

Storytelling

Part 1

Invite the students to get comfortable and close their eyes. Take some time reading the story to give the opportunity for the students to immerse themselves into it.

It is a beautiful, sunny day outside as you get ready. A quick check of your pocket to make sure you have the key, and you are off, out the door of your house, out of the gate and onto a familiar path. You have walked along this path so many times, following the stream, across the bridge, onto the track that leads towards the village. Part way down the track you push through the gap in the hedge that takes you into the field and the secret way that only you know about. This path leads slowly up and around the hill. It is such a beautiful day, the sun on your face is warm and the grass on the hillside brushes against your legs as you go. As you reach the hilltop, you spot what you have come for. The stone wall looks like it is made to keep people out, but you know

what is inside. You have the key ready in your hand as you turn the last corner to find the iron gate. Taking the padlock in your hand, you turn the key and swing the gate open with the familiar squeak of the hinges. Putting the key back in your pocket, you step through the gate into your secret garden.

Take a deep breath, what does it smell like? Look around. What can you see? What can you hear? Explore all the paths and places in the garden. What is there? How does it feel? Spend a few moments exploring and enjoying your place (after a few moments — when you feel the students are ready).

Time goes so quickly when you are here, and it is time to head back home. Closing the gate behind you, heading back down the hill with a last look over your shoulder. “I will be back soon”. Then it is back through the gap in the hedge, up the lane, over the bridge, along the stream and slowly back home through the gate and into the house — putting the key safely away for next time.

Feedback Session

Sharing what they have seen, felt, heard, touched etc.

Part 2

Find the comfortable position again.

Another beautiful day as you leave the house and head back to your garden. Walking along the familiar path past the stream, over the bridge and back onto the lane. Squeezing through the gap in the hedge, you make your way slowly up the hill, enjoying the fresh air and warmth of the sun.

As you come around the last turn in the path you spot that the iron gate looks open. That is strange, I am pretty sure that it was locked last time you left.

You speed up towards the opening and spot that the padlock is hanging on the gate but that you were right, the gate is wide open.

You step through the entrance...what does it look like? Explore the paths and places in the garden? What can you see? What can you hear? Take a deep breath. What does it smell like? Take a bit of time to explore and take it all in. How does it feel?

Head back to the gate. Close it. Make sure you put the padlock on and pop the key in your pocket. Time to head home, along that familiar path, through the hedge, up the lane, over the bridge, along the stream and, at last, in through the front door.

Feedback Session

What has changed? Reflect on sights, sounds, smells, feelings... Refer back to session outline for follow up.