



# FactorDaily Media Lab - A Show, Don't Tell Checklist for Human-Centric Storytelling

Here's a simple checklist with explanations:

1. **Find the Heart of the Story:** Like a gardener searching for a seed with potential, look for stories with a solid emotional core. This could be a challenge overcome, a dream pursued, or a unique perspective.
2. **Deep Dive into Characters:** Imagine each person as a book filled with stories. Explore their background, motivations, and emotions to present them as fully realized individuals.
3. **Use Relatable Details:** Just as a painter uses delicate brushstrokes, include specific, relatable details in your narrative. This could be a cherished object, a daily routine, or a meaningful place.
4. **Create Vivid Imagery:** Use words to paint pictures, like a photographer capturing a scene. Describe settings and actions vividly to transport readers into the story.

5. **Employ Direct Quotes:** Think of quotes as the subject's voice in a choir, adding depth and authenticity. Use them to convey personality and direct emotion.
6. **Build Emotional Arc:** Like a composer crafting a symphony, structure your story to have an emotional arc – a beginning that draws in, a middle that builds tension or interest, and an end that provides resolution or reflection.
7. **Engage the Senses:** Like a chef layering flavors, use sensory details to create a rich experience. Describe what is seen, heard, smelled, touched, or tasted.
8. **Keep it Authentic:** Maintain the story's authenticity, like a historian preserving the truth. Avoid exaggeration or sensationalism.
9. **Interactive Elements:** Encourage reader participation, like inviting someone into a conversation. This could be through questions, asking comments, or prompting reflections.
10. **Reflect the Human Experience:** Your story should mirror a mirror, reflecting aspects of the human experience that readers can see themselves in, whether it's joy, struggle, hope, or resilience.

## **Find the Heart of the Story:**

- **Tell:** "Sunita is dedicated to her students."
- **Show:** "Sunita's eyes light up with pride as she watches her students, little hands eagerly raised, ready to answer questions in her makeshift classroom under the banyan tree."

## **Deep Dive into Characters:**

- **Tell:** "Sunita has overcome difficulties."
- **Show:** "Navigating through narrow, bustling lanes each day, Sunita carries more than books; she carries the determination to bring education to every child in her village."

## **Use Relatable Details:**

- **Tell:** "Sunita is resourceful."
- **Show:** "In Sunita's Anganwadi, colorful charts made from recycled materials adorn the walls, and every story she tells is woven with local folklore."

## **Create Vivid Imagery:**

- **Tell:** "The Anganwadi is lively."
- **Show:** "The Anganwadi comes alive with the sound of children's laughter, the walls echoing their songs and stories, creating a symphony of learning and joy."

## **Employ Direct Quotes:**

- **Tell:** "Sunita believes in her work."

- **Show:** Sunita says, "For me, teaching is not just a job; it's a way to shape the future of our village, one child at a time."

### **Build Emotional Arc:**

- **Tell:** "Sunita's efforts have been successful."
- **Show:** "From the shy, hesitant steps of new students to their confident strides at the annual village play, Sunita's journey with her students is a testament to their collective growth."

### **Engage the Senses:**

- **Tell:** "The Anganwadi is a pleasant place."
- **Show:** "The aroma of freshly cooked midday meals mingles with the scent of monsoon-soaked earth, creating a comforting atmosphere in Sunita's Anganwadi."

### **Keep it Authentic:**

- **Tell:** "Sunita is a good teacher."
- **Show:** "With a gentle smile and patient explanation, Sunita ensures no child's question goes unanswered, embodying the spirit of a true educator."

### **Interactive Elements:**

- **Tell:** "We welcome your feedback."
- **Show:** "How does Sunita's story resonate with your experiences? Share your own journey in education or community work in the comments."

## Reflect the Human Experience:

- **Tell:** "Sunita's story is inspiring."
- **Show:** "Sunita's story, a blend of personal sacrifice and community upliftment, mirrors the journey many educators in rural India undertake, fueled by passion and resilience."



# FactorDaily Media Lab - मानव-केंद्रित कहानियां बताने के लिए दिखाओ, मत कहो चेकलिस्ट

1. कहानी की जान खोजो: वो किस्से ढूंढो जो दिल को छू जाएं।
2. पात्रों को जानो-पहचानो: लोगों की कहानियाँ, उनकी इच्छाएँ और भावनाएँ समझो।
3. रोचक बातें बताओ: ऐसी छोटी-छोटी बातें जो आम लोगों से जुड़ी हों।
4. चित्रों जैसा वर्णन करो: अपने शब्दों से एक तस्वीर बनाओ।
5. सीधे बातें कहो: लोगों के अपने शब्दों का इस्तेमाल करो।
6. भावनाओं का सफर दिखाओ: कहानी की शुरुआत, मध्य, और अंत में भावनाएँ जोड़ो।
7. इंद्रियों को जगाओ: ऐसे वर्णन करो जैसे सब कुछ सामने हो।
8. असलियत दिखाओ: जो सच है वही बताओ, झूठ-मूठ की बातें नहीं।

9. इंसानियत को दिखाओ: अपनी कहानी में ऐसी बातें बताओ जो हर कोई महसूस कर सके।

सुनीता की कहानी के लिए "दिखाओ, न कि बताओ" का अप्रोच इस तरह से अपना सकते हैं:

भावनाओं का सफर दिखाओ:

- बताना: "सुनीता ने अपने डर को मात दी।"
- दिखाना: "पहले दिन सुनीता के हाथ काँप रहे थे, बच्चों के सामने खड़े होकर पढ़ाने में, पर अब वह उनके बीच आत्मविश्वास से भरी खड़ी होती हैं।"

इंद्रियों को जगाओ:

- बताना: "सुनीता की कक्षा में अच्छा माहौल होता है।"
- दिखाना: "सुनीता की कक्षा में बच्चों की हंसी की आवाज़ और चॉक से ब्लैकबोर्ड पर लिखे जा रहे अक्षरों की खरखराहट सुनाई देती है।"

असलियत दिखाओ:

- बताना: "सुनीता बहुत अच्छी शिक्षिका हैं।"
- दिखाना: "सुनीता हर बच्चे के सवाल का जवाब धैर्य से देती हैं, उनकी आंखों में शिक्षा के प्रति जुनून साफ नज़र आता है।"

बातचीत शुरू करो:

- बताना: "हम आपकी राय जानना चाहते हैं।"
- दिखाना: "सुनीता की कहानी से आपको क्या प्रेरणा मिलती है? अपने अनुभव हमसे साझा करें।"

इंसानियत को दिखाओ:

- बताना: "सुनीता की कहानी प्रेरणादायक है।"
- दिखाना: "सुनीता की कहानी में व्यक्तिगत त्याग और सामुदायिक उत्थान का संघर्ष और सफलता दिखती है, जो हम सबके दिलों को छू जाती है।"