



## Experience a Points of You™ Workshop

**Created by Points of You™ Certified Trainer: Shirley Farrell**

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### The Coaching Game – Story Board for Children

#### **Introduction:**

There are times when we all need to express ourselves in ways other than using direct communication.

For troubled children and young adults this can be very true – without the necessary life experience and or environmental influences and learning opportunities that have resulted in the ability to relate, children and youth can find expression and communication difficult.

With this in mind, Story Board for Children has been developed as a problem solving and communication tool. Additionally Story Board for Children makes an excellent education tool by promoting creative writing skills.

The principles employed in this activity, particularly for children experiencing a problem is to allow them to view the problem from the position of being once removed from the problem; to gain insights and use creativity to think through the problem and then to find a solution as a consequence of being emotionally detached from it. From the distance of this Point of You, new insights can be gained and a resolution formed, like providing advice to a friend with a problem.

Additionally the exercise can be used as an educational tool for creative writing. The story that is created can begin, develop and go wherever the child chooses. In the tradition of every good child's story every Children's Story Board has the opportunity to have a happy ending.

#### **Number of Participants:**

Story Board for Children is suitable for a one-on-one session or as a group activity for children. It is particularly useful in a classroom environment where creative writing is the objective of the subject being taught.

It is suitable for children aged 7 – mid teens and may also be an appropriate tool for adolescents experiencing problems and who do not have the vocabulary or communication skills to discuss and resolve issues.

#### **Supplies:**

You will need 1 copy of The Coaching Game + resources such as a writing pad, pens and pencils so that the child (or children in the group) can write their story while adding their own drawings to further enhance the experience.

As an alternative, you may choose to voice-record the story for later review and replay.

What a wonderful way to capture your child's development! Create a story, record it and keep it as a loving memory!



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## **The objectives of the process:**

Story Board for children has been created with the following objectives in mind:

- To promote creativity in children;
- To assist with problem solving;
- To move children with a problem to be solution focused;
- To assist to build rapport and relationships between adults and children and between children;
- To breakdown communication barriers and to build trust between the facilitator and the child – when used as a counseling or therapy tool.

## **Time:**

You may take as little or as much time as you choose to explore Story Board for Children.

As a holiday activity, Children's Story Board will occupy children for as long or short as they so choose making it an ideal game for one or more children.

As an activity for the individual child, the game may never end but rather continue to evolve with the child returning to where they left off to continue their story.

As a problem solving activity, the "facilitator/counselor/coach" can manage the time that is appropriate to their purpose and that of their client.

## **Room/space set-up:**

For a large group, ask the participants to form a semi-circle around a space on the floor.

For a small group, have participants sit at a table that will accommodate all.

If the group is classroom sized, use a white or black board that is pre prepared with a sketch of the layout board provided. In this particular set-up, have a table at the front of the room where the cards can be laid out, ready to be selected and used as required.

Where the activity is one-on-one, prepare a table large enough to set up the layout chart with room to place the cards.

Cards may be face up or face down, whatever is your preference.

When setting up the game for creative writing in a group, it is a good idea to have participants contribute towards setting up the story board aspects. These are things like:

- The location – setting the scene for the story
- The characters – establishing the main characters and giving them names. Characters can be

people or animals, real or imagined including characters that are pure "fantasy" such as Angels, Aliens, Unicorns and other characters that are based on cultural legends. In Australia for example there is a mythical creature called a "Bunyip".

- Purpose – you can establish from the beginning "why" your characters might be in the location described



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### Facilitator preparations:

In preparation for Children's Story Board, consider your audience; are you preparing for a one-on-one session or for a group?

For the therapist or counselor preparing for a session with a client, consider whether you want to use it as an ice breaker, to build rapport and a relationship with the client. Using the game as an ice breaker can be extremely beneficial in subsequent sessions where a personal problem is likely to unfold or to be confronted.

Is the game to be used as a group activity? Consider how you might introduce it. Here is one example of an introduction to a group of children.

"Who likes stories? That's right, we all like to listen to stories, go to the movies, read or have someone read to us, don't we?"

What are some of your favourite stories?" (get examples and give praise for bringing forward the examples)

Who thinks it would be good to write a story? But where will our ideas come from? Where might we start and how will we develop our story? Writers of stories must have wonderful imaginations, don't you think?

