

REST: Resilience Through Storytelling By Shukrita Sankaran

We all know that stories have deep impact on us. Especially those stories that reflect what is going on within us. They act as a mirror to us, helping us become more aware. They help us face life's issues and develop our resilience.

Children especially respond very well to stories and learn many life lessons from them.

Storytelling when used with empathy by someone who is trained in it and who is good with children can help a lot. While it is not a substitute for any treatment or therapy, it can go a long way in helping the healing process.

Children are not only told stories but are encouraged to create their own. By doing this they are gently encouraged to know themselves better and develop self-reflection. This can also help parents and therapists including homeopaths to know them better and thus be able to help them better.

The one-hour one-on-one REST session is often a very enjoyable experience for the child. It is a free-flowing session where the child is gently guided to express himself/herself through a story that s/he creates. Once the child's inner world is revealed through this, a story is created or narrated that reflects it. The child often comes out of the session in a happier state.

REST Requirements

- 1. The child should bring his/her favourite toy and/or book.**
- 2. Please reserve 2 hours to be on the safe side. Please be on time.**
- 3. One parent/guardian must accompany the child. However, the session will be a one-on one session with the facilitator .**
- 4. Please fill out the Google form at least a day prior to the session.**

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