

Breathe a Folk Tale to Life

A Storytelling Workshop with

Joy Steiner P.O. Box 2134 Boise, ID 83701 208-383-9053
joy@joysteiner.com www.joysteiner.com

Folk tales carry life lessons and useful wisdom. They help children make good choices because they can walk in the shoes of the story characters and learn from their mistakes and triumphs. Reading a folk tale in a book is wonderful, but the child who watches a folk tale come to life in the storyteller's voice and body is a lucky child, indeed. A story told from the heart is a marvelous gift that nourishes the child's soul.

1. Tell a folk tale round robin style.
Listen to the story.
Take turns telling it in a group.

Inner Story Work

2. Engage your imagination.
Picture the setting of your story using active imagination, a quiet exercise.
Did you see any new details?

Run a film of your story. Pretend you have a theater inside your forehead.
Play a movie of the story and watch the scenes go by in technicolor
and hi-fi sound. Make a sound or voice like those heard in your movie.

Your inner story work guides and informs your:

Outer Story Work

A storyteller's visible tools are: the voice, facial expression, gesture and movement.

3. Vocal warmups
Humming is a gentle way to wake up your voice.
Yes on No. The 'no' phrase is easy on your voice, too.
Water, water everywhere. Water protects the voice. It's the best hydration.
A game: Party voices
4. Whole body movement
Gadget game: notice the characteristics of a familiar tool from home. Show those qualities with your body. Describe your pretend character.
5. Face and hand expression
The eyes, mouth, and hands of a storyteller are especially useful for expression. Show the characteristics of an animal with your eyes, mouth, and hands only.

Apply your Inner and Outer Work

6. Retell the round robin story
 - Add your new ideas for outer expressions in voice, face, and body
 - Use the details you have imagined
 - Is there new dialogue between the characters which bring the story to life?
 - Are there any rhymes, motions, songs, sounds, or places in the story your listeners can join with you?

Tell your story and tell it again.
Tell it for the sheer delight of storytelling

Important Things To Remember For Storytelling Success

Find stories that you love and can't wait to share

Often, you can tell if a story is a good one for you because you can imagine the setting or hear the characters speaking.

Take a few moments to picture the setting of the story in your mind's eye. Even though you may not tell your listeners these details, they add a richness to your storytelling nonetheless.

Our round robin story selection comes from: Silly and Sillier, by Judy Sierra. 2002 Knopf