We all have the potential to imagine and so today I have something that we can all do together and we can all bring our imagination to a game. Who would like to play a game?

This is a game that we can all play together and what is very special about this game is that we all win!

**OPTIONAL:** You may choose to have someone capturing the story as you go; this is called a scribe, so if you choose to have the story captured, you can either have a scribe or place a voice recorder in a position to capture the story as it unfolds.

This game is about writing a story so before we begin, let's think about what goes into a good story. A story is usually set in a place or location, so what location would you like the story to be?

Should it be in a jungle, at a circus, by the beach or in a forest? What are some other locations for the story.

Now, what characters will we have in our story?

And finally, why are we here – at this location?

Optional – when a scribe is used:

Before we begin the game, we need someone to write down our story – as we go, so who would like to be our "scribe"? (scribe steps up to the central point and assists to write down the story as you go)



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## **Activity Process - Step by Step:**

1. The coach or facilitator is also the story's narrator, guiding the child or group through the structured parts of the game to the "intersections" where creativity is explored.
2. Depending on the situation and circumstances, you may choose to "censor" the deck of cards by removing any that you feel are not appropriate for the situation/audience. What you censor is completely at your discretion.
3. You may choose to record the story for later review or have a writing pad and pens and pencils for the child to write the story and add pictures. Alternatively you could voice record the activity and therefore the story
4. It is the coach's responsibility to maintain safety and positivity at all times during the game.
5. Where the Children's Story Board is to be used for a therapeutic intervention, the child is invited to choose the name/s of their "heroes" or main characters in the story. If they choose their own name in the beginning, suggest that the character may be like them but not necessarily them. They are here with you creating the story.  
  
This will allow the child to remain dissociated from the story and assist to remain at a safe distance from the problem if required. It will also aid in a more objective resolution to any problem that arises.
6. If the child goes to a place that causes fear, remind them that they are safely in the room with you and no harm will come to them.
7. Guide the child through the story, allowing their creativity to flourish and come forward. Your role is to be a narrator and "tour guide", only stepping in to influence the flow in the case of potential danger or confrontation with a problem that could cause danger. Additionally, depending on the child's imagination some stories could take twists and turns that could create some "scary" moments. The child's safety must be No 1 priority.
8. Establish the location for the story and an initial purpose; this will act as an anchor and base for the story to unfold.
9. The game is played using a combination of your coaching/facilitation skills combined with the story board layout as a "prompt" to assist the story to unfold in combination with the child or group's ideas and imagination.
10. Following the story board layout, allow the story to begin and then develop in whichever direction the child or group so chooses.
11. Like every good story, it should have a beginning; a middle and an end; it is the facilitator's role to observe and "shape" the plot without necessarily forcing personal opinions or directions on the plot.
12. Have fun and enjoy the story.

**Enjoy and pay it forward...**

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### The Coaching Game – A Story Board for Children

Before we start our story, we need to set up a few things!

Where shall our story take place?:

**Location:** .....

Eg In the jungle, in outer space, at the beach, in a forest, at a theme park like Disneyland

Who will be in our story?:

#### Characters

##### Type of Character

Eg Giraffe .....

10 year old Boy .....

Friendly Martian .....

##### Name

Tiny .....

Peter .....

Diddlydobberdo .....

#### Purpose

Describe why it is that these characters are in this location:

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.....

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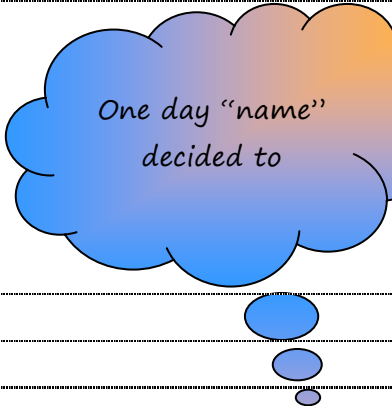
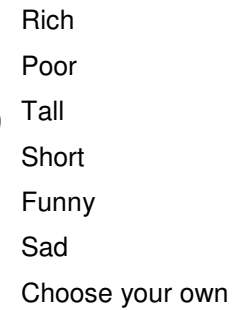
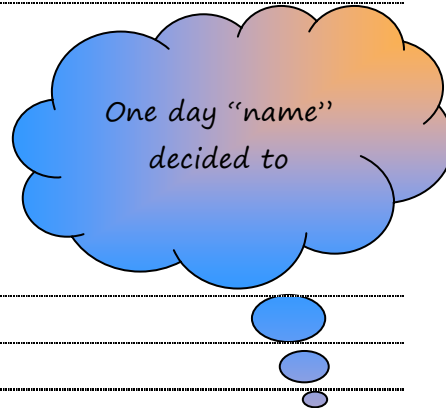
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Eg: Diddlydobberdo has travelled to Earth for a holiday

