

Storytelling Benefits

For Developing Minds

- Promotes brain development and the organization of neural networks
- Creates a sense of place within a social and familial context
- Promotes self reflection and offers a mental template
- Teaches how to process and regulate thoughts and feelings

For Adult Minds

- Promotes the continued formation and maintenance of neural pathways
- Builds a sense of belonging and community
- Supports personal growth and renewal, preventing narrative foreclosure
- Helps with emotional wellness and resiliency

Storytelling Tips

- Get excited
- Smile
- Practice
- Make it short
- Use lots of details
- Channel emotions
- Develop characters
- Don't think it isn't interesting
- Tailor stories to life stages or current struggles
- Include multiple viewpoints and emotions
- Frame old stories in new ways
- Make it a common occurrence
- Avoid generational stereotypes
- Kid can tell when a story has been sanitized

Storytelling Activities

- Create a family timeline
- Create and make family recipes
- Take a family memories fieldtrip
- Make "best memories" decorations
- Take and share photos of your average day or week
- Create a family crest
- Turn family photos into puzzles
- Keep a family memory box
- Enlist a child as a "family reporter"
- Play Guess Who? or 2 Truths and a Lie
- Establish family penpals

Resources for More Information

"Encouraging Storytelling With Family Photos." Allison McDonald. Scholastic.

<https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/encouraging-storytelling-family-photos.html>

"Family Storytelling for the Holidays." Robyn Fivush, PhD. Psychology Today.

<https://www.psychologytoday.com/us/blog/the-stories-our-lives/201912/family-storytelling-the-holidays>

"Family Storytelling: History Close to Home." TED Talk.

<https://www.youtube.com/watch?v=wTX5GrWnU2U>

"How Family Storytelling Provides Children With Lifelong Benefits." Story Combs.

<https://www.storycombs.com/post/family-storytelling-provides-children-lifelong-benefits>

"How Stories Connect and Persuade Us: Unleashing the Brain Power Of Narrative." Elena Renken. NPR.

<https://www.npr.org/sections/health-shots/2020/04/11/815573198/how-stories-connect-and-persuade-us-unleashing-the-brain-power-of-narrative#:~:text=aywan88%2FGetty%20Images-,When%20you%20listen%20to%20a%20story%2C%20your%20brain%20waves%20actually,and%20perspective%2C%20research%20has%20found.>

Resources for More Information, Cont'd

“The Importance & Benefits of Family Storytelling.” Cheryl Proska. Friends Lifecare.

<https://www.friendslifecare.org/the-importance-benefits-of-family-storytelling/>

“Involve Children and Youth in Family History.” Family Search.

https://www.familysearch.org/wiki/en/Involve_Children_and_Youth_in_Family_History

“Life’s Stories.” Julie Beck. The Atlantic.

<https://www.theatlantic.com/health/archive/2015/08/life-stories-narrative-psychology-redemption-mental-health/400796/>

“Telling Family Stories.” Leadership Story Lab.

<https://www.leadershipstorylab.com/telling-family-stories/>

“We’re Losing Generations of Family History Because We Don’t Share Our Stories.” Rachael Rifkin. Good Housekeeping.

<https://www.goodhousekeeping.com/life/a29610101/preserve-family-history-storytelling/>

“What Kids Learn From Hearing Family Stories.” Elaine Reese. The Atlantic.

<https://www.theatlantic.com/education/archive/2013/12/what-kids-learn-from-hearing-family-stories/282075/>

“Why Family Storytelling Should Be Your New Holiday Tradition.” Curious World.

<https://www.curiousworld.com/blog/start-a-family-storytelling-tradition>