

Public Acts & CAST presents

Stories

To

Get

Us

Through

CREATIVE PACK



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



**National
Theatre**



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Designed by Gitika Buttoo

Hello,

From all of us at Public Acts we want to say a massive hello and welcome to our next creative venture together! Stories have been bringing us together for centuries and now more than ever, it's vital for us to feel connected (even at a distance).



What's happening?

The team from Public Acts Doncaster invite you to share a **STORY TO GET US THROUGH**. Whether your story is real and based on your own experiences, a family story passed down through the generations, or the piece of magical fiction that you keep close to your heart, we believe that your story has the power to bring hope, courage and compassion to others in your community and beyond.

Where will it happen?

The stories will be audio recorded and spread far and wide so that others in our communities and beyond can listen and enjoy. In the process you will develop the tools you need to craft a great story. Worried that you're not 'poetic' or 'artistic enough? Don't be. The best thing about stories is that there's no right way to tell them. It's all about being yourself.



*Ready, Set,
Story . . .*



We will take it in steps

Follow at your own pace . . .

- **1 LET'S GET THINKING**
- **2 WRITING CHALLENGES**
- **3 EDITING**
- **4 STRUCTURING**
- **5 REHEARSAL**
- **6 SHARE YOUR STORY!**



1. Let's get thinking

Follow the exercises below to get thinking about your favourite stories and what happens in them...

What is your favourite film or book?

Use the space here to figure out why you love this story



Now let's think about character within that story?



Who is the main character in that story?

Draw or write about them here . . .



*In most stories, the main character will drive the story forward.
Use the space below to think about these questions . . .*

What happens to
change the main
character's life?

What happens
to them in
the end?

How do they
try to get what
they want?

2. Writing Challenges

Now we invite you to start working on a story of your own, let's have a go at some writing exercises to get us thinking . . .

Warm up



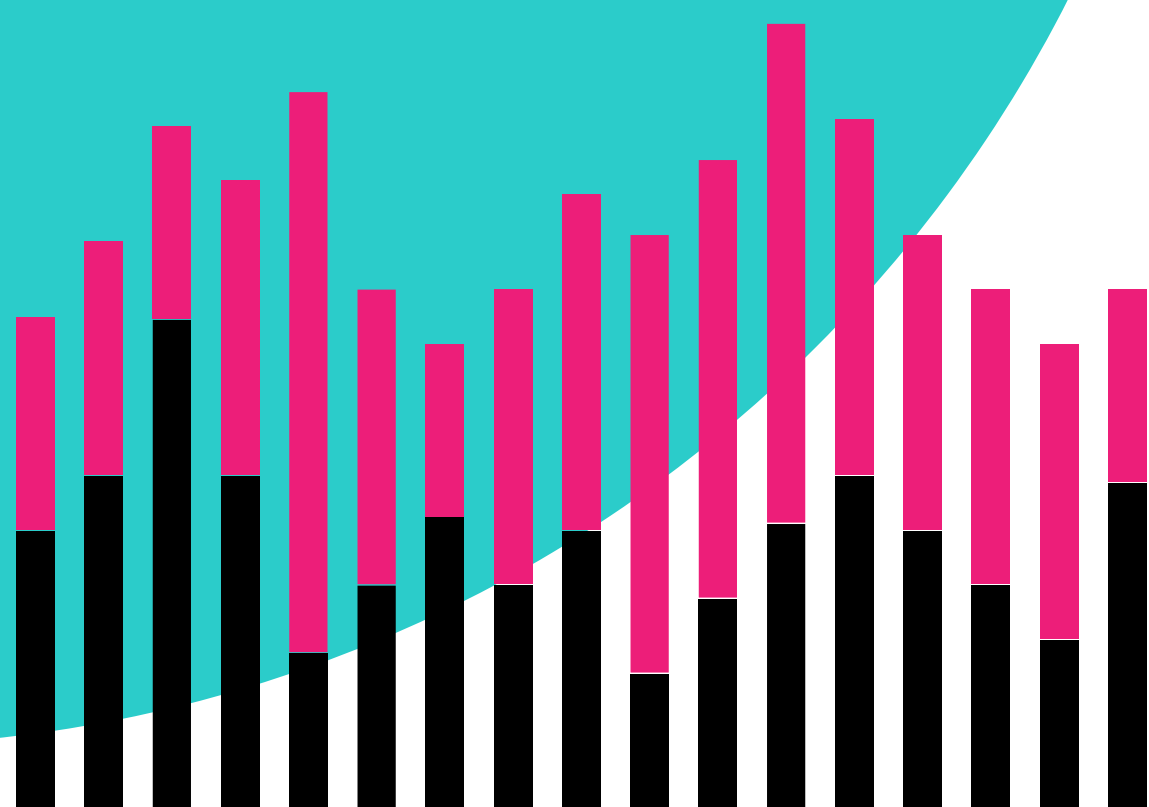
Grab yourself a pen or pencil and some paper. Find a comfortable place to sit down and let's start with an exercise called 'Free writing' which will help us to STOP thinking and START writing!

