

3. Session Plan

Storytelling



Intro Activity

Recipe swap

Tell everyone your favourite meal and some tips on how to make it.

Main Activity

Storytelling

1. Tell a story around the room – or around your table. The first line is 'Sam woke up one sunny morning and...'
Each person says a line until you come to the end of the story.
2. Work in groups, or with partners, and share a funny story from your life.
3. Write down a story about something you've lost. This can be real or metaphorical. If you want to, you can share it with the group. If you struggle to write, then collaborate with someone to make up the story and write it down.

Homework

Message for a Stranger

This week, write a note for a stranger and leave it somewhere for them to find. Maybe at the doctors, a café, or on the bus - or even through a letterbox if you're feeling brave! Tell them something uplifting or interesting for them to hear, a fact, something that you've learned, or something you'd like to share about yourself.

