



Be The
Hero of
Your
Own
Story!



ONLINE
Academy



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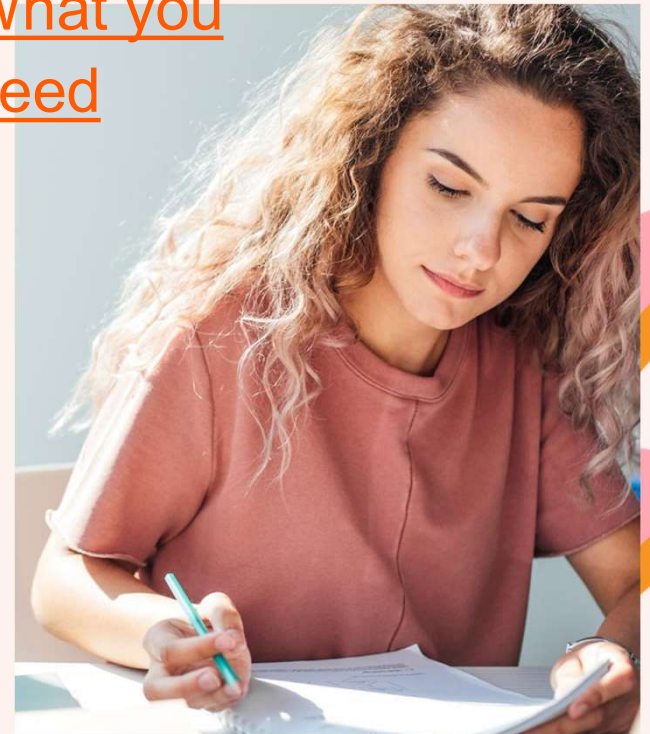
before we start



Before we get started, make sure you have:

- paper and pens
- have closed out of other tabs on your computer

What you
need



Acknowledgement of Country

Who you're ✨
learning from



About



- Sarah Found
- Live in Eastern Canada (on an island)
- Have a British Golden Retriever named Mr. Carson
- Positive Psychology Practitioner - I help girls of all ages to build hope & resilience through story, creative activities & movement.





