

## 3 Simple Ideas To Start *Storytelling* Today!

Storytelling is a powerful form of communication, creative expression, and human connection. Here are 3 simple, everyday ideas to inspire your inner storyteller today!

### **Use your sense of smell.**

Take a big breath in, or head to the kitchen spice drawer or food cabinets. What scents do you notice? Does this smell (or smells) bring up a memory or remind you of something or someone?

Find a friend to share your memories (and maybe a recipe) with!.

### **Make a Brain Movie**

Find a comfortable and distraction free spot, put on some instrumental or classical music, and let the sounds and rhythms inspire you to imagine a setting and characters. What happens with these characters in this setting? Relax your mind and let the song guide the action

It's like you're creating a scene from a movie with a beautiful soundtrack!

**Check out my [Brain Movies Spotify Playlist!](#)**

### **Notice “Freeze Frames”**

As you move through your day, try to find objects that are interesting because of their proximity to each other. This is the "freeze frame".

Use your imagination to create the story of that freeze frame, or the story of the relationship between the objects.

For example, a dirty fork resting on the page of an open book becomes the story of an old man enjoying a snack while reading his book, but he looks out the window and sees what he thinks might be a ghost.