



Tell a story



Peter Chand

Peter Chand is one of Europe's best-known storytellers and is the storyteller in residence at The Story Museum in Oxford, which opens later this year. Chand gave *The Week Junior* some expert advice on how to tell your favourite story from memory to your friends or family. You don't need to be in the same room as them – try it over the phone or online. You can find out more at peterchand.com

What you need

- A story you love
- Time to practise

Instructions

Always pick a story you love to tell. If you love it, there is a good chance your audience will too. Don't worry about getting it perfect. It is more about telling it with enjoyment. Practise, so you know the story well. If you are not prepared, you will be thinking about what happens next instead of enjoying telling it. Your voice is an amazing tool – use its different tones and think about the pace of your words. When can you slow the pace? When does it need to be faster? Think about how music is used to carry the action in a film. Use your gestures and facial expressions to help tell your story. Sometimes a look can express a dozen words. Think about the words you are using.

If you are telling a story you have read, you can change the words to suit your own style of telling. It does not have to be the same, otherwise you may as well just read the book aloud. Finally, I believe you should have fun when telling the story.

Telling a story from memory is a live experience that has a really special energy. Happy telling! 🗣️

Use gestures and facial expressions.



Choose a story you love.

Whip up a tuna lettuce wrap

What you need

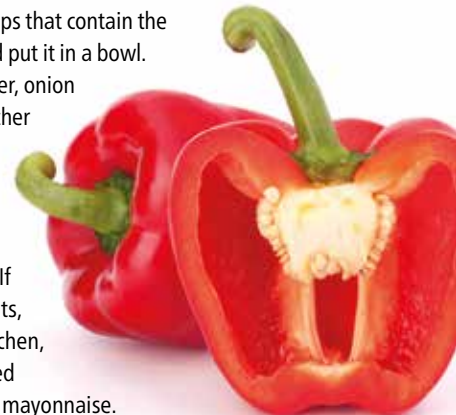
(Makes two)

- Lettuce
- Tin of tuna
- ¼ cucumber (cut into small pieces)
- ¼ red onion (cut into small pieces)
- ¼ red pepper (cut into small pieces)
- 1 bowl

Instructions

Take the lettuce and cut off two whole leaves from the base. These will be the wraps that contain the filling. Open the tin of tuna and put it in a bowl.

Now add the chopped cucumber, onion and pepper. Mix them all together and then spoon some onto the lettuce. Hold the lettuce like a wrap and enjoy. Any leftover filling can be kept in the fridge for a few days and eaten later. If you don't have these ingredients, you can use anything in the kitchen, such as grated cheese and sliced tomato, or cooked chicken and mayonnaise.



Got an idea? Made something cool? Share it with us at hello@theweekjunior.co.uk