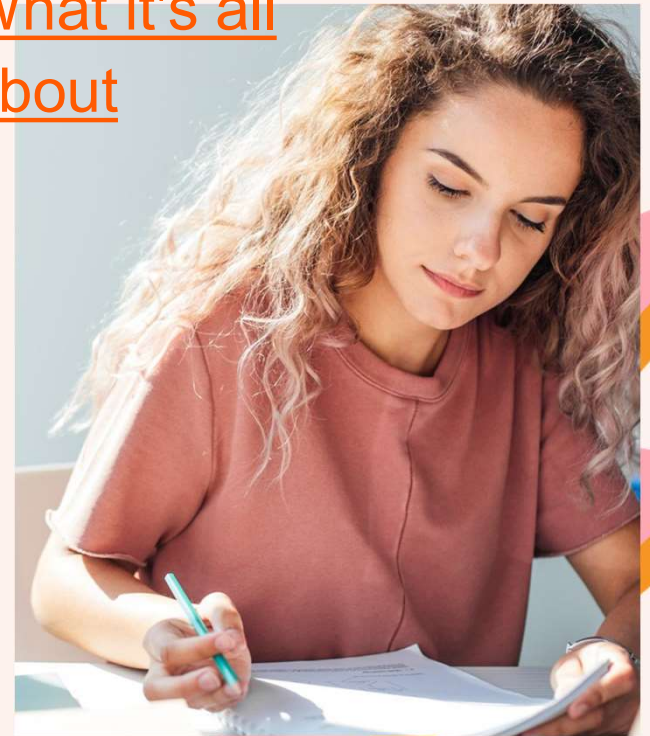
Class outline

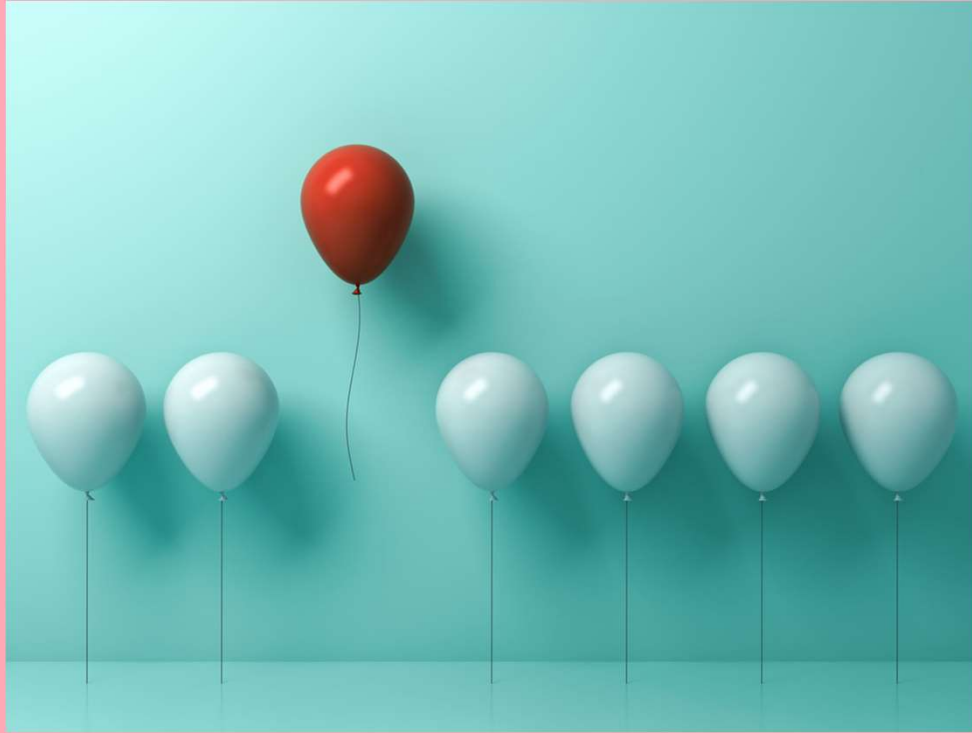


Today we'll be covering:

- Positive News Stories
- Remembering Our Favourite Stories
- You as the Main Character in Your Own Story
- Story Writing Through the Hero's Journey

What it's all
about





Name 1
reason you are
happy today!



ONE MOORE BOOK

Adding diversity to story books

Wayetu Moore founded [One Moore Book](#), a children's book publishing company, in order to provide culturally sensitive and educational stories for children living in regions with low literacy rates and underrepresented cultures. To date, One Moore Book has published 11 titles featuring culturally significant stories for children of Liberia, Guinea, Haiti, and Brazil, written and illustrated by authors and artists from each respective country. They have also donated more than 8,000 books to young



Home About Lat



photo: Lucy's Love Blankets Facebook Page

Lucy Made Blankets (& Masks)

Over in Tennessee, Veronica Blaylock taught her daughter Lucy how to sew when she was just eight-years-old. Together, they started making flannel "love blankets" for other kids each with a signature Lucy heart sewn in. The blankets have been shipped to 13 countries and given to children who have been bullied, have been fighting cancer, have lost a loved one, etc.

Lucy is 11-years-old now and busier than ever with [Lucy's Love Blankets](#), but things have changed a bit this year. "Because of COVID-19, we decided to put the love blankets aside for a minute and start making masks," Lucy told [The Tennessean](#). Together, Lucy and her mom have sewn and given away hundreds of masks to healthcare workers. In fact, on May 26, Lucy had sewn her 1100th



Photo: Khalil Thompson

When Selah Thompson came home from her first day of kindergarten in 2017, she was sad that some of her classmates did not know how to read. She knew she had to do something; at the age of 5, Selah decided she wanted to give away 2 million books. Her parents got on board, researched the issues and learned that illiteracy is the root of many problems. Together they founded 'The Empowered Readers Literacy Project', a non-profit that

