



Why We Tell Stories

INSTRUCTIONS

1. Think about your favorite story.

What makes this story special? Why do you like to listen to the story?

2. Read about Oral History. Oral History is the practice of recording stories told by others, to be used to understand important events from other points of view. You can learn more about what makes an oral history and how they are used [here](#).

3. Listen to Others' Stories. There are many examples of oral history that can be found on the web. Try listening to a few conducted by the National Park Service. Here are the oral histories about [Rosie the Riveters](#) and the [Little Rock Nine](#).

4. Try to Make an Oral History. Oral historians believe that everyone's story is important. To begin recording an oral history on your own, follow these steps:

5. Choose a subject or topic. Is there an interesting event that happened in your family? Or someone you know with a lot of stories to tell? These would both be great places to start an oral history.

Time: 30 min.-1 hour+

Materials: Access to internet, recording device or pen and paper.

6. Make a List of Questions. It is always important to be prepared. Before interviewing your chosen subject, make sure to have a list of questions written down beforehand. These should be questions that help your interviewee talk about their experiences.

7. Record the Interview. This is the most important step in conducting an oral history. Record the interview using either an app on a phone or with a pen and paper. Be sure to get permission from your interviewee before you begin.

8. Share Their Story. With your interviewee's permission, share the oral history you've recorded so that others can learn about this person or event. We show compassion when we get to know others and their stories. Making your own oral history is a great first step to building compassion for others!

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There are a lot of different ways to interview someone from oral history. If you need some help with questions, you can find a list of sample questions [here](#).

QUESTIONS TO CONSIDER:

- How does listening to someone else's story help us become more **compassionate**?
- In what ways do we tell stories in our **daily lives**?
- What **methods** can you use to share your stories widely?