Set a timer for 2 minutes and start to write down everything that comes to your head. This will probably make no sense at first and won't be in proper sentences and i'm sure there will be some half finished words and thoughts. If that's the case, then you are doing this exercise right! What you write down for the next two minutes should be a direct reflection of the random/ unfinished thoughts happening in your head.

Ready, set, WRITE . . .

Don't want to write?

You can always record yourself speaking instead! Feel free to choose whichever method you prefer for any of the exercises.



Often, reading someone's story will remind us of a story from our own lives. Get inspired by these prompt questions and exercises to tell your own story . . .

Use these prompts to start writing/recording . . .

→ *Tell us about a time you learnt something new*

Tell us about a time you believed in yourself ←

→ *Tell us about a time you felt hope. This can be ancient or magical if you want*

Now find the object in your home that brings you joyful memories. It could be a gift, a photograph, an item of clothing etc.

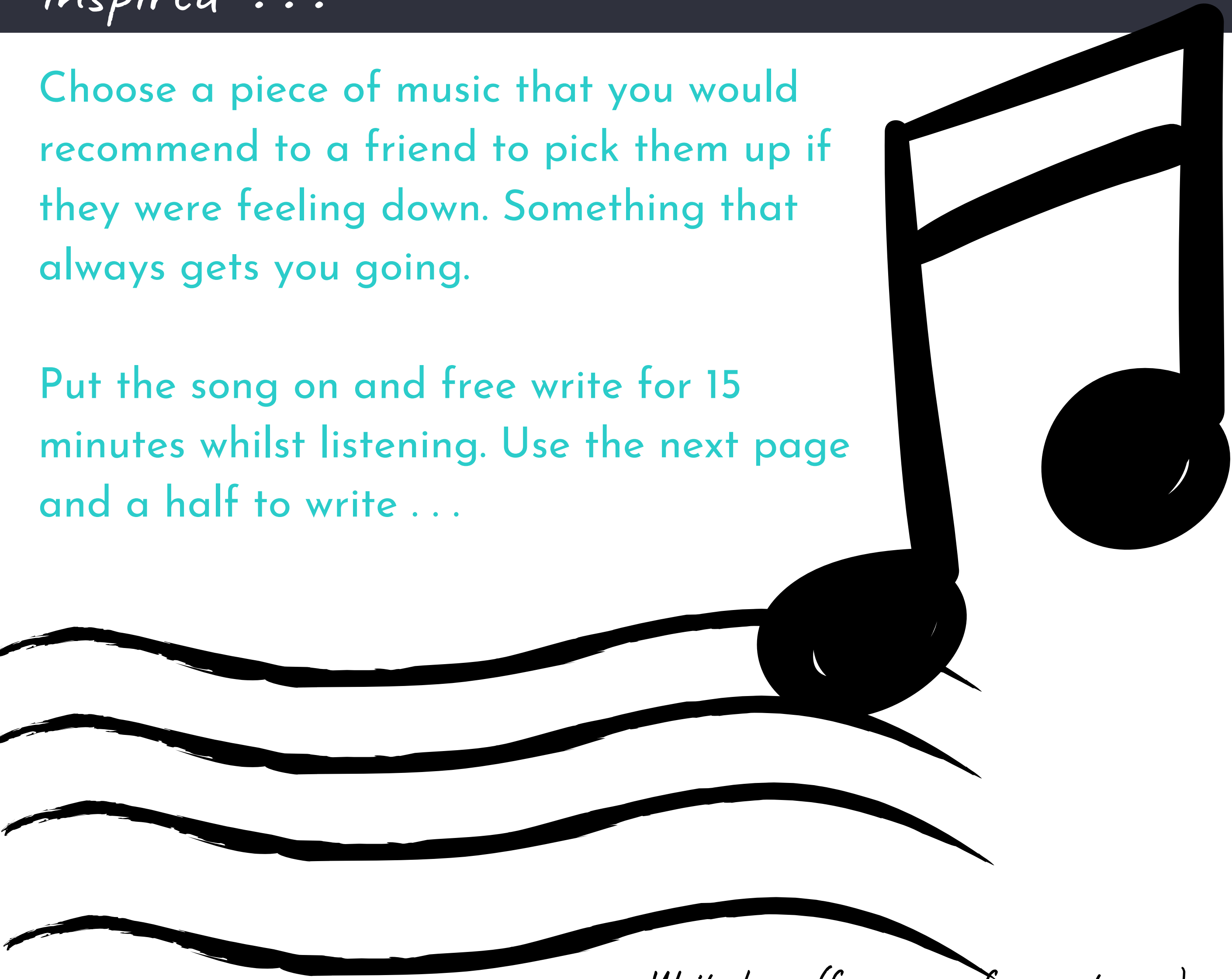
What is the story of this object and its importance to you?