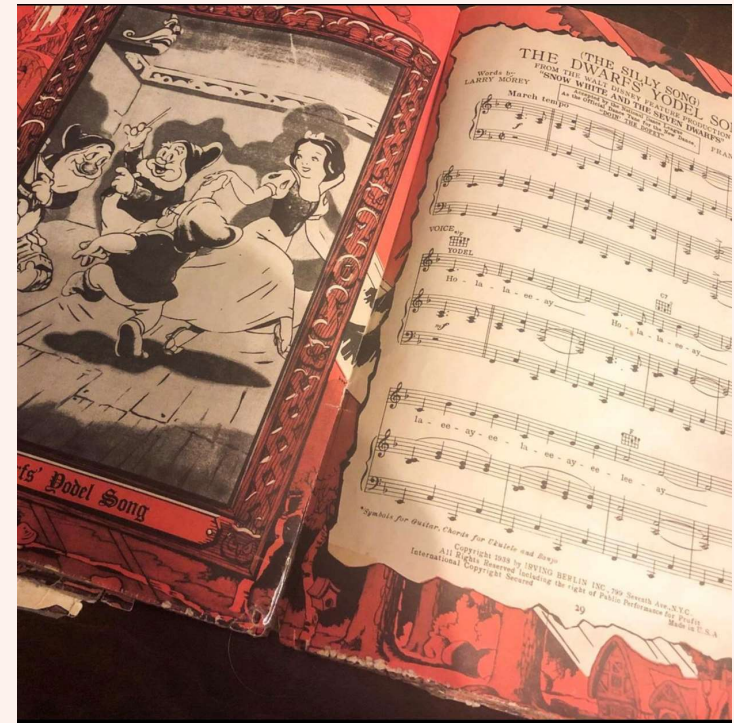
Positive News Stories

Your Turn: First Stories

Take a moment to write the names of the first stories you remember hearing. It can be a first memory, a bedtime story or a story that your family or friends shared with you.



The Snow White Music Story





Your Turn: Favourite Stories

Silly

Take a moment to write down your favourite movie, book, or a piece of artwork that has moved you.



Pointless

Weak

Your Turn: Favourite Stories

Silly

Take a moment to write down your favourite movie, book, or a piece of artwork that has moved you.



Pointless

Weak

How Stories Change Our Brain

- Stories that are personal and full of emotion engage more of our brain – and we remember them more.
- This makes us feel 'EMPATHY' for someone which is a really powerful emotion
- Stimulates the chemical - OXYTOCIN in the brain
- Also stimulates – CORTISOL which makes us feel stress for the character
- Makes us want to help others or feel connected to others
- NOT all stories do this – need emotion and suspense (what will happen) to connect the reader



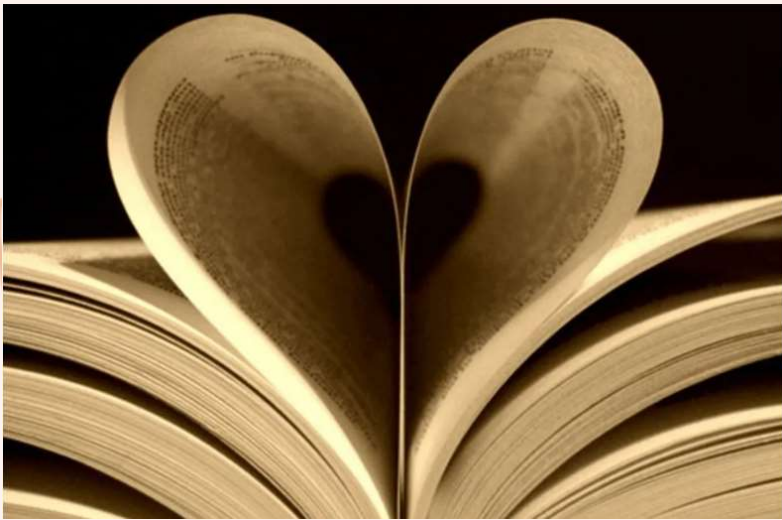
Emotions

How stories make us feel?



