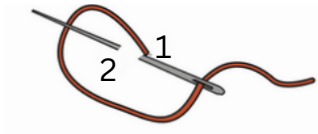


chaining stories prompt



Breathing with storylines through movement of thread and needle.

Inhale

How do chains secure stories?

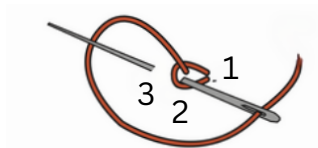
Exhale

What allows hands and voices able to chain new ways of knowing and being through storytelling?

Inhale

What do listening and chains do in storytelling?

Exhale



1 Bring the needle through

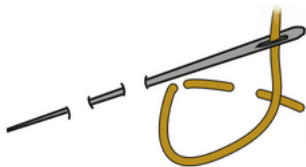
Hold the thread with your thumb and insert the needle into 1

Bring the needle out at 2

3 Keep the thread under the needle and pull thread out

Repeat the sequence to create a chain

runaway stories prompt



Insert your needle from underneath.

Insert your needle from above.

Pull the thread through.

The stitches can be even or uneven.

Running away from single stories and threading multiple stories

Slowly inhale and exhale

Imagine a familiar place

What single story lives there?

Slowly inhale and exhale

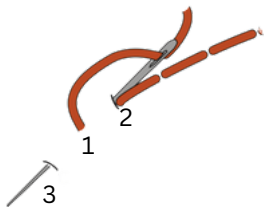
Search for more stories in that place.

Slowly inhale and exhale

As the thread runs which stories are you following?

Notice your breathing

background stories prompt



Listening for the stories in the background

Inhale Listen

What stories do you hear?

Exhale Listen

What stories can you find in the background?

Inhale Listen

Whose stories live in the foreground?

Exhale Listen

How do we bring back stories?

blanketing stories prompt



Breathing with comforting storylines

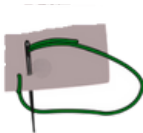
Inhale

What is a blanket?



Exhale

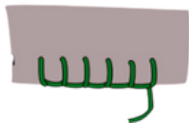
How do blankets tell stories?



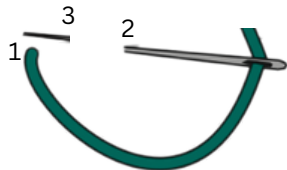
Inhale

What happens when we think of stories as blankets of care?

Exhale



stems as stories prompt



Threading through stems and noticing stories

Inhale look

What do stems show us?

Exhale look

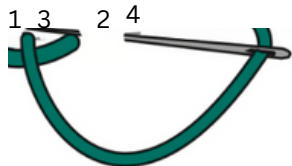
Where do stories stem from?

Inhale Listen

How can we learn from stems to grow stories of justice?

Exhale look

Where do stories stem from?



Pull your thread through.

4 insert needle

2 bring needle back through

Repeat from 1

feathery stories prompt

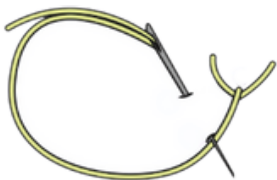


Threading with lighter and heavier stories

Move lightly

Remember a lighter story?

Notice your expressions and body



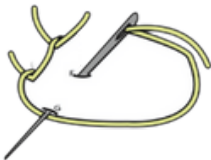
What makes a story light?

How do lighter stories travel?

Inhale and exhale deeply

Remember a heavy story?

Notice your expressions and body



What are the relationships inbetween light and heavy stories?