

# Storytelling 2:

## My Personal Story

Storytelling is an integral part of our lives connecting us to our past, future as well as to each other and helping us to understand the world around us. Through this resource we will engage in various activities aimed at improving confidence in storytelling through looking at our own personal story.



We create stories every day through our thoughts, experiences, interaction with others, our history and our dreams.



Stories are used to teach, inspire, distract, entertain, caution, provoke or scare through stimulating emotional responses and helping us to understand and connect with other people and different situations.



**My name is.....**

What is the story behind your name? Were you named after a relation, celebrity, saint, flower etc?



Does your family name (surname) have historical, social or cultural significance? In your culture, are there any particular traditions when naming children? Ask your friends to share the story of their names.



### Memories

Human memory is a collection of stories about people, places and experiences. Memories are usually triggered by a sensory stimulant; an image, taste, smell or sound.





Think of all the memories that come to mind when you look through a family photo album. Reminiscing about the past, through looking at old photos, can be very therapeutic and create wonderful opportunities for intergenerational bonding.



We've all experienced that powerful emotional response on hearing a song from the past. Songs themselves tell a story through the lyrics, but hearing particular songs can often bring back personal memories associated with the song. Can you think of any song that reminds you of a particular incident or time in your life?



Certain smells can also induce vivid memories and stories from our past. Many people associate strong smells such as turpentine, floor polish, lavender and oil with childhood memories.



Some of best stories come from memories of when we found ourselves in embarrassing or funny situations. Can you think of any time when you did something funny or embarrassing?





Stories can change as they pass from one person to another. You can have some fun testing this out! When you are in a group, see how much your story changes by whispering one of your funny or embarrassing stories to the person beside you and asking them to pass it on. You might be surprised to hear the version that comes back to you!



Each experience we have is a story and we are actively storytelling every day as we communicate with others.



# ARTSQUAD



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