OVERVIEW FOR THE CAREGIVER

BIG QUESTION:
What are our stories, and how do we share them with others?

By the end of this lesson, the young storyteller will have completed a technical rehearsal, a dress rehearsal, and incorporated feedback into their final performance.

Materials:
• Pen/ Pencil

Optional Materials:
• Phone/ Camera

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STEP 1: READY, SET, GO!

PUT IT ALL TOGETHER!

Now that you have gone through all the storytelling tools available to you, it’s time to put them all together and practice!

Practice your story using your props, lights, costumes, and sound, and then answer the following questions:

How did your rehearsal go?

What went well?

What do you wish had gone differently?
CHAPTER EIGHT

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STORIES MAKE THE WORLD

STEP 2: READY, SET, GO!

SIMPLIFYING AND EDITING

Did any storytelling toolbox elements feel unnecessary when you went through your story?

Could your story be clearer by limiting the use of some of these elements?

What is optional?

What is necessary?

[List of elements]

[Blank lines where elements can be added]
STEP 3: READY, SET, GO!

DRESS REHEARSAL

Now that you’ve edited your story, it’s time to practice it one more time! The audience is your final ingredient. You want to know how they react, where they laugh, and where they get excited.

Invite a few people that you trust to watch you practice telling your story.

But first...

Warm Up!

Before they go onstage, actors warm up their voices and bodies so that they are ready for their performance.

On the next page, find some exercises to help you prepare for your presentation.
STEP 4: READY, SET, GO!

WARM-UPS
Get ready for your performance. Storytellers use their bodies to tell their stories. Try a physical warm-up:

“The Good Old-Fashioned Shakedown”

1. Start by standing tall
2. Raise your right arm in the air and shake it eight times while counting out loud for every shake
3. Repeat this step with your left arm, right leg, and left leg
4. Now repeat steps 2 and 3, shaking out your arms and legs seven times, then six times, and so on and so forth until you get to “one”
5. End your shakedown in a fun pose
STEP 5: READY, SET, GO!

WARM-UPS

Storytellers also use their voices. Try a vocal warm-up:

“Big Face, Little Face”

1. Make your face as big as possible (opening up your mouth and eyes) while making an “AHHH” sound

2. Make your face as small as possible (scrunching up your nose, eyes, and mouth) while making an “MMMM” sound

3. Repeat steps 1 and 2 at least five times

Now you are warmed up and ready for your dress rehearsal.
STEP 6: READY, SET, GO!

FEEDBACK

If you would like feedback, ask your invited audience questions about your story, such as:

- What was meaningful, interesting, or exciting about my story?

FLASHBACK

Go back to page 5 in Chapter 1. Do you remember what types of stories you said kept you interested? Does your story fit your description of a “good” story?
STEP 7: READY, SET, GO!

FINAL PERFORMANCE!
Now that you have practiced with an audience, you are ready for your final performance!

You can...

- Tell your story in person
- Video chat with your audience and tell your story to the camera
- Record your story and send it to your friends and family

Take a bow!
SHARE YOUR STORY!

WE’D LOVE TO SEE YOUR FINAL STORY!

With your parent or guardian’s consent, share on your social media using #BCSCampAtHome or email it to us at storytelling@centerstage.org