

Creative practise toolkit for personal use:

Session Templates:

- Session 1: Introducing to Storytelling Through Film
 - Activity: Watch and discuss a short film with relatable themes.
 - Goal: Reflect on what parts of the story you relate to. What feelings did it bring up? What situations felt familiar to your life?
- Session 2: Personal Story Map
 - Activity: Create a visual timeline or 'map' of key emotional moments in your life. These can be high points, challenges, or anything that shaped you as a person.
 - Begin to see your life as a narrative, with a personal story.
- Session 3: Character Exploration
 - Activity: Invent a fictional character or story that is inspired by something in your own life. This can be experimental in nature, or it could follow a more traditional narrative structure.
 - Goal: Develop a story and subject matter for your film.
- Session 4: Filming Emotions
 - Activity: Use your phone or camera to film short raw clips. These can be abstract or more of a literal story.
 - Goal: Try to use visuals to express emotions that may be hard to put into words. Let your creativity lead you in this process.
- Session 5: Reflection Through Editing
 - Activity: Edit your clips into a short video. You can add music, voice notes, or leave it silent.
 - Goal: Reflect on what your final video says about you and your healing journey. Share it if you feel comfortable or keep it private as a personal milestone!

Tools and Accessibility:

- Free/Low-Cost Tools:
 - Filming: Smartphone cameras.
 - Editing: iMovie, CapCut or DaVinci Resolve.
 - Storyboarding: Canva, hand-drawing templates.

