

Warming up your words



It can be quite daunting to start telling and sharing stories if you have a blank sheet of paper in front of you.

So we have put some ideas together to help you warm up your words and share your stories.

By completing some of the activities here, you will already be sharing part of your story.

Remember too, that you can also tell your story through music. Creating a soundtrack to your life is a great thing to do. We recommend that you use the resources offered through the charity Playlist For Life and also BBC Music Memories, details of which are on our website. We can help you to do this.

Warming up your words



Write a happy story in 3 words:

Examples:

Summer is coming

You're not alone

The tea's ready

I'm a grandmother

Scotland wins Calcutta Cup

(worth the extra word!)

Warming up your words

Happy stories in 3 words:

Example:

Summer is coming

.....

.....

.....

Warming up your words



What would be the title of your own Life Story?

Examples:

Tall Tales and Wee Stories by Billy Connolly

The Voice of Rugby by Bill McLaren

The Boy from Nowhere by Gregor Fisher

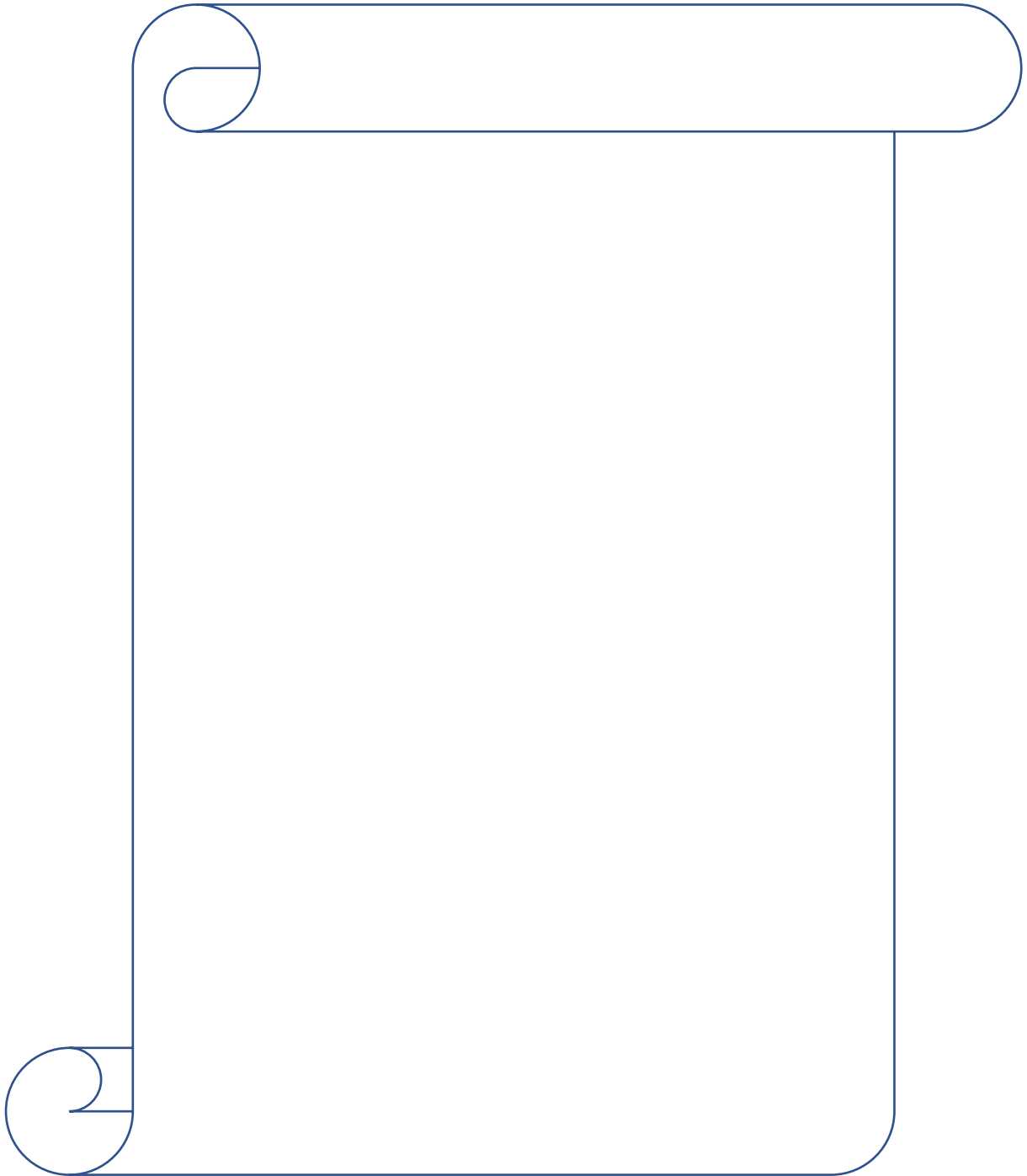
The Accidental Footballer by Pat Nevin

My Name's Doddie by Doddie Weir

Can you make up your own title on the next page?

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What would be the title of your own Life Story?

A large, empty rectangular box with rounded corners, designed for writing. The box is outlined in a thin blue line. At the top-left corner, there is a decorative scroll-like element where the top edge curves inward and then back out. Similarly, at the bottom-left corner, there is another decorative scroll-like element where the bottom edge curves inward and then back out. The rest of the box is completely blank, providing space for the user to write their answer to the question above.

Warming up your words



Sayings from childhood

(that you always said you would never use!)

Examples

Don't go out without your vest!

Who is 'she'? The cat's mother?

If you sit too close to the TV, you'll get square eyes!

Ask your father.

If you go out with wet hair, you'll catch a cold

Were you born in a barn?

If the wind changes direction, your face will stay like that!

You might like to add some on the next page.

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Sayings from childhood

(that you always said you would never use!)

Examples

Don't go out without your vest!

Who is 'she'? The cat's mother?

.....

.....

.....

Warming up your words



