

The grey duckling

Storytime

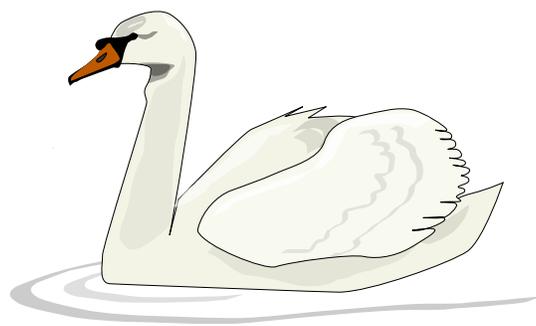
This story is inspired by the classic fairy tale "**The Ugly Duckling**" by Danish poet and author Hans Christian Andersen (1805–1875).

It was written to the Neuro Pride Ireland Festival by Carol Farinha with the support and guidance of Joana Hermann.

You are invited to printout the text and tag along in this story telling adventure.

You may also listen and/or watch the storytelling.

There are no wrong ways to join in.



Before the story

Storytelling today

"During this unprecedented era of separation and isolation due to coronavirus, all people, particularly children, urgently need to build relationships, connect with community and foster a sense of self."

"As humans, we thrive on stories. Now, more than ever, we need to share stories that build relationships, community connections and self esteem, especially with our children."

Source: <https://theconversation.com/3-ways-to-teach-kids-storytelling-a-skill-that-matters-during-coronavirus-isolation-and-always-137833>

Ages and intereaction

Everyone is welcome to this session!

Kids are welcome to join in the story telling from home. They may make sound effects, sing, dance, walk around, lay down or just sit.

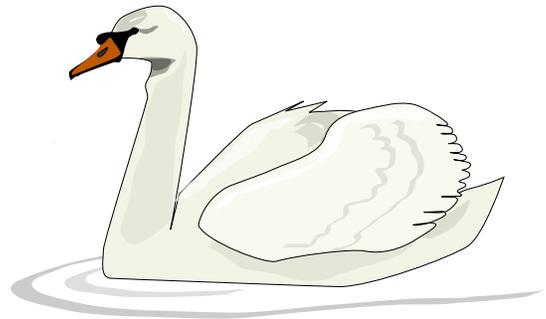
In the first 15 min (story time) all mics should be off.

In the last 15 min we can share insights, thoughts, and feedback. (or just draw the grey duckling)

Let's get ready!

For this story time you will need:

- A bowl of water
- a kitchen sponge and a pair of scissors to cut it
- a 20x20 cm square of kitchen foil
- 4 small pebbles or marbles
- 1 larger pebble or marble
- a hand fan
- a flashlight
- a plate and some uncooked rice (or sand)
- incense for burning
- 4 white flower petals (e.g. white rose)



***** All objects are optional and can be replaced depending on a child's sensory preferences (e.g. blue scarf instead of water or a drawing of the sun instead of the flashlight.) *****

The grey duckling

by Carol Farinha

(Use your props during the storytelling)

One beautiful spring morning Mama duck (half of the sponge) woke up full of joy: She thought "It is time! It is time to lay some eggs".

(Hand for nest) And so she prepared a wonderful and cosy nest next to the lake (bowl of water for lake). She washed some leaves, shook them dry and wove the perfect bed for her beloved eggs.

Then, she sat in it and trusted that nature would help her with the rest. (Sponge in hand)

And that is exactly what happened, after a long and magical night her beautiful nest had ONE, TWO, THREE, FOUR (4 small pebbles for eggs) beautiful eggs in it.

Mama duck was proud and relieved to see that all was exactly how it should be and thought "I will go for a swim in the lake to take a little brake!". And so, she did. (Sponge in the bowl of water)

(Discreetly, add the large pebble in the nest) When she returned to her beautiful and adored nest she noticed that something was different.

"Oh my! ONE, TWO, THREE, FOUR, FIVE.... FIVE!

I left 4 little eggs behind just to return to 4 little eggs and a big one!"

She thought and thought, quacked and quacked, and after much thinking and quacking she said "If life decided I shall care for 5 ducklings, then that is what I will do!"

