

# THE STORY SPINE

*Source:* Source: Kat Koppett (2001) *Training to Imagine*

## **Overview**

Participants are provided with a story framework and use it to reflect on their experiences. Can also be used for vision setting and planning.

## **Purpose**

- Communication
- Planning
- Reflection

## **Supplies**

- Story Spine written up on a flip chart and/or supplied as a handout

## **The Story Spine**

*Once upon a time...*

*Every day...*

*But one day...*

*Because of that...* (repeat as needed)

*Until finally...*

*And ever since then...*

*(The moral of the story is...) - optional*