



## **A storytelling session**

### **"TO SEE THINGS IN A NEW LIGHT": TALES FROM AN AFFRILACHIAN STORYTELLER -**

Through the folktales, fables and family narratives Lyn Ford heard as a child, she found ways to relate to others and "make hard times less heavy."\* Lyn shares from her stories and experiences as a child of Black Appalachia, a

fourth-generation storyteller, an Ohio teaching artist who works with all ages, a writer and poet, a certified laughter wellness teacher, and a great-grandma. Come listen and play!

"Like nothing else can, humor allows us to see things in a new light: the foolishness of our preoccupations, our hypocrisies and inconsistencies, our tendency to see ourselves as the center of the universe. Used wrongly humor can be cruel or distancing. But in the service of other virtues, humor brings us together and helps us grow."\*

\*Quotations from Valerie Tarico, psychologist and founder of Wisdom Commons.org

**When this session has ended, participants will be able to:**

- 1. Perceive ways that diverse stories shared in the oral tradition connect the literacy and empathy of the spoken word to the book format of story-sharing.**
- 2. Recognize the importance of creative narrative play as a groundbreaking tool for communication and community building.**
- 3. Nurture and encourage comfort zones for sharing from personal memory, personal research and personal history.**

## LYN FORDS' BOOK LIST:

- *Affrilachian Tales: Folktales from the African-American Appalachian Tradition*. Parkhurst Brothers, Inc. Publishers. Won the Anne Izard Storytellers' Choice Award. ISBN 10-digit: 1-935166-66-2 ISBN Trade paperback: 978-1-935166-66-5
- *Beyond the Briar Patch: Affrilachian Folktales, Food and Folklore*. Parkhurst Brothers, Inc., Publishers. Won the Anne Izard Storytellers' Choice Award. ISBN Trade paperback: 978162491-025-8
- *Hot Wind Boiling Rain: Scary Stories for Strong Hearts*. Parkhurst Brothers, Inc., Publishers. ISBN Trade paperback: 978162491-057-9
- *Boo-Tickle Tales: Not-So-Scary Stories for Ages 4-9*, written with friend and fellow storyteller Sherry Norfolk. Parkhurst Brothers, Inc., Publishers. ISBN Trade paperback: 978-1-62491-067-8
- *Science with Storytelling: Strategies for the K-5 Classroom*. Edited by Jane Stenson, Sherry Norfolk and Lynette J Ford. McFarland & Company, Inc. Publishers. ISBN 978-0-7864-9818-5
- *Storytelling Strategies for Reaching and Teaching Children with Special Needs*, edited by Sherry Norfolk and Lyn Ford. Libraries Unlimited. ISBN 978-1-4408-5364-7
- *Speak Peace: Words of Wisdom, Work and Wonder*, compiled by Lyn Ford and Sherry Norfolk. Parkhurst Brothers Publishers. ISBN 978162491-141-2
- *Supporting Diversity and Inclusion with Story: Authentic Folktales and Discussion Guides*, edited by Lyn Ford and Sherry Norfolk. Libraries Unlimited. ISBN 978-1-4408-6707-1

Lyn has also contributed to storytelling and poetry magazines and newsletters, and several poetry anthologies and storytelling resources.

## ADDITIONAL RESOURCES:

- *Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience*, by Brené Brown. 2021: Random House.
- *Telling Your Own Stories: For Family and Classroom Storytelling, Public Speaking and Personal Journaling*, by Donald Davis. 1993: August House.
- *Keeping Family Stories Alive: A Creative Guide to Taping Your Family Life and Lore*, by Vera Rosenbluth. 1990: Hartly & Marks, Inc.
- *Narrative Healing: Awaken the Power of Your Story*, by Lisa Weinert. 2023: Hatchette Go.
- <https://archive.storycorps.org/great-questions-list/>
- <https://www.thoughtco.com/online-memory-sharing-1422102> (5 places to collect and share stories)
- Tell Me Your Life Story® Series Books
- TimeSlips™ Storytelling Kit. Also look for the Creative Care Imagination Kit, both by Anne Basting, PhD (<https://www.timeslips.org>)
- [questionsaboutme.com](https://questionsaboutme.com)
- [mylifeinabook.com](https://mylifeinabook.com)
- There are many life-story journals and keepsakes on the market. Do a search and see what you discover. Look for [Storyworth.com](https://Storyworth.com)