(Sponge on hand with pebbles) So, she sat in her nest, carefully making the eggs warm and comfortable and notice that, once again, all was exactly how it should be.

On one hot and sunny morning, the eggs began to hatch. One by one, ducklings stepped out of their shells. They shook their wings and said, "Quack, quack!"

The grey duckling

by Carol Farinha

(Exchange pebbles for the small sponges and one gray ball of foil)

(Use the small sponges and the ball of kitchen foil)

ONE yellow duckling!

TWO yellow ducklings!

THREE yellow ducklings!

FOUR yellow ducklings!

FIVE yell.... Oh my!... ONE (rather big) grey duckling!

It was a surprise, they were all surprised! Even the grey duckling, when it noticed it was different.

But then something somewhat magical happened: The sun was so warm (flashlight), the cold water so inviting (bowl of water), the new world to be explored so enchanting that all differences melted away and they played in the lake all day! (Big sponge, small sponges and ball of foil on the bowl)

And so, the days went by. Swimming, playing, fishing, napping... life was sweet to that family of ducks.

Some days it rained. (grains of rice on the plate = rain sound)

Other days it was very windy. (hand fan to make wind)

Sometimes it was cold and other times not.

One day, sitting by the lake and watching his reflection on the water (foil ball on the edge of the bowl), the grey duckling thought "I wish I was like the others, I wish I was yellow and small." And it felt really sad.

When its Mama and siblings noticed that the grey duckling was sad, they hugged it, kissed it and told it "You are exactly how you should be and we love you!".

The grey duckling

by Carol Farinha

And so, the days went by. Swimming, playing, fishing, napping... life was sweet to that family of ducks.

Some days it rained. (grains of rice on the plate = rain sound)

Other days it was very windy. (hand fan to make wind)

Sometimes it was cold and other times not.

One morning, the grey duckling, who was now bigger and stronger than all its siblings, decided to travel beyond the lake and learn more about the world.

So it said goodbye to its family and went.

And so, the days went by. Swimming, playing, fishing, napping, exploring... life was exciting to that grey duck.

Some days it rained. (grains of rice on the plate = rain sound)

Other days it was very windy. (hand fan to make wind)

Sometimes it was cold and other times not.

One very foggy morning (incense burning next to the bowl), as it glided on a lake, it saw the most beautiful sight!

A group of white feather and long necked large birds flying and landing on the same lake. (3 petals of a white flower on the bowl)

The grey duck was amazed! So much grace, beauty and strength!

The other birds were looking back at it and slowly glided close by and said "Hey! Where have you been? We have been looking for a swan like you our whole lives!"

The grey duckling

by Carol Farinha

“Swan? A swan like me?” thought the grey duckling “They must be blind! I am a duck... I have always been one.”

“I am sorry friends, but I am duck! It must be the fog! Let me come closer and you will see my true nature!”

As it swam closer to the other birds, it noticed that in his reflection on the lake, it was a gracious, beautiful, and strong swan....(exchange foil ball for a white petal) “How could it be? Am I a swan? Have I always been one?” it said quietly.

One of the other swans replied “Like an apple on a tree, all beings need time, love and patience to become outside what they have always been inside. From the seed to the apple.”

What a joy! To know who one is! To fly free of sadness! To find your true nature!

The next morning all swans flew back to the duck’s lake and Mama duck made sure they all felt like family. (all pieces of sponge and petals in the bowl)

And so, the days went by. Swimming, playing, fishing, napping, flying... life was sweet to that big family.

Some days it rained. (grains of rice on the plate = rain sound)

Other days it was very windy. (hand fan to make wind)

Sometimes it was cold and other times not.

And each of them knew that everything was exactly how it should be.

The end.

After the story

Food for thought:

*There is more to a story than its words and sweet lessons.
There is something that touches our inner worlds and transforms it.
There is something that can't be named but is deeply felt.*

You may take some time now to draw, write or meditate about it.

You may also use these questions to guide you on this journey within:

- Which characters can you relate to?
- Which part of the story do you like most?
- Is there a part of you that, just like the grey duckling, needs time, love and patience to flourish into something wonderful?
- Do you know what "true nature" is?
- If the rain, wind, cold, sun and fog were emotions, which emotions would they be?

