

CREATE MORE STORIES

Hi Everyone! My name is Chris and I'm super excited you're going to join us for some storytelling fun! I created a video series that will help you share interesting things about yourself with the people in your life. Storytelling is one of the oldest ways that human beings connect with each other and this series will help you become a part of this long-standing tradition. You don't need any materials and you don't have to be an expert storyteller. I'll share some tips and techniques to help you tell an amazing *true* story about yourself that everyone will want to experience. Thanks for letting your voice be heard!

Project 1: Your top 10 list



In this first video, you'll create a top ten list of the things that we think people should know about us. This will help us to think about what stories we want to tell.

Project 2: Family bubble tree



In this next exercise, you'll draw a family bubble tree with your name in the middle and then branch out from there. Once you are finished you'll take a moment to look at the names you wrote down, then pick someone and think of a short memory that you could share about that person.

Project 3: Stories we love



In this video we'll think about the movies, books, television shows, comic books, or plays that we love, and think about why we feel a connection to certain characters and stories.

Project 4: Proverbs as prompts



Prompts are great tools to get you to think of stories you didn't even know were there. For this exercise we use proverbs as prompts for our own stories/memories.

Project 5: Warm up your lips



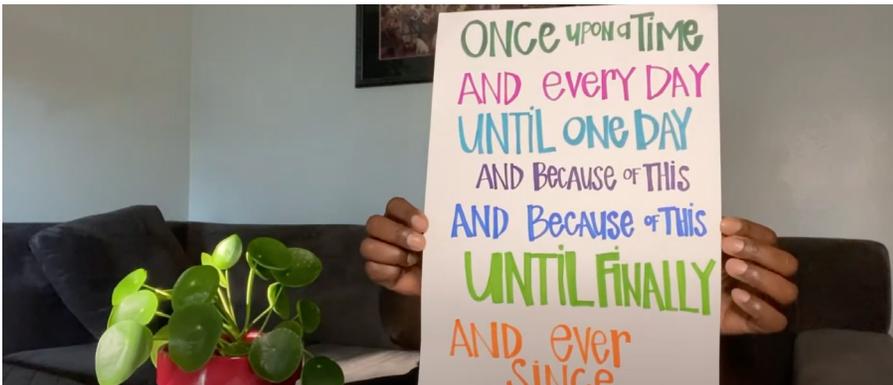
When telling a story you want to make sure that your audience can understand what you are saying, so in this video we'll be learning some lip exercises and tongue twisters to help us slow down and speak clearly.

Project 6: Calm your nerves



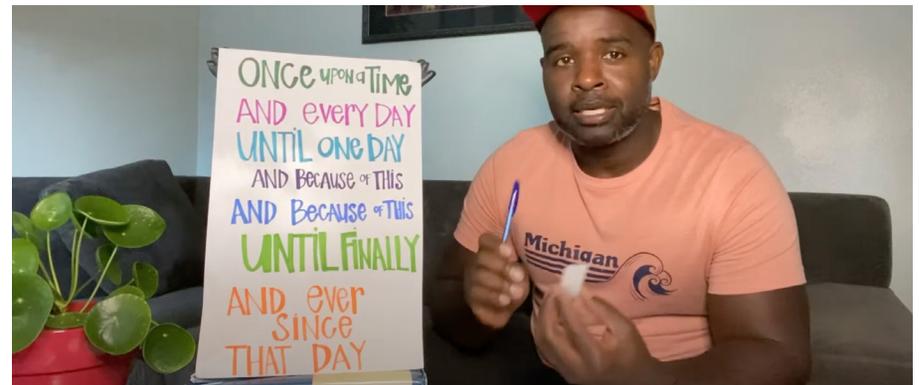
Telling a true story from your life in front of an audience can be very scary, so it's totally normal to feel uncomfortable or nervous. In this video, we'll try three exercises for overcoming those nerves.

Project 7: Map out your story



How do we get from point A to point Z? In this video, I'll share a basic story structure that can help you organize your thoughts and memories.

Project 8: It's story time!



Get into your power position....do your lip exercises....say your positive affirmations....take a deep breath... it's time to share your story