Music is also a great way to get us writing. Follow these final exercises below to get inspired . . .

Choose a piece of music that you would recommend to a friend to pick them up if they were feeling down. Something that always gets you going.

Put the song on and free write for 15 minutes whilst listening. Use the next page and a half to write . . .



Write here (free space for you to use)



Write here (free space for you to use)

Look back over what you've written
and pick out anything that feels like
a promising story



3. Editing

Now it is time to start shaping your story! Fill in the blanks below . .

Character

The most interesting character, apart from me is...

Scene

The three main images that I see when I imagine this story are...

Stakes

The moment of highest tension is...

Change

The moment when everything changed was...

This story is important to me because...



The title of my story is . . .

The first line is...



The last line is...

4. Structuring

Put your story in the order you want to tell it. It should take no more than five mins to tell your story aloud. Use the template below if you want to ...

Beginning

Set scene and introduce characters

Middle

Event that changed everything

End

How the characters get to what they want/ achieve their goals

5. Rehearsal

Practice saying your story aloud and get familiar with the words. You can time yourself telling the story, see if you can get it under 5 minutes. And even if you're choosing to send us your story in writing, we'd recommend having a go at performing it aloud. You'll learn a lot about your story by doing this.

Tip:

Rehearsal might reveal changes that you want to make to the writing. This is good news, it's all part of the process!

Practice performing your story in the mirror . . . you might even want to record yourself and watch it back.