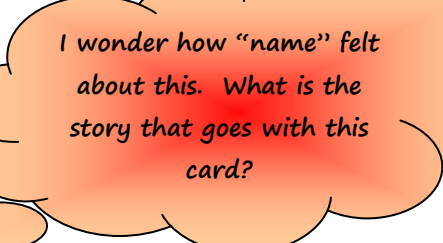
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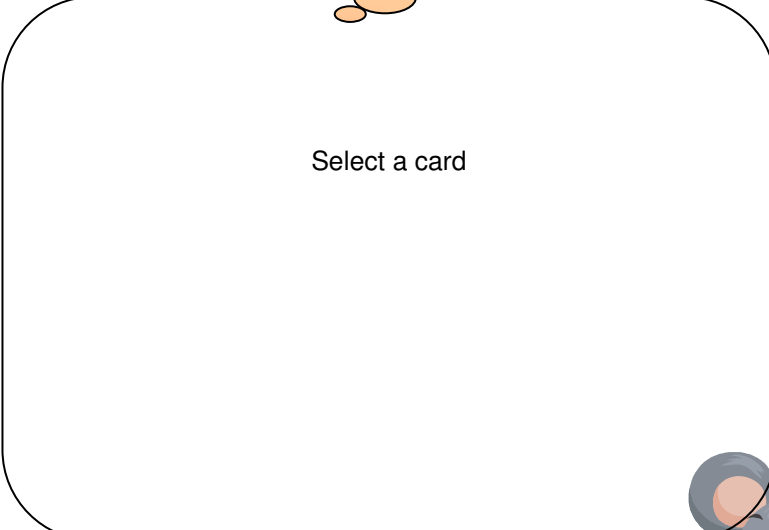
Write your story here or use a  
note pad to commence

A thought bubble with a blue-to-orange gradient, containing the text "One day 'name' decided to". The bubble is connected to three smaller circles below it, suggesting a thought process. The background of the entire page is white with horizontal dashed lines.

Rich  
Poor  
Tall  
Short  
Funny  
Sad  
Choose your own

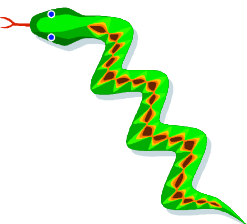


I wonder how "name" felt about this. What is the story that goes with this card?



Select a card

A cartoon illustration of a grey mouse with large ears, holding a large wedge of yellow Swiss cheese. The mouse has a small black nose and whiskers. A black line extends from the top left corner towards the mouse's head.



Write your story here or use a  
note pad to write the next chapter

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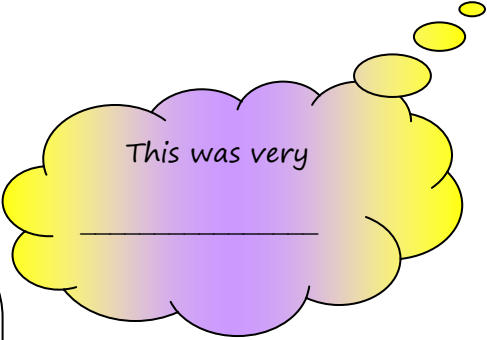
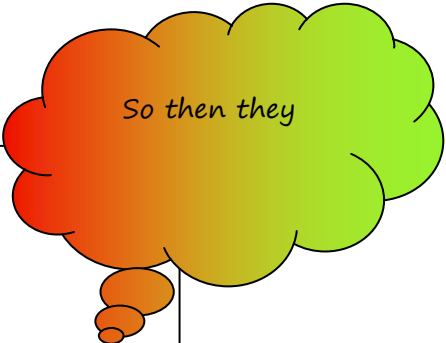
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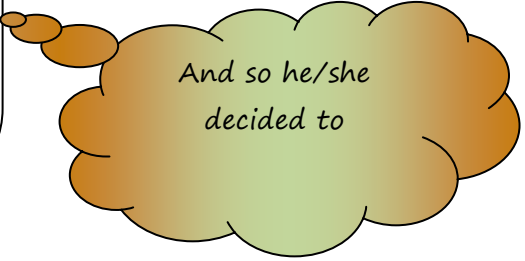
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Select a card  
To see where the story goes



- Exciting
- Funny
- Tragic
- Scary
- Awesome
- Strange
- Wicked
- Choose your own

Select a card



[illegible][illegible]

Select a card – what does this reflect what might have happened next?



