



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 nkwioreze 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 miryango.

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

**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'ubudaheranza. Ushobora kubashishikariza kukibona no gutekereza ku buryo kagaragaza impinduka.



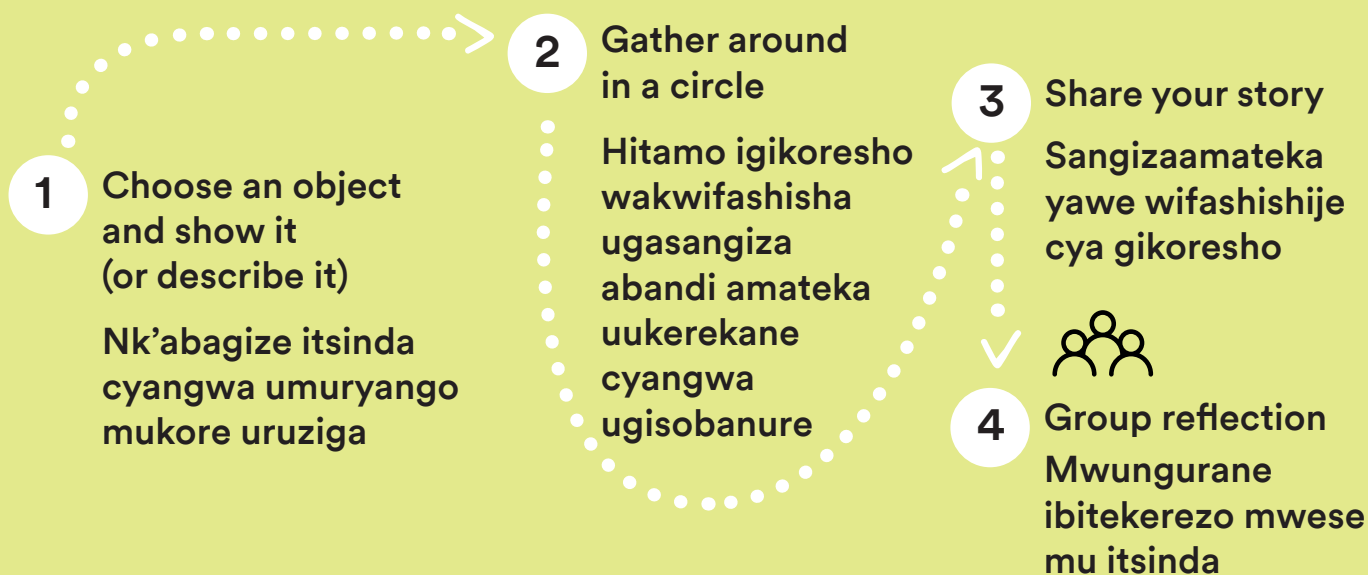
Object Elicitation

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)



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.



Steps:

Intambwe:

1 Draw a big tree

Shushanya igiti kinini kuva ku mizi kugeza ku mbuto



2 Write in family names

Andikamo amazina y'abagize umuryango wawe uhereye ku mizi



Guiding questions:

How can we share positive values or inspire future generations?

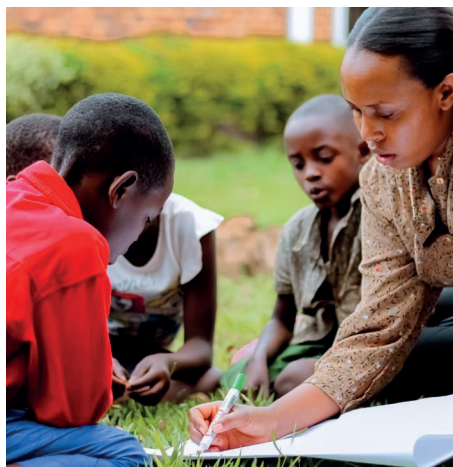
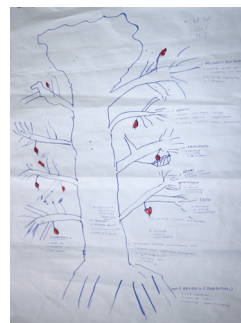
How can we stop passing on bad values and behaviours to future generations?



Ibibazo biyobora:

Ni gute twasangiza indangagaciro nziza kandi tugasigasira 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

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 abazagukommokaho. 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

3 Write what you inherited

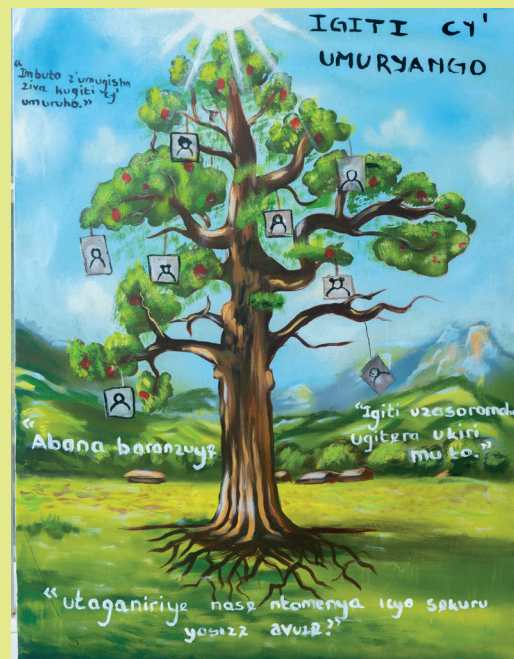
Ibumoso bw'igiti, andika ibikugora ukomora kubagize umuryango wawe

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



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.

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

A heart full of sorrow
cannot find the
right words.

