**Information For Contestants**

**Tips For Learning A Story**

1.Choose a Polish folktale you really enjoy, one you would love to hear.

2.Read it over and over. See pictures of the story in your mind.

3. Tape the story and listen to it.

4. Make 3x5 cards for yourself with notes of things to remember, especially order of events.

5.Practice for at least 3 weeks.

6. Practice all the time, to anyone, anytime.

**Tips For Telling A Story**

1.Introduce the story by telling its title and author (if any).

2. Know the story well.

3. Speak clearly and slowly.

4. Speak in a loud voice, but don’t shout.

5.Look at the audience. Do not stare at one person or thing.

6. You may use dramatic gestures to tell the story.

7. Change your voice to suit the character.

8. Use a costume and/or prop if you like.

**Contest Rules**

1.Story time may not be more than five minutes.

2. Storyteller may choose any Polish folktale (fairytale, fable, legend, or myth).

3. Storyteller must tell the story, not read it. You may not use any cards or written material during presentation.