

Storytelling with Visual Aids

Unit 3: Communication skills

An individual activity for trainers, career guidance counsellors, employers and professionals in human resource departments

Objective: Enhance communication skills by practicing storytelling with visual aids to support understanding for people with cognitive disabilities.

Aims: This activity helps you practice breaking down information into simpler, more digestible parts using visual aids, which can be particularly helpful when communicating with individuals with cognitive disabilities. It also encourages self-reflection and continuous improvement in your communication skills.

Duration: 30-45 minutes per session

Materials Needed:

- A short, simple story (you can write your own or use a children's book)
- Picture cards or drawings that illustrate key parts of the story
- Notepad and pen
- Timer

Instructions:

STEP 1. Choose or Write a Story: Select a short, simple story that has a clear beginning, middle, and end. Ensure the story is easy to understand and engaging.

STEP 2. Create Visual Aids: Make picture cards or drawings that represent key parts of the story. Each card should depict a main event, character, or setting.

STEP 3. Practice Storytelling:

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- **Introduction:** Begin by briefly introducing the story. Use simple language and clear sentences.
- **Use Visual Aids:** As you tell the story, hold up the corresponding picture card to help illustrate each part. Point to specific details in the pictures to add context.
- **Engage with the Story:** Use expressive tones, facial expressions, and gestures to make the story more engaging. Pause frequently to ensure clarity and understanding.
- **Self-Review:** After telling the story, write down what went well and any challenges you faced. Reflect on how effectively you used the visual aids and how they helped in communicating the story.
- **Feedback Loop:** Repeat the storytelling exercise, adjusting based on your reflections. Try to improve clarity, engagement, and the use of visual aids each time.

STEP 4. Reflect on Empathy: Write a brief reflection on how using visual aids helped you communicate more effectively. Consider how this approach can be applied to other forms of communication with individuals with cognitive disabilities.