

DANCING WITH DEATH



STORIES & CREATIVITY TO DEMYSTIFY
THE TABOO AROUND DEATH



Introduction

Death has long been a taboo subject in our society and is often excluded from conversations. Folktales from different cultures offer us a safe space to demystify Death. As we accompany story characters on their path, with creative activities from the Story Arte toolbox, we discuss how the issues around death and dying in the stories resonate with us.

The stories also help us to discover that Life and Death are two sides of the same coin and that Death has her rightful place, alongside Life.

One participant mentioned that Death seemed like a big ball of tangled wool at the beginning of the course and little by little the different strands and colours of Death became more defined and easier to explore.

Dancing with Death can be done as a 7 week course, a 4 week course or a stand alone workshop.



Contents

In a 7 week course we should cover the following:

- Group activity to welcome participants
- The taboo around death in western society
- Stories and symbolic language to demystify death
- Images and representations of death
- First memories around death
- The Swedish art of death cleaning
- End of life planning
- The act of dying
- The corpse
- End of life celebrations and musical playlists
- Honouring the life of a loved one
- After death experiences
- Closing activity

Selection of stories

- Godfather Death
- Lady Death
- Death in a Nutshell
- Nasruddin and Death
- Death's Messengers

Method

- The sessions are geared around the needs of the participants and are facilitated in a creative way.
- The activities are experiential, and the participants are expected to participate actively.
- Folk tales and guided visualization exercises are used.
- Expressive art forms like; drawing, journaling, body movement and visualization techniques are encouraged.
- Sharing in small and in large groups.



Technical Information

Facilitator: Jennifer Ramsay.

Public: Therapists, educators, storytellers, or anyone who is interested in the theme.

Languages: English or Spanish.

In- person:

Duration: 4 or 7 weekly sessions of 2 hours.

Requirements: An open-plan space, chairs and a surface to write on for the participants.

Online:

Duration: 4 or 7 weekly sessions of 2 hours.

Requirements: Zoom app and a good Internet connection.

One off 2 hour workshops are also possible.



JENNIFER RAMSAY



Profesional storyteller since 2004.

Member of AEDA, the Spanish professional storytelling association.

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