

# STORYTELLING

## Description

The activity helps to enhance linguistic skills through storytelling. Randomly select the words written on the cards, choose meaningful memories and write a story about them. This activity encourages exploration of thoughts and emotions, better self-expression, vocabulary development and sentence structure. By taking part in this personal storytelling process, you can strengthen your linguistic abilities and increase your confidence to express your experiences and emotions effectively.

## Learning Objectives



- To strengthen memory and cognitive skills
- Enhance linguistic skills
- Encourage reflection and self-expression
- Foster creativity
- Promote emotional resilience and well-being.

Activity aims to help to enhance linguistic abilities, promote self-expression, foster reflection, all contributing to overall well-being and cognitive development.



## Time Needed

1-1,5 hours

## Learning Setting

Individually, or in group activity  
1 to 5 participants



## Materials Required

- Paper and a pen or tablet/computer
- Printed words on separate cards.

## Practical Tips

- This activity can be carried out in the group. In this case, randomly draw cards with words and/or phrases, write down the memories you associate with the word and/or phrase and share it with others.
- Different images can be used instead or together with words and phrases.



## Step By Step Guidance

Pick one card with words from the pile and create a story related to the first memory that comes to mind from your life.

Take a few moments to reflect on this memory. Think about the sights, sounds, emotions, and any other sensory experiences associated with that memory.

Start writing the story based on the chosen memory. Begin with an introduction that sets the scene and provide context. Then, delve into the details, describing the events, emotions, and any other relevant aspects.

Once you've finished writing the story, take a moment to read it aloud. Hearing the words can help to connect more deeply with the memory.

After reading, reflect on your experience and how it made you feel. Consider any insights, lessons, or newfound appreciation that may have emerged from revisiting the memory.

You can also share your story with others in a group setting, allowing for feedback and the opportunity to engage in discussions about the shared memories. In a group activity, spend 25 minutes creating the story and up to 10 minutes sharing it with others.

The next word or phrase can be picked from the pile to write the story related to another memory.

## Expected Results

- Enhanced writing skills, creativity, and ability to articulate thoughts and feelings.
- Improved memory and cognitive function
- Increased self-expression and confidence
- Activity can be therapeutic, allowing to process emotions, or find a new perspective on past experiences.

## Source

Developed by SIF

## WORDS FOR THE STORYTELLING ACTIVITY

Nostalgia

Milestone

Courage

Reminiscence

Gratitude

Love and relationships

Journey

Wisdom

Laughter

Reflection

Resilience

Serenity

Turning point

Simplicity

Challenges overcome

Triumph

Unexpected twists

Lessons learned

Adventure

Inspiring moments

Childhood memories

Discovery

Celebrations

Lessons from nature

Hopes and dreams

New beginnings

Transformation

Growth

Connection