Umutima usobetse
amaganya, ntusobanura
amagambo.

(Rwandan proverb)



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



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?

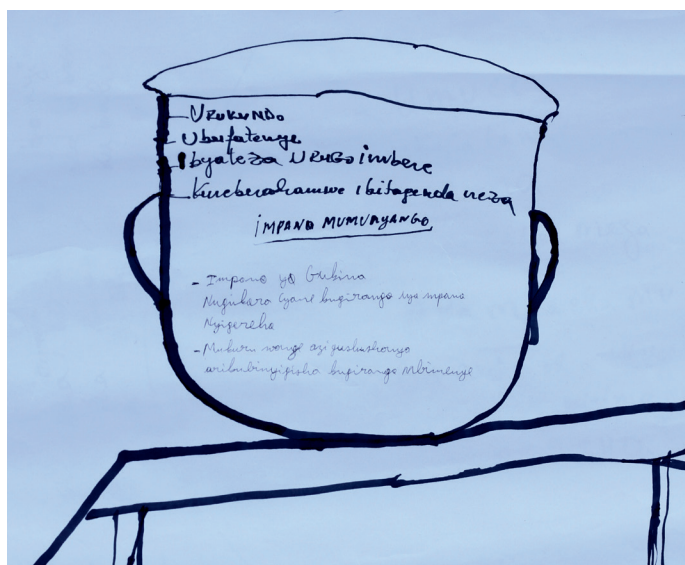


Guidance

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.”

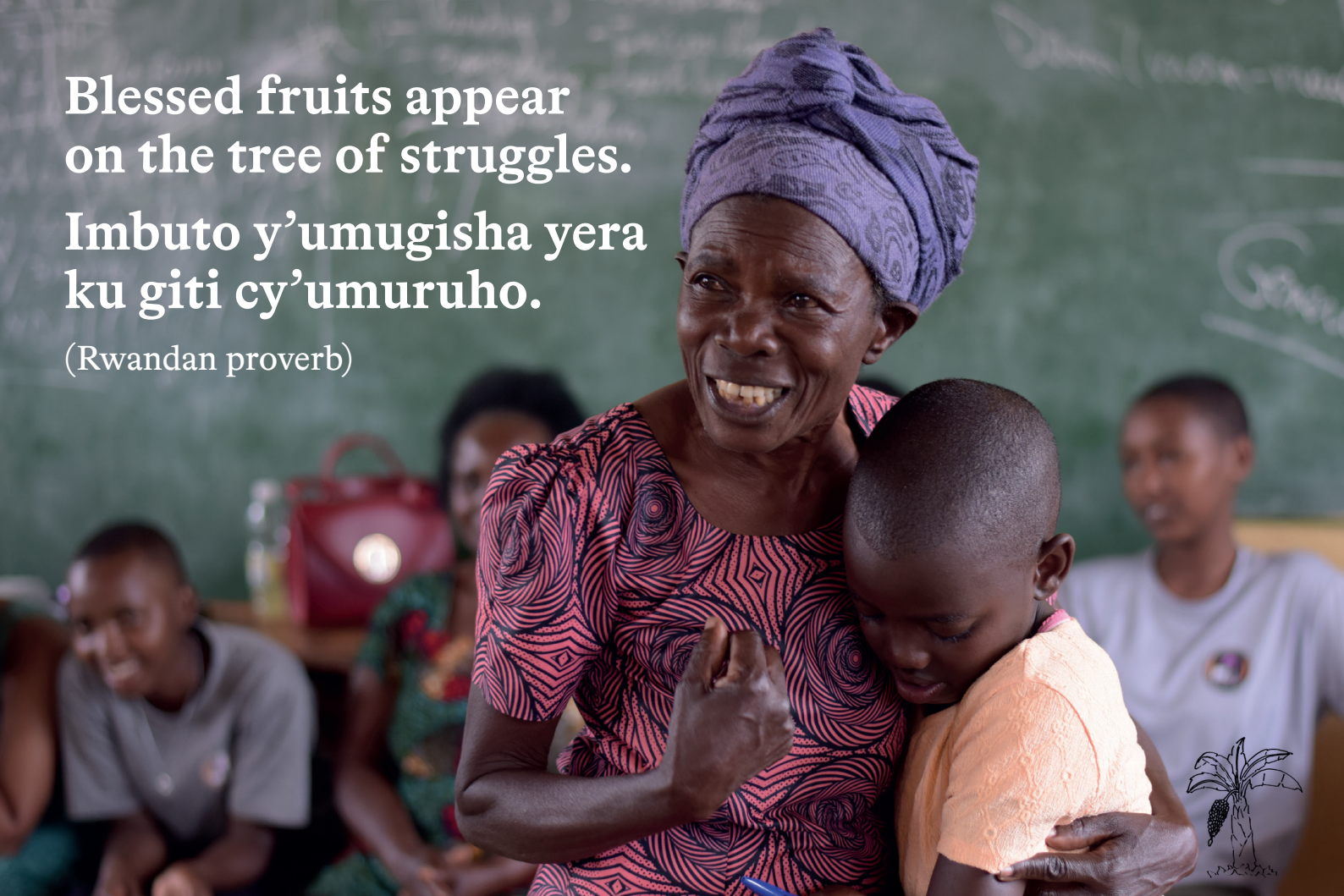
Nkwihoreze exhibition visitor in Rwanda

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

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

Photos by Fernando Mugisha
Artwork by Nkwihoreze team
Booklet by Kristyna Skriczka in
collaboration with the Nkwihoreze team

Amafoto yafashwe na Fernando Mugisha
Ubugeni bw'itsinda rya Nkwihoreze