These are the exercises used:

**WARM UP EXERCISES**

**What reminds you of home?**

5 sights 5 sounds 5 smells 5 tastes 5 feelings (textures/emotions)

(5 mins)

**Discussion:**

Choose 1 from each

Anything in common between them?

What particularly about them reminds you of home?

(10 mins)

**Any family legends?**

Write 10 – e.g. “The time when…”

(5 mins)

**Discussion:**

How many of these involve food?

(10 mins)

**Any “Ratatouille” moments?**

-Food that makes you feel better?

-Food that reminds you of home?

(10 mins)

**CREATING THE STORY**

Pick one of your family food legends. Write it down/tell it in full, briefly.

-What’s special to you about this story?

-What significance does the dish hold?

-Does it have to do with your culture? Does it have nothing to do with your culture? Why do you like it so much?

(5 mins)

**Discussion:**

Finding the beginning, middle and end of the story.

-Full story completed, hand off to Mag & Jack for music & movement