Giving yourself a good talking to!

(positive sayings you tell yourself)

Examples

You've got this!

It's okay to make mistakes.

Be kind to yourself.

Gonnae No Dae That.

Can you think of any of your own to add on the next page?

Warming up your words

Giving yourself a good talking to!

(positive sayings you tell yourself)

Examples

You've got this!

It's okay to make mistakes.

.....

.....

.....

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Seems Like Yesterday



Finish the following sentences

Did you know...

It seems like yesterday that...

Remember when...

When you get to my age...

Listening to..... reminds me of....

The characters I remember most are...

Can you complete some of these on the next page?

Warming up your words

Seems Like Yesterday

Finish the following sentences

Did you know...

It seems like yesterday that...

Remember when...

.....

.....

.....

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When we were young...



Our memories and stories from our youth seem to have particular importance for many people – especially between the ages of 10 and 30.

Use the following prompts:

My favourite memory from childhood is.....

My strongest memory of my hometown is.....

My favourite moments as a teenager were.....

What I enjoyed most about my earlier life was.....

Can you complete some of these on the next page?

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When we were young...

For example

My favourite memory from childhood is.....

My strongest memory of my hometown is.....

.....

.....

.....

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The Long and the Short of It!

Your stories and memories can be wee stories or tall tales. You can write them down or share them with someone who might write them down for you.

You can record them on a phone just like short messages or 'postcards' to a loved one or friend. You can also record your memories and stories on audio equipment which we can loan out for this purpose.

If you combine some answers to the questions on these pages, you will have already created a story.



To this, you could add memories that come to mind when you look at cherished objects or photographs.

You might bring some of your favourite things together in a memory box or create a life storyboard like the one we made for one of our other films here.

In whatever way you have used these activities, we hope you have enjoyed shared some of your stories. They are what makes you the person you are and that is worth celebrating.