

Storytelling Activity

- ❖ Increases the active level of learning as participants use critical thinking to analyze a story
- ❖ Storytelling works with many different cultures, including those that tend to be reserved
- ❖ Supports safety because participants are discussing “someone else”, not personal info

Key elements:

1. Identify a story that illustrates a key concept
 - An effective story will: be short; be relevant to the topic; be realistic for participants; be about a fictitious family (not the facilitator); and include an emotional element
 - Consider writing the story down so details are included (don't forget visual, auditory, or other sensory details)
2. Tell the story to the group
 - Ask permission first – “I'd like to tell you a story and hear what you think. How does that sound?”
 - Get into the story – use your voice and body language to emphasize details
 - Consider ending the story with an emotional hook.
3. Ask the group to describe how the story made them feel or analyze key components of the story.
 - Affirm participation and accept their thoughts neutrally



Storytelling Activity

Example from “Touching Hearts, Touching Minds”:

The Story:

“I’d like to share a story related to today’s discussion. How does that sound?”

“Imagine that a young child - about four years old – and his mother are at a fast food restaurant. He asks for a hamburger, soda, and large French fries. Mom smiles and orders a hamburger, milk, and apples. The boy protests. Mom explains that she loves him very much and wants the best for him. Children have an amazing ability to learn lessons from parents.”

Ask:

“What lessons might this young child learn from a mother who insists that her child drink milk instead of soda, and eat apples instead for French fries?”

Responses might indicate the emotional components of mom’s love for the child, the practical aspect of mom is in charge, or the logistics of how to order healthy in a fast food restaurants.

“What will you do next time you go to fast food restaurant to keep the balance?”

Your thoughts:

