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An Informational Guide for Incorporating A Few Minutes Fables Into Important Youth and Adult Conversations

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CMC, LLC
Conscious Media Consulting www.emelle.org

Presents:
A Few Minutes Fable

"Roll With It!"

Abilities themselves are not necessarily a measure of one's character. The way in which one uses an ability is a more accurate measure of character.

About this story:
The annual logrolling competition was coming to the local forest. Each year, most every four-pawed bear in the forest would choose a large, sturdy tree that had fallen the winter before, to roll in the competition. This year, Dakota decided to enter the competition. Can Dakota overcome the mean-spirited naysayers to show that three-pawed bears are just as able to compete?

Key themes: narratives, name-calling, uniqueness, looking different, disabilities, different abilities, character, language, self-confidence, success, overcoming, bullying

Audience: This story is geared to 2nd grade and up.



Sphere(s) of Consideration:
Cultural Linguistics Social Issue Accurate Narratives Representations

Includes A Coloring Sheet & New Expression Cards!

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"The Begin Again Friends!"

It takes courage to be different.
It takes courage to *actually* do things differently.

About this story:
Robin Rabbit and Sammy Slug come from two completely different cultures. Their families have an uncomfortable shared history that goes back many generations. How can these two live in the same garden, each get what they need to survive and thrive while coexisting in peace—and even become friends?

Key themes: generational narratives, relationship-building, courage, independent thinking, positive change, authentic experiences, overcoming, fresh starts

Audience: This story is geared to 1st grade and up.



Sphere(s) of consideration:
Cultural Social Justice Accurate Narratives Representations

Includes A Coloring Sheet & New Expression Cards!

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A Few Minutes Fable


"Doggone Disinformation Disorder!"

It takes Wisdom to avoid mayhem. Wisdom can come from our own experience(s) and careful consideration of the experiences of another.

About this story:
One day, Rally and his puppy posse read some concerning information that was posted on social media. Without thinking their reactions through, they quickly acted. Wisdom, a wise farm-dog had seen and heard a lot of things over the years of guarding the farm. Can Wisdom show Rally and friends how to sniff out disinformation and avoid mayhem?

Key themes: Narratives, Social media guidance, Credible sourcing, Disinformation, Hoaxes, Pranks, Touchable moments, Thinking before reacting, Learning from experience, Keeping safe online

Audience: This story is geared to 2nd grade and up.



Sphere(s) of consideration:
Culture Social Accurate Narratives Representation

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"The Proudful Swallow"


Pride is often a reflection of self-respect, and respect shown to another. Pride applied inappropriately, can have undesirable consequences which are nothing to be proud about.

FOR ADVANCED LITERACY ABILITIES

About this story:
A very strange condition was spreading throughout the animal world. The condition was frightening many of the animals. The experts advised a simple solution to help the animals avoid the condition. Would Mallow the Swallow and crew take the experts advice to avoid the condition? Or, would they contribute to the condition?

Key themes: Pride, being prideful, leadership, influence, collective good, selfishness, advice, credibility, being contrary, owning up, optimism, caring about others, independence, misrepresentations

Audience: This story is geared to highschool and up.



Sphere(s) of Consideration:
Cultural Linguistics Social Issue Accurate Narratives Representations

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"From Pitch To Perfect!"

Asking for help when we need it can be difficult. Yet, we may find that asking is a not just a gift we give to ourselves, but a gift we give to someone else.

About this story:
Mr. Jackson was building a treehouse for his children. Although he needed help, he believed that he would bother Mr. Carter if he asked him for it. Just in time, Mr. Carter helped him realized the error of his belief.

Key themes: perspective, asking for help, accepting help, better together, culture, vulnerability

Audience: This story is geared to middle school and up.



Photo by Floris Benkhurst on Unsplash

Sphere(s) of Consideration:
Cultural Accurate Narratives Social Issue

Includes A Coloring Sheet & New Expression Cards!

