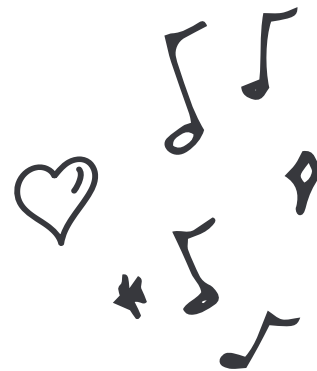


Celebrating Our Stories

Use this activity to explore storytelling through movement and celebrate one another!

Materials Needed: Paper, pencils/pens, a bowl or container, open space for movement



1. Begin by gathering students in a circle. Let them know that today they'll be sharing stories about themselves! Explain that everyone will write down something they wish people knew about them. This could be a talent they have, a challenge they've overcome, a dream they're working toward or simply a story they want to tell. Let students know they'll have the chance to share their own story with the class—and they get to decide how!
2. Give students five to seven minutes to write their stories. Encourage them to keep it to two or three sentences so it's easy to remember and share. Remind them that this is their story, and they get to decide how to tell it!
3. Next, let them know that their stories can be told through spoken word, movement or gesture, or a combination of the three! Discuss as a group what it means to be a good storyteller—using one's voice with expression, pausing for effect, adding music or sound, etc. If students are interested in adding movement or dance, introduce some simple moves they can use. These could be popular moves students already know (like “the floss” or “hitting the woah”), breaking-inspired poses (like a freeze or a power stance) or movements you create together as a class (e.g., a “celebration jump,” a “strong arms” pose or a “telling my story” gesture). Practice a few examples together so everyone feels comfortable.
4. Give students some time to practice how they want to tell their story. If desired, you can play music in the background to inspire students who want to incorporate dance into their storytelling. Then, invite volunteers to share their stories with the class one at a time.
5. Continue until everyone who wants to share has had the opportunity. After each student shares, encourage the class to respond with supportive applause or snaps to celebrate their classmate.
6. Wrap up with a celebration circle. Gather students back together and reflect on the experience. Ask: *How can we find ways to continue to celebrate and uplift each other in our daily lives?* Remind students that celebrating one another's stories—whether through words, movement, actions or kindness—is a powerful way to build community.



Reflection Questions:

How did it feel to tell your own story?

What surprised you about the stories your classmates shared?

How can we continue to celebrate each other beyond this activity?