

A Make Our Own Story by Brenna - Bear's Feelings

PART 1:

In Dramatherapy we often hear and tell a lot of stories together. Using this page, we can make a story together even when we are not in the same place.

This is Part 1.

Below are prompts that you can fill in together with your Parent/Carer.

In Part 2, I've written parts of a story, but I need your help to fill in the blanks.

Once Part 1 is all finished, your Parent/Carer will put all your answers from Part 1, into Part 2.

You can help them if you choose, but sometimes it's fun to let them fill in the blanks... That way when you read the story together, and hear it back, it's a surprise!

Part 3 invites you to draw pictures or write about your feelings, or your story.

A Name: _____

(This will later be referred to as Name 1

A Place: _____

A Number: _____

Adjective (a descriptive word!): _____

Item of Clothing: _____

Adjective (a descriptive word!): _____

Item of Clothing: _____

Blue/Red/Yellow Zone Feeling: _____

A different Name: _____

(This will be referred to as Name 2)

Type of Animal: _____

A Big Number: _____

Name 1: _____

Name 2: _____

A Verb (an action word!): _____

Green Zone Feeling: _____

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PART 2

There once was a bear named _____ who lived in _____. They
Name 1 Place

were _____ years old and loved to wear _____
Number Adjective Item of clothing

and _____ One day _____ woke up and
Adjective Item of clothing Name 1

found that they were feeling _____. Name _____
Blue/Red/Yellow Zone Feeling Name 1

decided to tell someone they trusted about how they were feeling because sharing
feelings with people we trust can help.

They chose to tell _____ the _____ who was _____ years old.
Name 2 Type of animal Big number

_____ spoke about their feelings and _____ listened, paused, and
Name 1 Name 2

the said 'I sometimes feel that way too'. 'What helps me when I feel that way is

_____.', _____ decided it was worth a try, so they did that
Verb Name 1

together and after a while found they began to feel a little _____.
Green zone feeling

~ The End ~

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PART 3

How are you feeling today? If you'd like you can fill this page with drawings, or writings about you and your feelings! Or if you would prefer, pictures of the story you created.

If you fill this page up, but still have more to draw or write you can continue on another page or use the back of this one. 😊