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Presents:
A Few Minutes Fable


"Gloria the Unacknowledged Beauty"

Beauty may or may not be confirmed by someone else, but it isn't determined by someone else.

About this story:
Gloria is a uniquely beautiful vase, but for reasons she can only guess at, she never gets a chance to shine like the other vases do. Not being appreciated for the way we are made, and not being able to shine because of someone else's opinion is difficult for Gloria to not take personally—as it would be for most anyone. Does Gloria let her beauty shine despite being unacknowledged and unappreciated?

Key themes: narratives, representation, beauty standards, acceptance, uniqueness, looking different, appreciating yourself, appreciating beauty in diversity, self confidence, self-esteem

Audience: This story is geared to middle school and up.



Sphere(s) of Consideration:
Cultural Gender Social Issue Accurate Narratives Representations

Includes A Coloring Sheet & New Expression Cards!

Stay tuned! More Fable Titles Coming Soon!



Media Literacy In Schools

According to the National Association for Media Literacy Education “Snapshot 2019: The State of Media Literacy Education in the U.S. a gap in media education shows that:

“Collectively, the demographics of respondents revealed two gaps; the first relates to race/ethnicity and the second to training and professional development. The demographics for race/ethnicity of respondents reveal much work is needed regarding outreach and representation, positioning attention to diversity as a top concern in growing the field of media literacy education.

[the second gap relates to] Investments in media literacy education initiatives at multiple levels and serving many groups and audiences are required. Seventy-four percent of respondents indicated that they are self-taught in media literacy education. This information confirms existing scholarship that degree program development, professional development, or other formalized training in media literacy education are lacking.

Developing media literacy as a core curriculum topic and twenty-first century pedagogy for inclusion across PK-20 contexts requires extensive revisioning of Teacher Education programs and the augmentation of professional development opportunities.”

According to UNESCO, [globally] “in 2022, at least one out of seven adults aged 15 and above (765 million) lacked basic literacy skills. Additionally, millions of children are struggling to acquire minimum levels of proficiency in reading, writing and numeracy, while some 250 million children of 6-18 years old are out of school.” ([UNESCO website](https://www.unesco.org/en/education/skills-education))

Developing media literacy skills in conscious ways is as imperative now as it has always been. CMC, LLC is pleased to provide a media literacy skill-building option for educators and parents/caregivers—in a conscious way.

The A Few Minutes Fable (AFMF) series is an additional, fun resource for educators to supplement media literacy education resources. Whether the instruction is occurring face-to-face in school, online, during afterschool programs, or there is a mix of educational outreach, CMC, LLC’s AFMF series will make a wonderful, inclusivity-minded addition to a child’s literacy education! The series helps develop literacy in ways that center consciousness-raising, emotional intelligence building, and empathetic-inquiry education.

ABOUT A FEW MINUTES FABLES:

“It only takes a few minutes fable to raise consciousness instantly!”



- CMC, LLC created the series of A Few Minute Fable to help initiate and support discussions in ways that raise consciousness, develop emotional intelligence, and seek empathetic inquiry.
- The fables incorporate CMC, LLC's exclusive 6 Spheres of Conscious-Concern©, a framework that specifically incorporates: Culture, Gender, Social Issues, Linguistic, Narratives and Representation considerations in content.
- The fables provide an innovative way to explore self-esteem development and civic/social justice issues through relevant themes. Using easy to understand metaphors, the fables have been crafted to engage readers of all ages in an enjoyable and entertaining way.
- The vocabulary used in the stories is not overly complex. However, some words may provide opportunities for children and adults to learn interesting new words and phrases.
- Many of the stories feature gender-neutral characters to:
 - encourage the reader to see themselves, and use their imaginations as to how the stories can be translated to real-world, real-human experiences
 - to help readers understand that some human experiences are universal and not gender-specific (but some human experiences primarily occur with people of specific genders, races, religions, etc. as well.,
 - that some experiences are civic and/or social-justice issues

