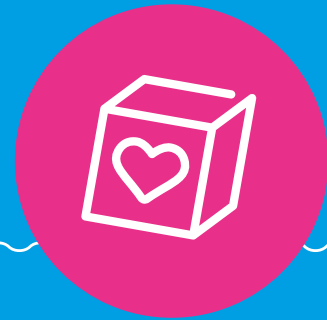




Create an Emotion Story



What is the purpose of this activity?



Can you tell a story without words? If you tell a story just in drawings and someone else “reads” it – will they read the same story that you drew?

In this activity you will try to tell a story using only simple drawings or emojis.

What will you need?



A place where you can sit comfortably and draw, and a table or flat surface to write against.



Three pieces of paper, approximately A-4 size.



A pen or pencil.



Optional: A person in your household who will work with you on a creative activity.

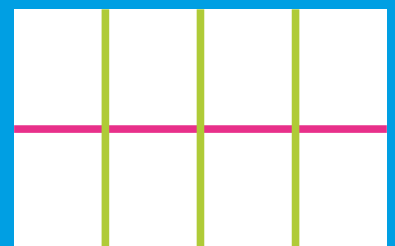
Step by step



Start by sitting somewhere where you are comfortable and have a clean, flat surface to draw against. Have your paper and pen or pencil ready



Take your sheets of paper. Fold each of them in half three times, twice along the “short” edge (the green lines) and fold them once along the “long” edge (the red line). Unfold them.

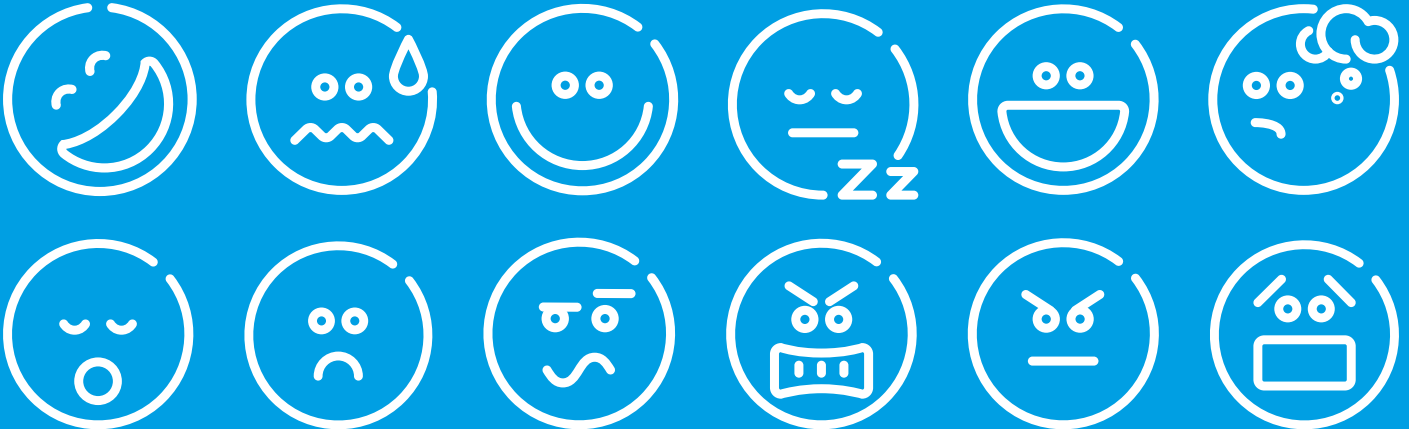


Think of eight different emotions that people, including you, can experience. Then, take one of your folded pieces of paper. If you wish, you can write one words for those emotions in each of the eight rectangles on your paper. Leave plenty of space in the rectangles for more drawing.

3

In each of the eight rectangles, draw the emoji that represents each of the eight emotions you thought of. You can see different emojis here as inspiration.

When you are done, cut or gently tear the paper into eight "emotion cards," each of which has one emoji on it. (Only tear the one piece of paper you used for this activity. Do not tear the others because you will use them in a different way)



4

Put your emotion cards down on your table or writing surface. Close your eyes.

Mix them around with your hands. No peeking! Pick up one of the cards, open your eyes, and find out which emotion card you chose. (Keep your emotion cards! You can use them again with the "create more" ideas for this activity)

5

Imagine a situation in which you, or someone like you, might feel that emotion.

It could be a real situation that has happened to you, or a situation you imagine. Imagine the story of the young person who experienced that emotion.

What may have happened before, to cause them to feel this way? What may happen while they are feeling this emotion? What might they do because they feel this emotion? What might happen as a result?

6

Take your second piece of paper.

In a corner of each rectangle, write the numbers 1 through 8. It might look like this:

1	2	3	4
5	6	7	8

7

Try to "tell" the emotion story of the person you thought of in step 5.

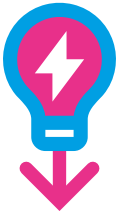
But, instead of writing it in words, try to draw it using only eight emojis. Your story might start with the emoji that you picked up, or it can be in the middle or end of the story – it's up to you and the story you imaged. Now, draw, using only seven more emojis, the rest of the story from beginning to end. Don't write any words!

