

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