Healing Power of Stories

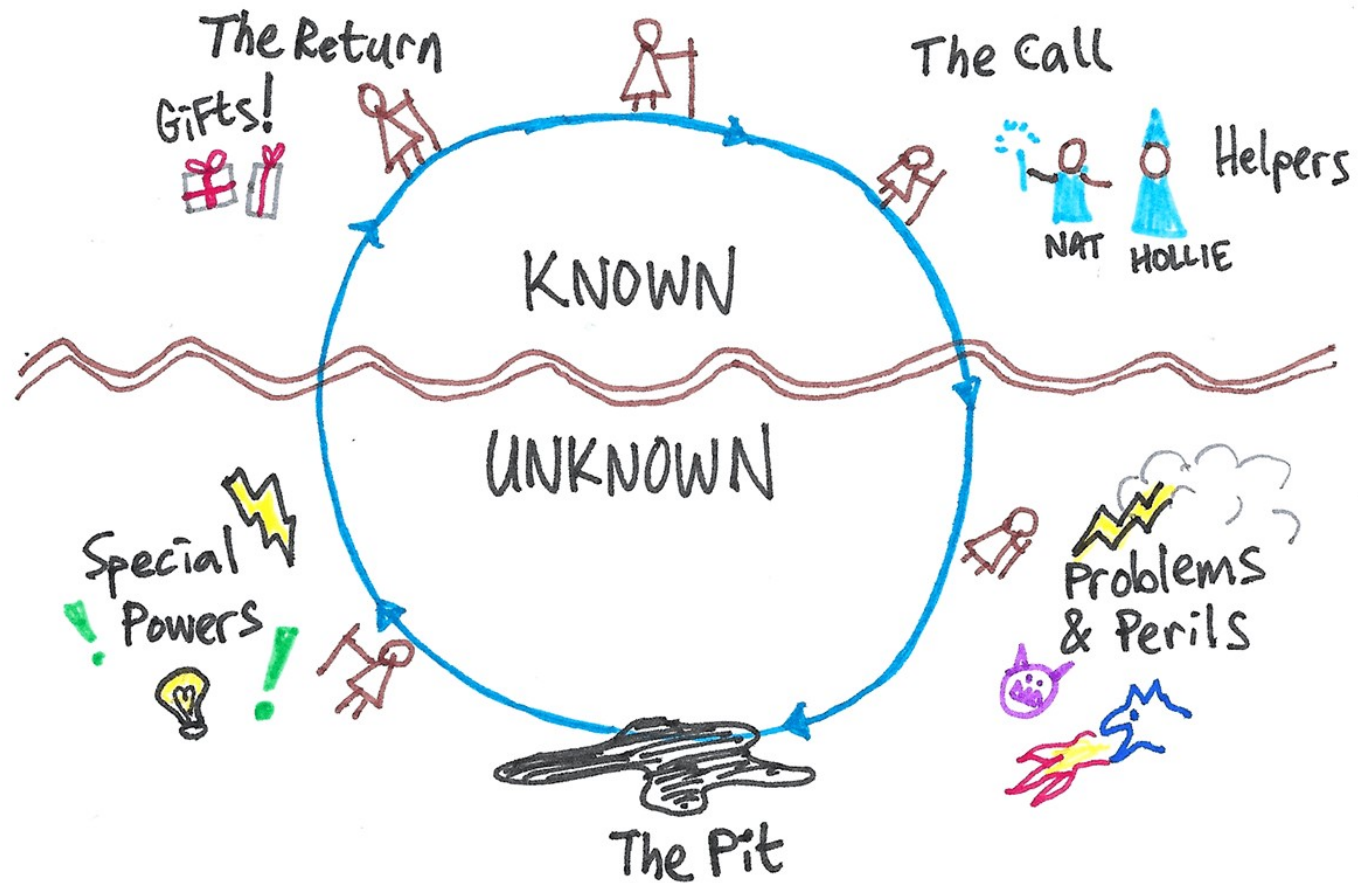
- Helps us see our role in our own lives and in the world around us
- Helps us work through problems and challenges – by writing it down
- Sometimes if we write in the 'third person' it can help us move through a challenge. We can think about what a friend would do OR what we would tell a friend to do.
- We can read a story about someone else and it **INSPIRES** us to feel better.



ntless

Hero's Journey Agenda

ORDINARY LIFE



Lead Character

Think of a character from a book or movie that you really love or admire or inspires you.

Shy
Silly

- **Where does the character live?**
- **What do they wear?**
- **What do they like to do?**
- **What troubles them or what is their challenge?**
- **What do they want? (belong, have a home, feel safe, get over a fear, make new friends, etc.)**
- **What strengths come to mind when you think of the character? (honest, brave, funny, kind, curious)**

Drifter

Weak

For people with
nothing else to do

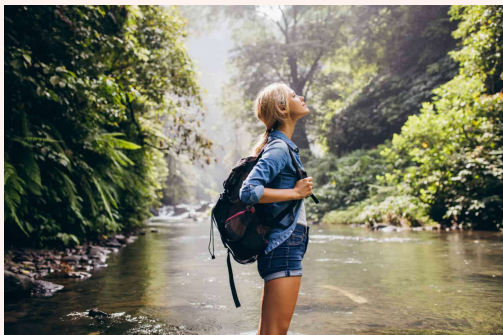


Lead Character (YOU)

NOW - think of YOU as the main character & answer the same questions about you BUT write in third person.