This will make the next step more interesting.

8

Show your emoji story to someone else in your household.

Give them the third piece of paper. In each rectangle, they should "translate" your emojis into words, writing what they think happened in each of the eight steps of your story. What part of the story did they guess correctly? What did they guess that was different from the story you imagined?



Create more

- Draw your story again. You can draw it in any way you like. For example, you can make your story more or less than eight steps long. You can add pictures to your story in addition to the emojis. Use your emotion card to pick a new emoji to create a story from if you wish!
- Ask more people in your household to write their guesses about what happened in the story you drew in your emojis. Make a game and see who guesses most correctly. You can also invite them to write their own emotion stories.
- Invent new emojis! Are there emotions that you think should be represented differently from the emojis you are used to seeing? Are there emotions, activities, places or items that you have never seen an emoji for? Draw a new emoji yourself!
- Create a video, telling your story by showing one picture of your emojis or drawings at a time.



Share

→ Online:

Send a photo of your emotion story to the chat group. Send the written version of your emotion story that your household members made, and any new emotion stories you created.

Look for more messages from the chat group to see what other adolescents have created. Participate in the conversation!

→ Everyone (Online and Offline):

Keep your emotion story somewhere where you, and others in your household can read it again. For example, you might hang it on your wall, or keep it with other stories or drawings you have created.

Keep your emoji cards. Use them if you want to try this activity again, on your own or with others.



Create an Emotion Story



What is the purpose of this activity?



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What will you need?

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A place where you can sit comfortably and draw, and a table or flat surface to write against.

2

Three pieces of paper, approximately A-4 size.

3

A pen or pencil.



Optional: A person in your household who will work with you on a creative activity.

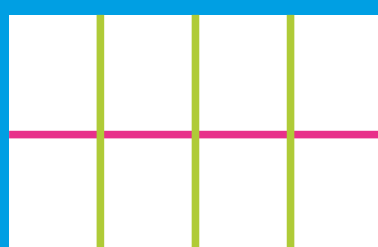
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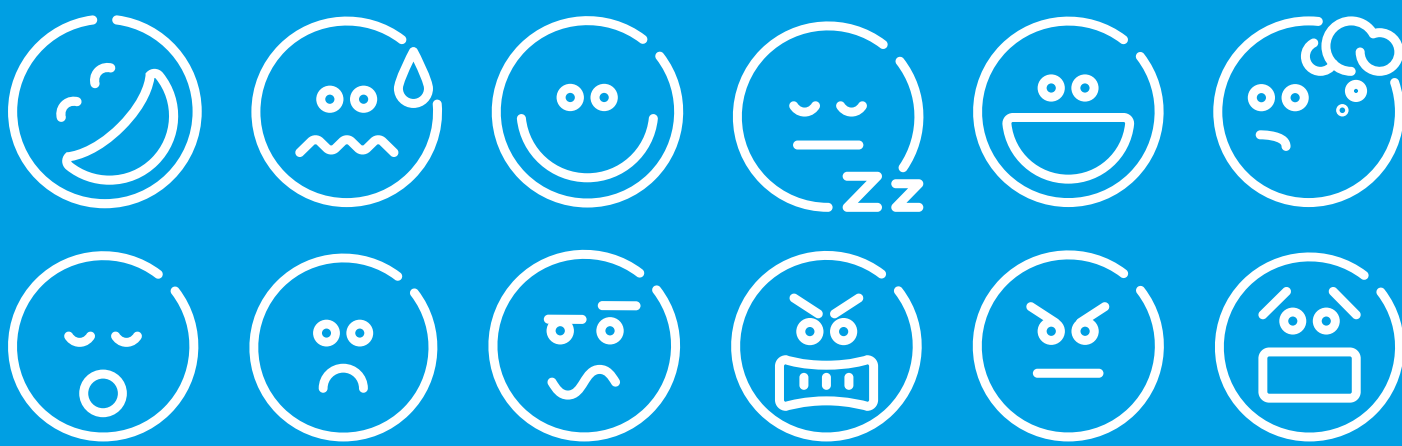


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Create more

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→ Everyone (Online and Offline):

Keep your emotion story somewhere where you, and others in your household can read it again. For example, you might hang it on your wall, or keep it with other stories or drawings you have created.

Keep your emoji cards. Use them if you want to try this activity again, on your own or with others.





Guide for parents and caregivers

1 Before your adolescent starts this activity

- Read the activity guide for Create an Emotion Story so you understand the steps and what adolescents are asked to do.
- Help your adolescent to find a quiet place where they can draw without interruption.
- Ask other members of your household to give your adolescent space and time to work on the first part of their activity, in which they draw an emotion story, without interruption.
- **Ask your adolescent how they would like to work on their drawing:**
 - *Would you like to try this activity alone, or would you prefer to try it together with me, or with other people in our household?*
- Accept and support their answers to these questions. Once they have told you their preferences do not push them to try the activity another way.
- Support your adolescent in finding someone else in your household to “translate” their emotion story into writing, when they are ready. Offer to be that person, but let them work with someone else if they prefer.