But then,  
something  
happened!

A cartoon illustration of a brown dog with large, expressive eyes, holding a large, yellow bone in its mouth. The dog has a friendly expression with its tongue slightly out. It is standing on all fours.





Write the next chapter here or use your notepad to write the next exciting chapter

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Write the next exciting episode here or use your notepad to write the next exciting chapter

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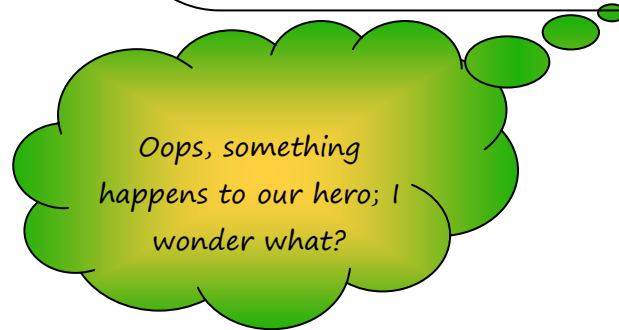
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Select a card – what has happened to our hero?



*I wonder what?*

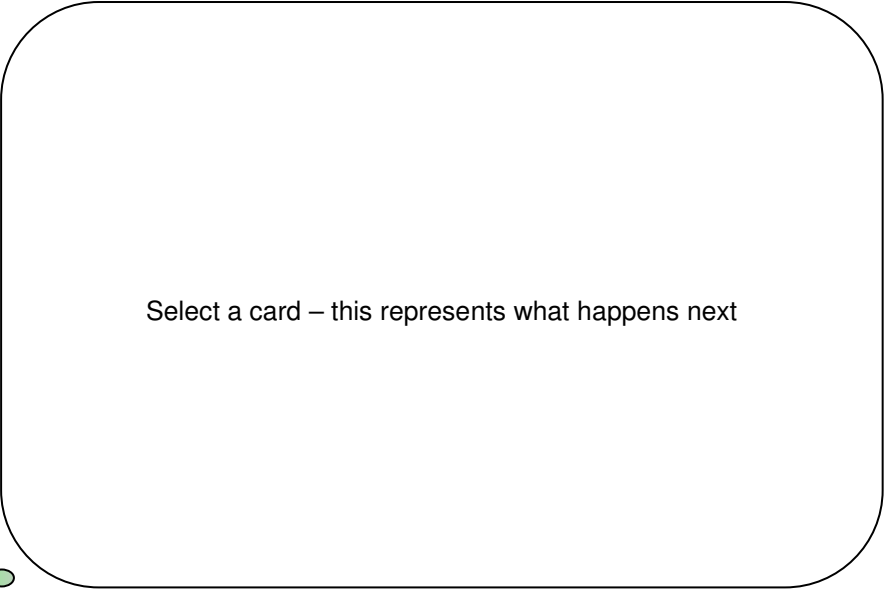

Select a card – thankfully, something really good happens

*I wonder what happens next?*



Select a card – thankfully, something really good happens

*What happens now?*

[illegible][illegible]

Describe how you feel

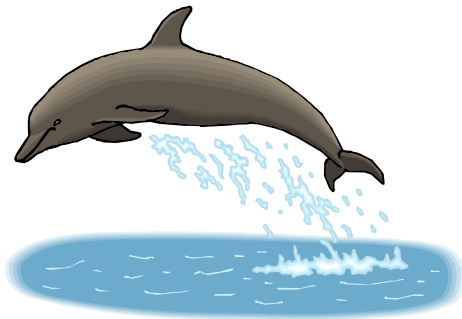
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Describe how you feel

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Select a card – how should we end the story

[illegible]

And so another exciting story ends but at the end of every story, there is a new beginning, so shuffle the cards, get out another notebook and start a new story wherever this one finished.

Enjoy the story and remember - Pay it Forward!