Silly

Instead of saying 'I' – try writing in the 3rd person
(ex: he/she/her/their/they)



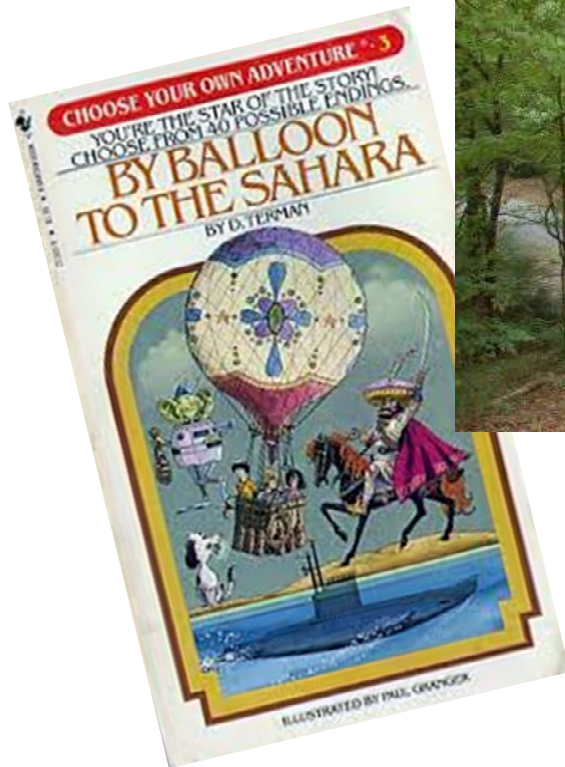
- Where does the character live?
- What do they wear?
- What do they like to do?
- What troubles them or what is their challenge?
- What do they want? (belong, have a home, feel safe, get over a fear, make new friends, etc.)
- What strengths come to mind when you think of the character? (honest, brave, funny, kind, curious)

Weak

Lonely

Nothing to do
Now what?

Choose Your Own Adventure



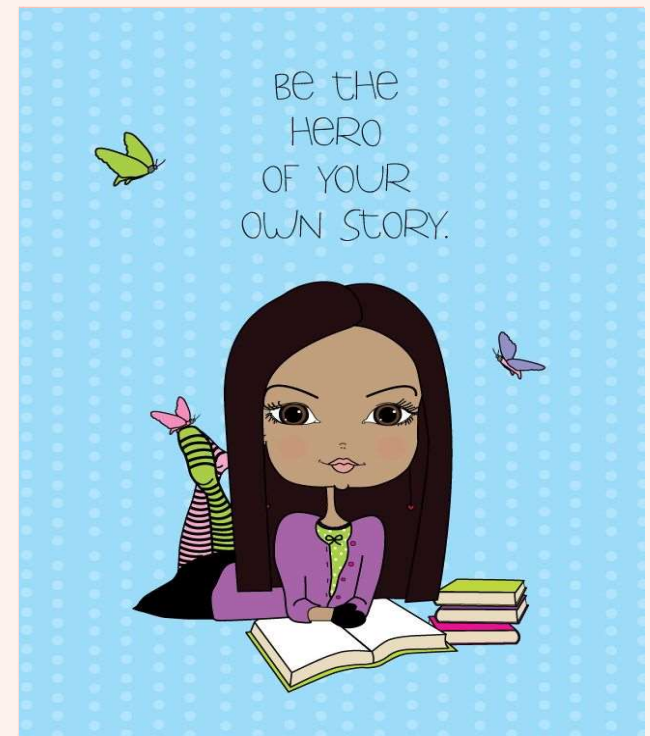
Everyday you have a chance to
choose a new path!