To watch a short video about the components of AFMF, go [here](#)



INCORPORATING FABLES INTO EDUCATIONAL & HOME SETTINGS:

Here are just a few fun ways that AFMF's can be incorporated into a family's or an educator's schedule:

- As an online after-school activity for children
- As an online open-house activity
- As an online break-out room activity
- As a mid-day break or online "recess"
- As a way for families to start the day with a breakfast conversation before school or work
- As a way for teachers to build a lesson around a theme, or begin or end the day's lesson—online or face-to-face--in a creative way
- As an engaging discussion-starter for adults over a lunch break
- As a way to begin or end a meeting in a creative way
- As a way for families to engage in/initiate conversation around the dinner table
- As a child's bed-time story and discussion

EASE OF FACILITATION:

For ease of facilitation, each fable comes fully ready to be facilitated. However, the facilitator should take some time to understand the story and its theme(s) and make notes for how they will facilitate them.

Each fable includes the following components:

- A brief description/teaser about the story
- Key themes to look for
- Applicable Spheres of Conscious-Concern© based on CMC, LLC exclusive content analysis and creation framework
- A short fable: The fables range from approximately 1,200 to 1,600 words and are mostly set to a fifth grade to eighth grade reading ability. However, CMC, LLC believes that with guidance that fables are appropriate for younger children. Also, they are written to be enjoyed by adult and adolescent audiences.
- A Moral of the Story
- A Reflection Connection (that connects the theme to media influences where applicable)
- Personal and Group reflection questions
- A Facilitator's Notes page
- A Coloring activity sheet
- A set of Expression cards to encourage interactive discussions



- The Fables can be facilitated to fit the time available of the facilitator. The suggested amount of time for facilitation is an hour. The minimum suggested time for facilitation is a half hour.

BENEFITS OF A FEW MINUTES FABLES:

There are a number of benefits for incorporating the A Few Minutes Fable series into a traditional or home education setting. Here are just a few to consider:

- These fables are a terrific way to help children build their critical inquiry skills by having them transfer the plot/theme into real-world situations. For example, by asking, do humans ever (fill in the blank of a specific theme addressed in the fable).
- If they have the age and ability able to, these fables are a fun way to help children build their reading skills by letting them read the stories to each other and/or their educator, parent(s), care-giver(s) and to follow-up the reading with developmental inquiry questions.
- Children can express their comprehension skills by sharing their understanding of the plot with their classmates, educators, parents, caregivers, etc. Educators can increase children's comprehension by asking questions that are comprehension-centered.
- Children can also build their consciousness skills by thinking about the different contexts the stories may be applicable in.
- Through encouraging plot-inquiry and expansions on the themes, the reader and facilitator can build critical thinking skills.
- Through encouraging plot-inquiry and expansion on the themes, children can also develop their imagination and critical thinking skills.
- The relevant themes can be placed in real-life concepts that help explain complex information about societal challenges and discourses.
- Additionally, if the facilitator desires, the fables can be used to initiate important discussions about many of the civic/social justice, racial and disability and gender-based challenges people experience in society today.
- A Facilitated Fable is also a unique way to bring parents/caregivers groups and educators together for a relaxing opportunity for educational conversation that is not "grades" related!

To watch a short video about the components of AFMF, go [here](#)



Training and Facilitation options for A Few Minutes Fables

The following are two options for bringing a facilitated fable to your educational settings:

- 1) **Train-the-trainer:** CMC, LLC is delighted to be able to provide a best-practices for facilitation, professional development training so that educators, parent, care-givers, and groups feel confident to facilitate a fable and meaningful discussion with the children in their care.

