

Objective

Students will tell a story about a difficult experience to make sense of it.

Materials

- My Story handout, one per student
- Writing utensils

Why This Matters Now

Students may be experiencing challenging situations right now. Telling the story of a difficult event can help students make sense of it, process, and integrate it, which helps with recovery.



Bold—Teacher's script

Italics—Anticipated student responses

Activity Instructions (20+ min.)

1. Introduce the activity. **One way to deal with difficult events is to tell a story about them. Today you'll create a story about something difficult that happened to you recently.**
2. Discuss difficult experiences. **Difficult experiences are things that happen that are very upsetting. You'll probably have very strong feelings about them. But when you make them into a story, it can help you understand what happened. This can help you feel better.**
3. Review story structure. **Your story will tell the events that happened during the difficult experience in order.**
4. Show students the handout and point to the four sections as you read their names. **This handout will help you tell the events of your story in order from 1. First, to 2. Next, to 3. Then, to 4. Last. Draw a picture and write a sentence or two in the box for each part of your story.**
5. Distribute handouts and have students begin creating their story. Circulate and assist as necessary. When students are done creating their stories, have them discuss them with the class or take them home to share with their caregivers.
6. Reinforce. **You can tell your difficult experience story at any time to help you make sense of it and feel better.**

Remote Adaptation

Send the lesson and handout home and have students do the activity with a caregiver. If they can't print the handout, have students create their story on a sheet of paper.

Please Give Us Feedback

After you've tried out this activity, help us make a better product for educators by taking a quick survey. Access the survey by visiting the link, or scan the QR code with your phone's camera. <https://tinyurl.com/yyxz92fr>





Telling My Story

Student Activities
GRADES 2 & 3

Name: _____

Date: _____

My Story	
1. First _____	2. Next _____
3. Then _____	4. Last _____