

Moving Stories® Session Plan

Date:

Story:

Theme:

Location:

Modality (Individual, group, family, classroom):

Phase (beginning, middle, end):

Developmental Considerations:

Cultural Considerations:

Goals:



Steps	Guide	Plan
Relationship/ Place	The response of the individual/group in the moment to the story, informs each step.	Flexible attunement throughout the process, which may mean skipping/amending steps and your plan.
STORYTELLING		
Step 9: Assess	<p>What are the needs?</p> <p>Who can you talk with?</p> <p>Will it be a series? What will be the arc of the series?</p>	
Step 1: Plan	<ul style="list-style-type: none"> • Select or write a story based upon goals, developmental age, phase, culture. • Decorate and label container • Find/buy/make story pieces • Plan special effects (e.g. rain, wind, colored sand, scarves). • Outline the story • Practice telling the story with the actions in the sandtray. 	
Step 2: Story	<ul style="list-style-type: none"> • Group Agreement • Opening ritual/introduction (e.g. rainstick before starting, puppet to provide rules). • Ideas to include participants in the storytelling. 	

	<ul style="list-style-type: none"> • Closing Ritual (e.g. waving hand above the tray and saying that is the end of my story, and looking up). 	
CREATIVE LISTENING		
Step 3: Reflect	<p>Brief Reflection Questions. For example:</p> <ul style="list-style-type: none"> • I wonder what you liked? • I wonder what you didn't like? • I wonder where you are in the story? • I wonder what you would change in the story? 	
Step 4: Creative Response	<p>Participants explore their feelings to the story in a creative or nature-based way.</p> <ul style="list-style-type: none"> • What creative opportunities will you provide? • What prompt will you give? It might be as simple as, "What was important to you?" • Will they work together or by themselves? • Will there be silence or music or quiet talking or playing together? 	
Step 5: Share	<ul style="list-style-type: none"> • How will you structure it for safety? • How will you teach multisensory listening? • How will you structure feedback/comments? 	

	<ul style="list-style-type: none"> • How will you teach making relationship repair? • How will you deepen the experience with observation/reflection? 	
CLOSING		
Step 6: Document	<p>In what ways will you document?</p> <ul style="list-style-type: none"> • Ideas: Photo, story, summary of session • How will you measure/document progress? 	
Step 7: Apply	<ul style="list-style-type: none"> • How will you generalize the learning? • Will you communicate with parents or teachers? • How? 	
Step 8: Gift	<ul style="list-style-type: none"> • What symbol captures the story in some way? • Will you reinforce the lesson by providing a symbol from the story? • Or will the individual/group create their own symbols? • Do you want an organized way to keep the symbols from each story? (e.g. bracelet, bag, in the sandtray) 	
Step 9: Assess	<p>Questions to ask yourself:</p> <ul style="list-style-type: none"> • What worked? • What would I do differently? • How did I feel? Why? 	

	<ul style="list-style-type: none">• Are there any safety issues I need to address or get consultation on?• What is my growing edge?• What is my next step?	
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