Create an Emotion Story

Roll the emotion cube and **create a story** based on the emotion chosen.



2/5 1/5 2/5 30 min

Activity Overview

Purpose

Adolescents create a storyboard by drawing pictures and/or words to develop their creative thinking and storytelling skills.

Objectives

Adolescents will be able to:

- Experiment with new ways to express their thoughts.
- Creatively express their ideas.
- Reflect on the causes of different emotions, and ways to manage positive and negative emotions.

Competency domains

Creativity and innovation

Communication and expression

Works well for

Adolescents who are ready to create a storyboard and adolescents who are beginning to understand and discuss emotions.

Phase

Knowing Ourselves.

Before

No activities required before this one.

After

Discuss other ways/activities to use the emotion cube. Practice learning and using words for the emotions represented on the cube as well as other emotions.

Preparation

Have emotion cube ready. Explain the emotion cube if participants have not used it yet.

Create an Emotion Story

1. **Warm up**

   Gather participants in a circle. Let each participant role the emotion cube. Ask them to remember the emotion that was on the top side of the cube after they rolled it.

2. **Explain:**

   Each participant will create a story about the emotion they 'rolled.'

3. Give each participant one sheets of paper, markers and pens.

4. **Facilitator says:**

   "Fold your piece of paper twice so you create four rectangles." (Demonstrate how to do this). "You can use this piece of paper as your storyboard. In the rectangle on the top at the left you can draw the first part of your story. The second rectangle on the top right is the second step of your story. The third sheet is the middle part of the story and the 4th sheet is the end of the story."

5. **Facilitator says:**

   "Here are some ideas to help you create your story:

   - Imagine a character, someone real or not, experiencing this emotion. Why is he or she experiencing the emotion?
   - Think about who the person is. Is it a young person, an old person, a boy or a girl?
   - What happens before this person experiences the emotion? What happens after?
   - Where is this person?
   - What is this person doing?"

6. **Facilitator says:**

   "Now, draw the story of your person on your story board. Remember, you could draw the moment the character is experiencing at any point in the story – the beginning, the middle or the end."

7. Give participants time to draw their stories.

8. **Share and Take Away**

   Bring everyone back to the circle. Invite participants to share their stories by organizing a gallery walk (if they want to do so).

9. Ask: "What were some of the causes of the different emotions in your stories?"

10. Ask: "What were some of the ways your characters managed emotions? Were those helpful or unhelpful ways to deal with those emotions?"

11. Ask: "Is it ever challenging to manage positive emotions? What did your characters do to deal with their positive emotions?"

12. Ask: "What are some new ways to manage difficult or positive emotions from these stories that you might try in real life?"

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Do & Don't

- ✓ Let adolescents write about a different emotion if they are not comfortable writing about the one they 'rolled' on the emotion cube.
- ✗ Ask participants to write or draw about their own feelings or experiences, but do let them do so if they choose to.
- ✗ Reprimand or criticize adolescents if they draw about violence, use harsh or inappropriate language when writing or telling their stories - But do talk with adolescents individually if you see these issues arise. Consider not sharing or posting drawings that may be upsetting to others.

Adaptation

Small group: If you have a small group of participants, create one story together.

Low Literacy: Only use pictures for the storyboard, without words.

Different language groups: Use the exercise as a chance to learn and practice the words for the emotions represented on the cube in their various languages.

Environment

Indoor or outdoor space.

Supplies

- Emotion Cube.
- 4 sheets of paper for each participant.
- Pens and markers for each participant.

Improvise

Adolescents can create role plays after rolling the emotion cube to create a story.

Adolescents could make a poster presentation to tell the entire story.

Adolescents can create a song or poem after rolling the emotion cube.

Continue

Use the emotion cube for moments in the circle when emotions are being discussed.