Find variety in your voice

LOUD

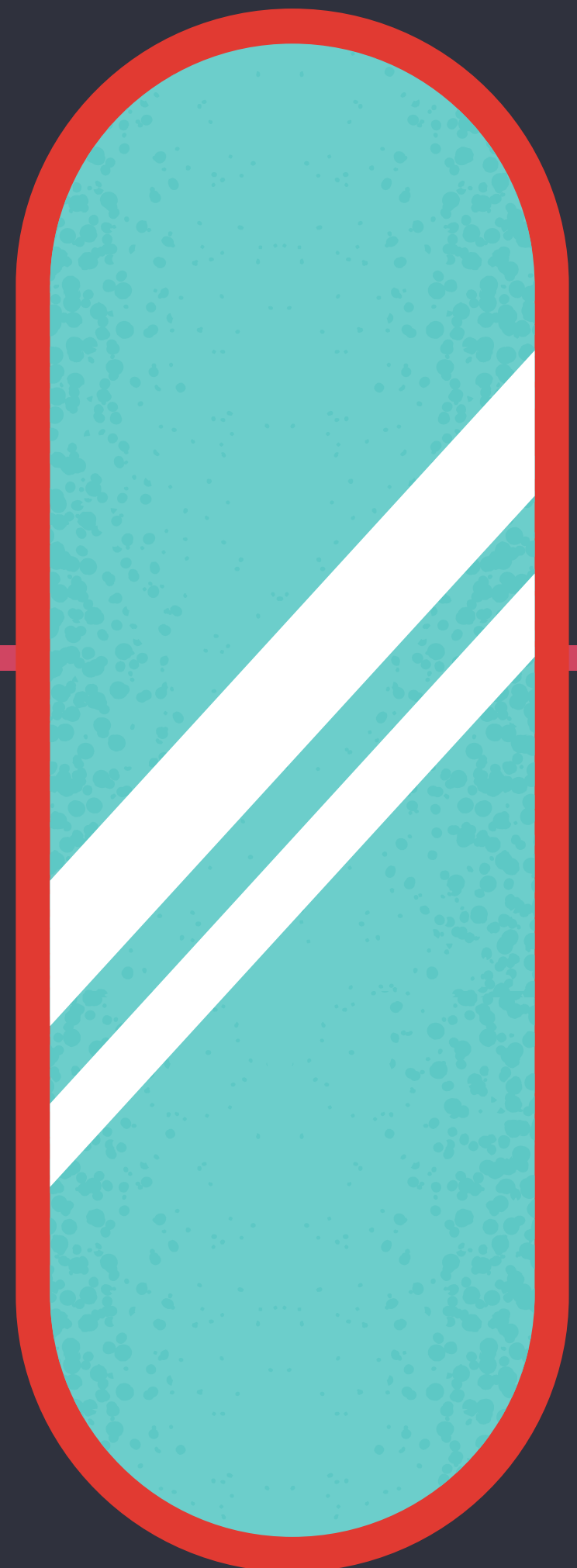
Deep

SLOW

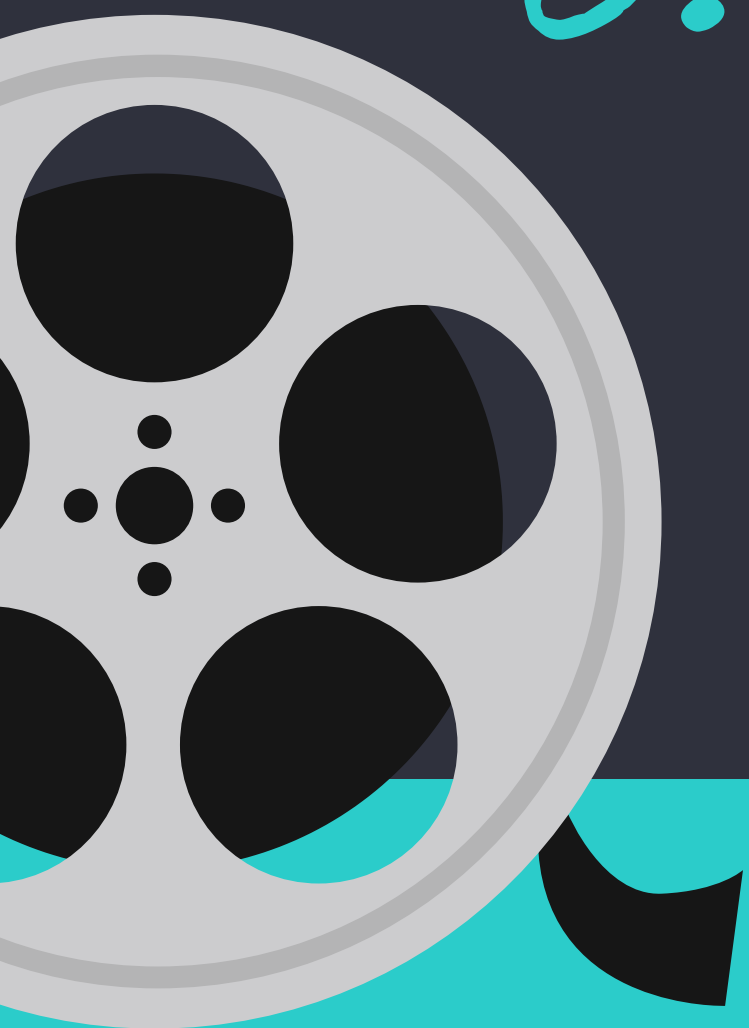
HIGH

FAST

QUIET!