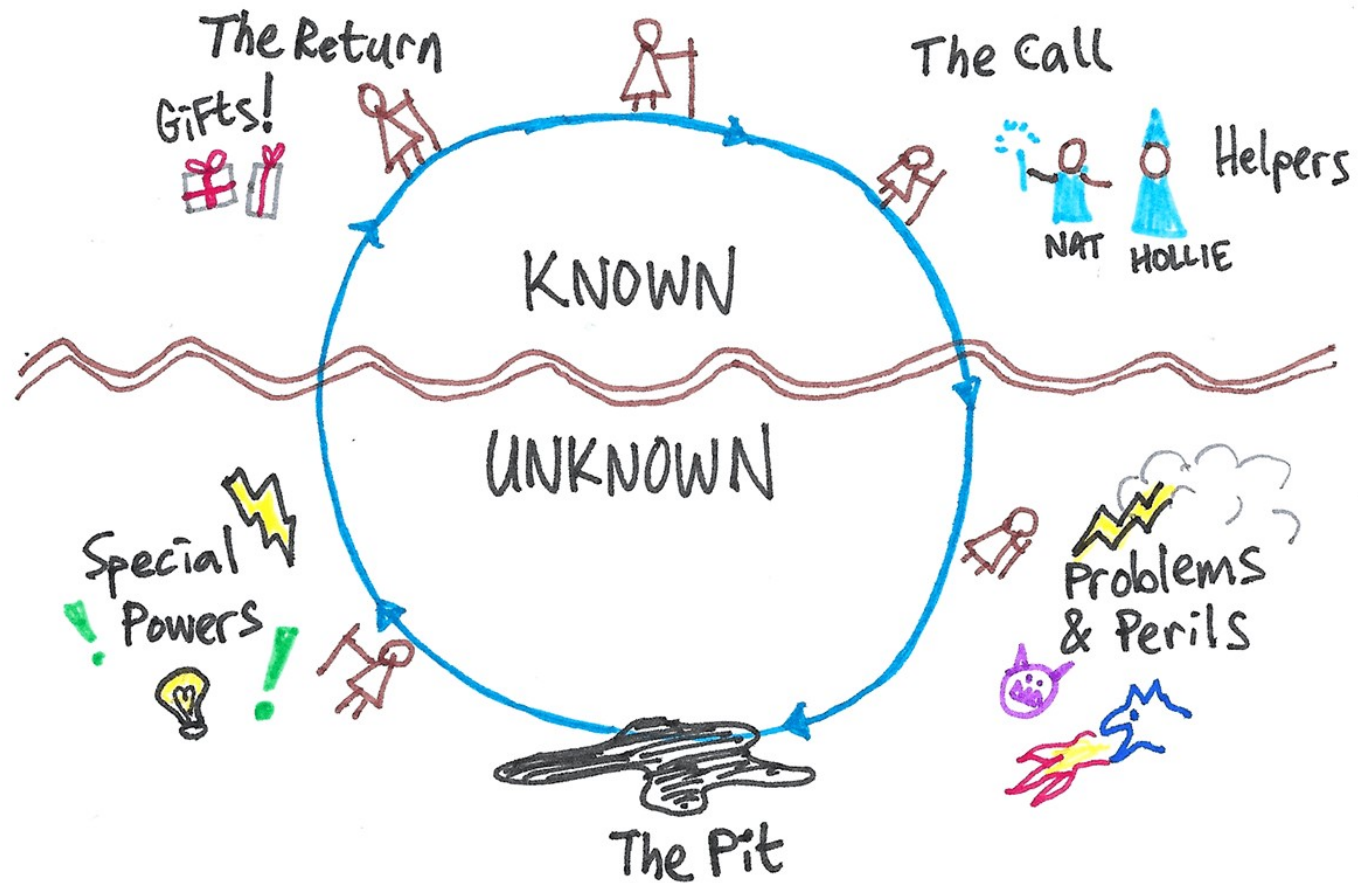
Your Hero's Journey

- What is the challenge/obstacle that you faced?
- Who or what was the enemy in the story? (may be your own feelings)
- Who helped you on your journey through the challenge? Friend/family/coach/teacher/pet
- Where did this take place?
- What are your magic powers that gained on the journey or were passed onto you?
- What strengths did you put to work?
- How did you overcome your challenge?
- How have things changed now? What did you learn?



Hero's Journey Agenda

ORDINARY LIFE



WHAT HAPPENS NEXT?

That is up to you. Be the author of your own story.



**ONE BAD CHAPTER
DOESN'T MEAN YOUR
STORY IS OVER.**

- ANONYMOUS

WE
HAVE
TO
ALL
STORIES
TELL

**DON'T COMPARE
YOUR CHAPTER #1
TO SOMEONE
ELSE'S CHAPTER #20.**



DAILY INSPIRATIONAL QUOTES
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Unleash Your Creativity & Inspire Others. Writing Your Own Short Story!

1. PDF available that lists all the steps we just covered (sent to you after workshop)
2. Use to write your short story (real or fiction)
3. Send to the Online Academy. I will layout as a PDF with pictures/graphics and have it sent back to you – as your own eBook!
4. All stories are confidential & only shared back to you!



Look for the Good in stories.
When you read a story or watch a movie, look for the strengths in the characters & the Hero's Journey

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