



NARRATIVE 4

# The Story Exchange *With Narrative 4*

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This  
morning  
we will...

9:45-  
10:00

Introduction and Community Norms

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10:00-  
10:15

Object Exchange: Pair/Share

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10:15-  
10:45

Object Exchange: Retell

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10:45-  
10:55

Reflection and Next Steps

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10:55-  
11:00

Closing

## What is Narrative 4?

Narrative 4 is a global organization driven by artists, shaped by educators, and led by students.

Using our core methodology, the story exchange, we help students understand that their voices, stories, actions, and lives matter.



# What is the Story Exchange?

Using a prompt, coming up with a true story from your own life and sharing that story with a partner.

## Process:

1. Pair/Share
2. Retell
3. Reflection



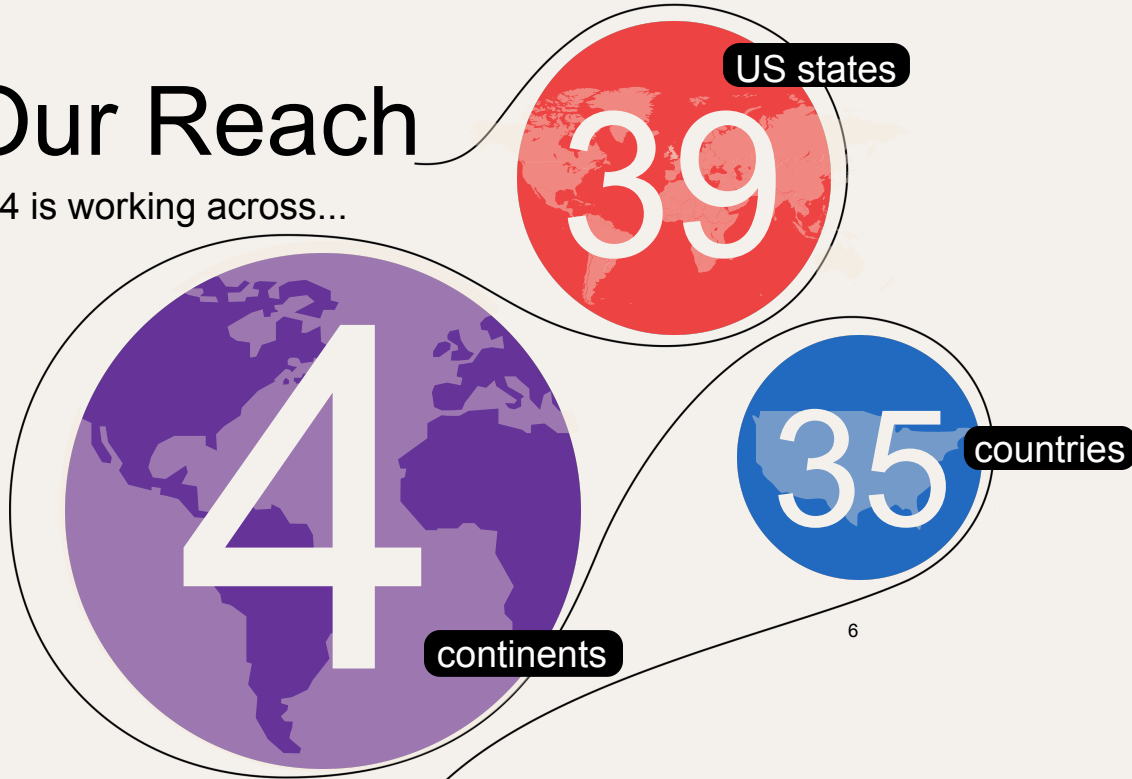


## The Story Exchange is a simple and effective tool to:

- Build understanding and empathy
- Amplify student voice
- Promote civic engagement and positive school culture
- Lead thoughtful conversations

# Our Reach

N4 is working across...