The in-person or online training will cover:

- The parts of a fable
- Critical components of literacy acquisition such as, play-on-words, expressions, symbols, symbolism, characters, and more
- How to engage children in the story, such as, create characters, make a play out of the fable, take turns reading lines in the story
- Facilitating pre-crafted questions and producing new questions
- How to use The Moral of the Story provided and how to help their students develop one in their own words
- Suggestions for how to incorporate the expression cards into the reading of the story, or during the discussion after the story has been read (or both)
- When to incorporate the coloring activity
- How to use the expression cards to support understanding of the character's feelings and for a more interactive discussion

If CMC, LLC will provide a train-the-trainer professional development training:

- *The Organizer will work with a CMC, LLC representative to schedule a time for in-person training (approximately 3 hours is needed for training).*
- *If the training occurs online, CMC, LLC can provide the online platform or use the Organizer's platform.*

- 2) CMC, LLC as the facilitator: CMC, LLC will provide a "Facilitated Fable" for an educator, parents, or care-giver group. We will be sure to engage students and encourage media literacy skill development, as would a teacher or parent/caregiver!

If CMC, LLC will facilitate a fable:

- *the Organizer (Educator) will work with a CMC, LLC representative to schedule a time for a facilitated fable. CMC, LLC can provide the online platform or use the Organizer's platform.*
- *Unless an organization is willing to provide travel and lodging costs for out of country facilitation, in person-facilitation is currently only available to select sites located in Tirana, Albania.*

To watch a short video about the components of AFMF, go [here](#)



Information About Hosting a Facilitated Fable

Through our consciousness-raising, emotional intelligence building and empathetic inquiry “A Few Minutes Fable” series, we can facilitate an engaging fable and group discussion with your designated group, such as a youth organization, a teacher’s group, a parent’s group, etc.

Q: How will a Facilitated Fable be held?

A: A Facilitated Fable will occur online.

Q: Can you facilitate a fable to an international audience?

A: Yes, our webinar/online meeting platforms works internationally. The platform provides audio through your computer. There is a separate charge for a call-in number.

Q: How does a Facilitated Fable Work?

A: 1) You, “The Organizer” will select “A Few Minutes Fable” from the titles available on our website.

- 1) The Organizer schedules a time for a fable facilitation with a CMC, LLC representative by calling or emailing us.
- 2) CMC, LLC will send an invoice to the organizer for the cost of facilitation.
- 3) The organizer must pay the invoice before CMC, LLC sends an online meeting link invitations to participants.
- 4) CMC, LLC will send an invitation and online meeting link to The Organizer and participant list that the organizer has provided CMC, LLC
- 5) CMC, LLC, the organizer, and participants will meet at the appointed time for “A Few Minutes Fable” discussion as scheduled.

Q: What is the Cost of a Facilitated Fable?

A: The cost of a Facilitated Fable is \$155 for 1 hour of facilitation. **Please note: A Facilitated Fable is not the same thing as a training to facilitate a fable.**

Q: How many participants can participate in a Facilitated Fable?

A: A minimum of three participants is required and a maximum of twenty participants are allowed.

Q: What does a facilitated fable session entail?

A: A CMC, LLC representative will provide the fable on the screen for the participants to see and read. Depending upon the audience’s wishes, the facilitator can either read the story in its entirety herself, or the participants can take turns reading a section.



Upon completion of the story, the facilitator will take a pulse of the group by getting reactions to the story. She will then facilitate the questions associated with the story.

The facilitator will also field any additional questions that the participants may have.

The facilitator will close out the facilitated fable discussion.

Q: Is it necessary to purchase the Fable that will be facilitated?

A: No, the CMC, LLC facilitator will provide the fable on screen. However, if before or after participants would like to have their own copy, they will be available for purchase at a discounted price for members of the organization hosting the facilitated fable.



Thank You for Supporting Conscious Content and Conscious Media for Children and Adults!

For more Consciousness-raising, Emotional intelligence-building and Empathetic-Inquiry stories, please be sure to check out our A Few Minutes Fable series. These stories engage youth and adults with meaningful messages and can be found [HERE](#):



For More Information about CMC, LLC and our "Conscious-Concern©" Consciousness-raising professional and personal development training offerings, please visit our [website](#) and contact us for a free consultation to discuss your content and course needs.