6. SHARE YOUR STORY



*You've made a story and now it's time to share it!
You can share your story with us in several ways.
You can write it, send us a recording or tell us your
story over the phone!*



participation@castindoncaster.com



07754757300



You can also use this number to get in touch with the participation team at Cast for support on how to share your story and any questions about the process.

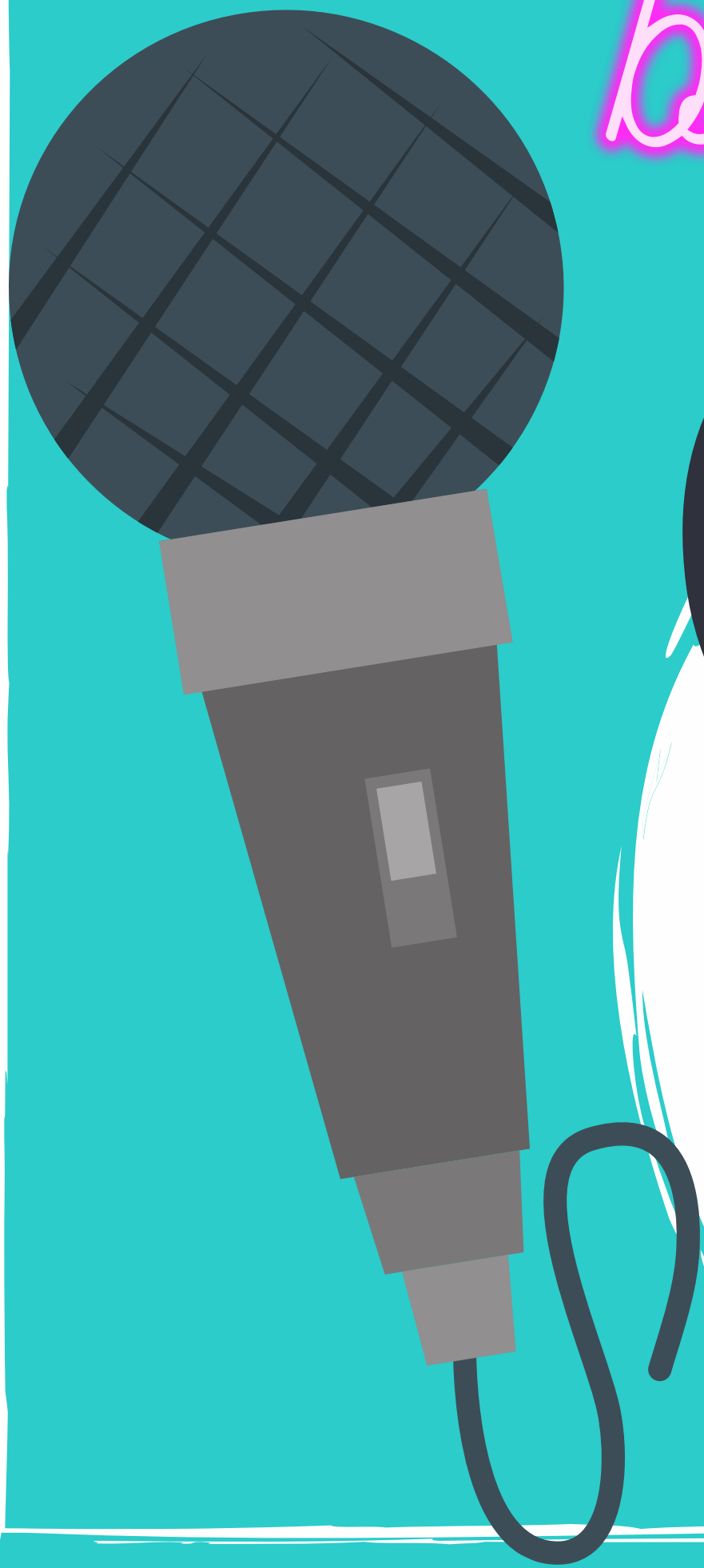


If you would prefer to send us a written version, get in touch so that we can send you a stamped addressed envelope.

You've finished!



breathe



*Take a deep breath
and enjoy it!*

*You are giving a
beautiful gift to the
world.*

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Thank
You



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