



Visual Narratives

Stories can be told not just in words, but by using a wide range of visual media. I love working in this way and often use these techniques with groups and individuals. Visual narratives can be so powerful, tangible and accessible. They break through language barriers and engage the right side of our brain dealing with emotions, intuition and creativity.

Explore using one or more of the following methods to tell the story of your maternal lineage, or create your own style of visual narrative:

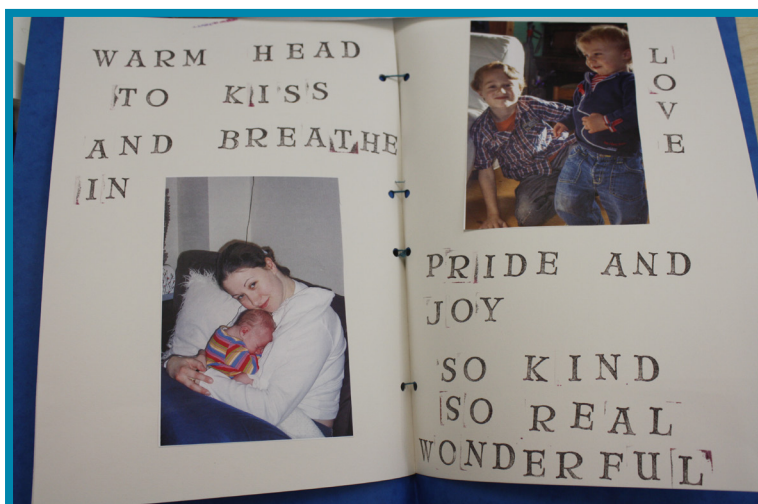
Visual Mapping / Collage



Collect together photos, paints, pens, stamps, magazines, glue. Get creative and map out your story on a big sheet of card.



Bookmaking



Hand make a book that holds and reflect your story, make it as simple or as intricate as you like. I like the book: *Making Handmade Books* by Alisa Golden (Lark, 2011).

Patchwork



Patchwork has traditionally been used as a means to tell stories. You can include materials that hold memories: old baby clothes, maternity clothes, blankets etc. A nine square patchwork cushion can be a quicker alternative to a patchwork quilt.

Bunting



Bunting is a lovely fun way to show your story. For this and any other projects using textiles, you can print photos onto fabric such as Photofabric, using a home printer.

Digital Storytelling



Digital Storytelling Is a great way to tell your story using photos and other media, combined with spoken word and / or music. The idea is that that anyone can learn the digital tools to enable them to make a simple, 2 minute film, using predominantly still images. The concept began at www.storycenter.org so if you want to re-search online support, I'd start there. You can see examples of some of the digital stories I've worked with people to create: www.one-story.co.uk/projects/reminiscence