Module 1: Why Storytelling Matters (Especially Now)

1. Reflection Prompt

Take a moment to reflect: *Why does storytelling matter to you?*

- Is it about remembering loved ones?
- Passing on traditions?
- Helping your children or grandchildren know where they come from?
- Healing from past struggles?
- Creating more connection in your family or community?

Write freely below. Don't overthink it — answer from the heart.

My Reflection:

2. Legacy Lens

Think of one story from your family that you wish had been written down, recorded, or told more often. What is it, and why do you wish you had it?

That story I wish we still had:

3. The "Why vs. What" Exercise

History books give us the *what* — events, dates, facts. Stories give us the *why* — the emotions and meaning behind the events.

- Write one example of a historical event your family lived through (the *what*).
- Then, write the emotion connected to it (the *why*).

Example: *Internment (what) → Fear, displacement, resilience, hope (why).*

My Family Example:

- What: _____
- Why: _____

4. Quick Action Step

Finish this sentence:

> "Storytelling matters to me because _____."

5. Inspiration to Carry Forward

> "Stories don't just tell us what happened — they show us why it mattered. And in the process, they show us who we are."

Related Toolkit Section: *Why Stories Matter (Toolkit Intro)*