6

*Why stories?*



# Storytelling...

- Strengthens community
- Inspires reflection
- Transforms perceptions
- Humanizes individuals
- Helps people feel safe and valued  
*[including asking for consent]*
- Enables release of emotion
- Creates new meaning
- Drives change

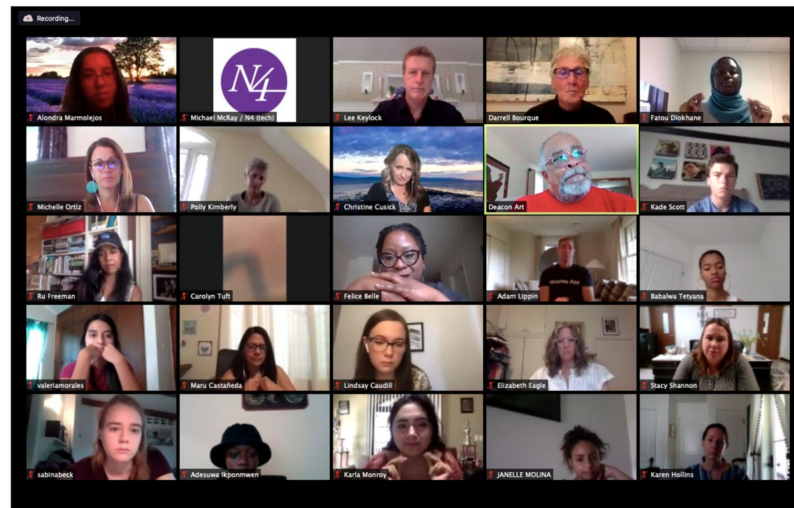




# The Story Exchange



In-Person



Virtual

# Community Skills



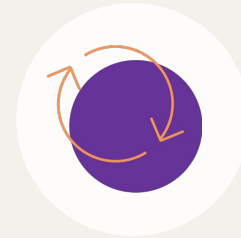
Know Yourself



Commit to Positive Relationships



Define how you want your community to<sup>o</sup> treat each other



Reflect with the goal of continuous improvement



# Community Norms

- **Be present and engaged**  
*Minimize distractions around you.*
- **Be respectful**  
*Take space, make space.*
- **Be trustworthy**  
*Stories stay, lessons leave.*
- **Speak from the heart**
- **Be open to new stories and new learning**  
*Hold multiple truths.*
- **Be human**  
*We're not perfect.*



*Let's do a mini exchange!*

# The Object Exchange

Find an object that you brought with you (ie- chapstick, shirt, photo on your phone, something in your wallet)

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Think of a story that you associate with that object that you feel comfortable telling someone else.

13



2 min.

# Directions- Pair/Share

- 1 Face your partner.
- 2 You will each have about 5 minutes to share your story (the rest of the time is to find your spot, get settled, ask questions)
- 3 When you are the listener, remember to be present and to show up in the way your partner asked for
- 4 When you are the storyteller, remember the self management strategy you plan to use and to ask for consent
- 5 There will be a “1 minute left” signal before it’s time to switch roles.

# Retelling

Find two other pairs to make a group of 6.

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Share your partner's story in first person.

15



2 min.

# Directions

## When presenting:

- 1** Say “Hi, my name is... [insert the name of your partner].”
- 2** Share your partner’s story as if it is yours. Remember, this is not about getting all the details right. It’s about stepping into their world and sharing the essence of what you heard.
- 3** When you end, say, “And that’s my story.”

## When listening:

- 1** We don’t share any comments after a story is finished. We let it sit for a few seconds and fully take it in.
- 2** You can share nonverbal validation- snaps, jazz hands, a smile or just sit in silence.



# *Reflection*



10 mins.

My hope for  
you is...



# *Narrative 4 in Your Community*





## How Schools Use the Story Exchange

- In the Classroom (Integrated into Curriculum)
- In Homerooms/Advisory settings
- Professional Development
- Staff Relationship Building
- Parent/Caregiver Exchanges
- Letter Exchanges between Schools
- In-State and Out-of-State Field Exchanges
- Access to learning resources





## How We Can Support You

- Designing activities leading up to story exchange (pre-work)
- Creating resources and lesson plans to integrate story exchanges into already existing curriculum
- Advisor meetings (1:1 or team)
- Narrative 4 Facilitator Training
- Student leadership development (training students to be Narrative 4 trainers)
- Support planning classroom or school wide exchanges



# Next Steps:

- Attend a Virtual Story Exchange
- Partner with N4!
- Take Facilitator Training
- Facilitate, expand, innovate, network





NARRATIVE 4

Connect with Narrative 4

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# Narrative 4: TODAY SHOW SEGMENT

