

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	What are the needs? Who can you talk with? Will it be a series? What will be the arc of the series?	
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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