

August 2009

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

Storytelling

Stella Porter

HOW TO START A STORYTELLING GROUP

Story telling is as old as mankind, it is part of our psyche, and we are all hooked, this applies to both the tellers and listeners. We all tell stories, our holidays, what we saw on TV, what we read, what we did as children - our lives are filled with stories.

A group can start with as few as 3 to 4 members. Between 7 to 10 members making an ideal Group

Listeners are as important to a group as tellers.

1. Introduce yourself & your reasons for starting this Group
2. A brief introduction from each member - (repeat when new members join)
3. Why the interest in storytelling?
4. Keep to your favorite story subject - your story will be easier to remember
5. Name labels are always helpful (we all tend to forget names)
6. Remember this is Storytelling NOT memories
7. Memories in the third person, can become your story

POINTS TO REMEMBER

When you tell a story, it becomes your story. (There is no copyright in storytelling)
It can be past, present or future.

It could be true, something heard or read, make believe, hear say or fantasy.

A clear plot that is easy to follow.

Stories can be told in the first instance, or a third party.

Try and Keep it short, 5 to 8 minutes or you will lose your listeners.

Write it down and date your story & read it a few times - you may find it helpful and reusable.

Know your story - tell it loud to yourself, to a mirror, to a friend (listeners are important).

Change it to suit your mood, the season, times, cultures and characters
(Christmas/holidays)

Eye contact - look around at your listeners. Remember you are telling them your story

Tell your story to the group - their reaction, input and criticism is an important learning curve.

The final touch, a surprise or a twist at the end, can make a story

Summary of Stories... The - 5 Ws

1. Who is it: man, woman, child, animal, ghost, alien, boat, tree, toy, 2p
2. What type of character: age, appearance, their nature"
3. When: present, past, distant/recent, future, party, birth, wedding, death, birth
4. Where: place, country, town, home, cruise, at sea, another planet, hospital
5. Why: THIS MAKES YOUR STORY

U3A - SHARE A STORY LIBRARY

Visit the Storytelling National Website @ www.u3a.org.uk

These are stories have been told, at various U3A Storytelling Group Meetings

We thank the U3A members who have shared their favorite stories with us.
Please send your stories to add and extend our library

WHEN TELLING A STORY

Be comfortable - perch on a stool or stand.

Use of a prop - or touch - can help to stimulate your story

Avoid too many characters, use two or three, giving them names that are familiar to you

Know your story - tell it out loud to yourself or preferably to another person

Speak up, speak slowly - you should be heard by everyone in the room

Make eye contact - include your listeners - draw them into your story

Story telling is fun; relax and enjoy - listening or telling

Hopefully this leaflet will give you an initiative to consider starting a Storytelling Group

Please contact me for assistance, advice, ideas or exercises for help you with Storytelling.

U3A Storytelling Newsletters and memos are forwarded to all group leaders, and members, please advise email addresses of members who would like to be included in our mailing list. Remember I am always keen to hear Storytelling news and the groups' progress

Contact:-

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