2 While your adolescent is working on this activity

- Depending on what they prefer, give them time and space to work on the activity in a quiet space.

If they are confused about how to do the activity, and want your help:

- Read the activity guide and try to explain the directions in your own words.
- Encourage them to try the activity again, or as many times as they wish.
- Remind them that there is not a “right” or “wrong” way to do the activity, and that they should not worry about whether they are “good” or “bad” at drawing. The purpose of the activity is to help them to have fun and experiment with expressing themselves in a new way.
- Help them to draw the emotion card and choose the emotion to create a story from, if they want your help at this stage. For example, you could put the emotion cards in a bowl or a bag and let them choose one with their eyes closed.
- Suggest a few examples of:

- Emotions they could include, as they create emotion cards.
- Why a person might feel different emotions and the ones that are on the emotion card that they drew. These might include times when you felt that emotion, as an adult, or when you were an adolescent. However, encourage them to write a story about a situation they imagine. Do not push them to draw the emotion story based on the example you suggest.

If they need more encouragement or inspiration, ask:

- *What emotions do you feel during a day or whole week?*
- *Describe to me, when you feel the emotion(s) that you drew?*
- *What emotions do other people your own age experiencing?*
- *Do you think the emotion you drew should be something that your character feels at the beginning, middle or end of the story?*

3 After your adolescent is done with the activity

- Ask if your adolescent wants to share their emotion story with you. If they do, share encouraging words about what they created. Never correct them or disagree with their choice of whom they included in their emotion story.
- Invite them to tell you more about their emotion story.
 - Ask them to tell you more about why they drew each step in the story.
 - Ask them what happened when someone tried to translate their emotion story. What did they guess correctly and incorrectly? If you were the person who tried to guess the emotion story, talk about your “translation.”
- Write your own emotion story! Have fun exchanging and translating each other’s emotion stories. Then talk about your experience. You could discuss:
 - What you guessed correctly, or incorrectly about each other’s stories.
 - If you created different emojis to represent the same emotions.
 - What causes you to feel different emotions, and how you manage them.

If they are participating in a discussion with a facilitator and other adolescents using their mobile device:

- Remind and encourage them to share their emotion story. However, do not force them to share if they do not wish to.
- Encourage them to participate in the conversation with the facilitator and the other adolescents.



Facilitator guide

Activity Purpose

In this activity, adolescents will draw “emotion stories,” telling the story of a person who feels a specific emotion, but using only emojis and not words. They will practice their competencies for creativity and innovation and communication and expression.

1

Preparing adolescents and families

- A few days in advance, announce that adolescents will receive a guide for this activity. Encourage adolescents to have fun and give it a try!
- Explain that the activity will give adolescents a chance to express emotions in a new way that is fun and creative. Remind them that the activity is meant to help them identify emotions and translate them into fun stories.
- Remind parents/caregivers that they can support their adolescents by reviewing the adolescent activity guide and their own guide.
- Explain that adolescents will need three pieces of paper (approximately A-4 size) that they can fold and cut/tear into smaller pieces, a pen or pencil, and a surface to write against. They will also need another household member who is willing to participate in a simple game.
- Inform them of the date by which they should finish the activity, and how they should share what they created.

2

When you share the activity guide:

- Repeat the information above, so adolescents (and parents/caregivers) understand how to participate in the activity, and what to do next.
- Explain to adolescents (and parents/caregivers) how they can communicate with you to ask any questions they may have.
- Send encouraging messages to remind adolescents (and parents/caregivers) that you hope they are enjoying the activity and look forward to hearing about their experiences.

3

After the activity:

- Remind adolescents to share a photo of their emoji story and emotion cards, a written account of their family member’s attempt to “translate” the story into words, and/or any other drawings, writing, audio recordings or videos they created. Explain how they can share these with you.
- As some adolescents begin to share their emotion stories, send encouraging reminders to others to do the same.
- Share examples of the first emotion stories you receive with positive comments, as encouragement for other adolescents to share their emotion stories, too.
- If possible, with your mode of communication, create a game in which adolescents “translate” each other’s emotion stories from drawings and emojis into words. Choose one or two emotion stories and invite other participants to share their translations. Encourage adolescents to have fun with this game, and not to tease each other or feel frustrated when they guess or translate incorrectly.
- Invite adolescents to respond to the following questions, one at a time.
 - *What was fun or challenging about trying to draw a story using only emojis?*
 - *What happened when someone else in your household tried to “translate” your emotion story into words? Tell us more!*
 - *Whose emotion story did you enjoy a lot? Tell the person who made it, what you liked about what they shared!*
 - *Reading what others have shared, what are some reasons why adolescents your age feel different emotions? Which emotions do you think people your age feel often?*
 - *Get creative! How could you create another written story, audio recording or video to capture your emotions? Would you create something together as a group? Share what you create!*
 - *Allow some time (possibly a day or so) between each question so adolescents have time to respond.*
- Send a closing message thanking them for participating. Congratulate them on their posts and creative work. If you will be sharing their posts and creative works in another way, inform them of this and ask for their permission to do so. Let them know if they should expect another activity.