visitor in Rwanda

Umushyitsi w'Imurikabikorwa rya

Nkwihoreze mu Rwanda

Blessed fruits appear
on the tree of struggles.

Imbuto y'umugisha yera
ku giti cy'umuruho.

(Rwandan proverb)



With sincere thanks and
gratitude to all Nkwihoreze
project co-creators and
participants.

How helpful is
this booklet?
Please let us know



Dushimiye byimazeyo
abantu bose bafatanyije
gukora gahunda ya
Nkwihoreze n'abayitabiriye.

Aka gatabo kagufashije
bingana iki? Bitubwire



Learn more at
Menya ibindi kuri

www.nkwihoreze.org
[#nkwihorezeproject](https://twitter.com/nkwihorezeproject)
[@nkwihorezeproject](https://www.facebook.com/nkwihorezeproject)

Project gallery available on our website
Amafoto y'ibikorwa byose
ari ku rubuga rwacu

Nkwihoreze project, is a
collaborative research and
engagement project between UCL,
Uyisenga Ni Imanzi and AERG,
funded by the Arts and Humanities
Research Council, UK

Photos by Fernando Mugisha
Artwork by Nkwihoreze team

Ibikorwa bya Nkwihoreze, ni gahunda
y'ubushakashatsi kandi abantu
bagiramo uruhare ihuriweho na UCL,
Uyisenga Ni Imanzi na AERG, ugaterwa
inkunga na Arts and Humanities
Research Council, yo mu Bwongereza

Amafoto yafashwe na Fernando Mugisha
Ubugeni bw'itsinda rya Nkwihoreze

Booklet developed in collaboration with the Nkwihoreze team and supported by a UCL IOE Early Career Impact Fellowship awarded to Kristyna Skriczka.