

STORYBOARDING EMOTIONS

WHAT
WILL YOU
NEED?



IMAGE OF THE LOKAPALA
OFFERING BOWLS
TO THE BUDDHA



PAPER



RULER



PENCIL,
COLORED PENCILS
OR MARKERS

What is Buddhism?

Buddhism is a religion based on the teachings of Prince Siddhartha Gautama who lived around 2,500 years ago in India. Prince Siddhartha taught others about meditation and mindfulness, which can bring people to a deeper understanding of life.

The term “Buddha” means enlightened one, and refers to Prince Siddhartha Gautama after he reached enlightenment through his own meditation practice. Once he understood himself to the best of his ability, he was ready to teach others, and was then known as the Buddha.

What will you be doing?

Using one of the main practices from Buddhism, you will learn about storytelling and reflect on your own sense of self in a mindful drawing activity.

PART I:

WHAT IS STORYBOARDING?



The Lokapala Offering Bowls to the Buddha, 2nd–3rd century, Gandhara (Pakistan/India). Schist; 6 3/4 x 11 5/8 x 2 1/8 in. (17.2 x 29.5 x 5.4 cm). Gift of Gary K. Johnson (MA 1976, MBA 1980) and Allyson Powers Johnson (MBA 1980).

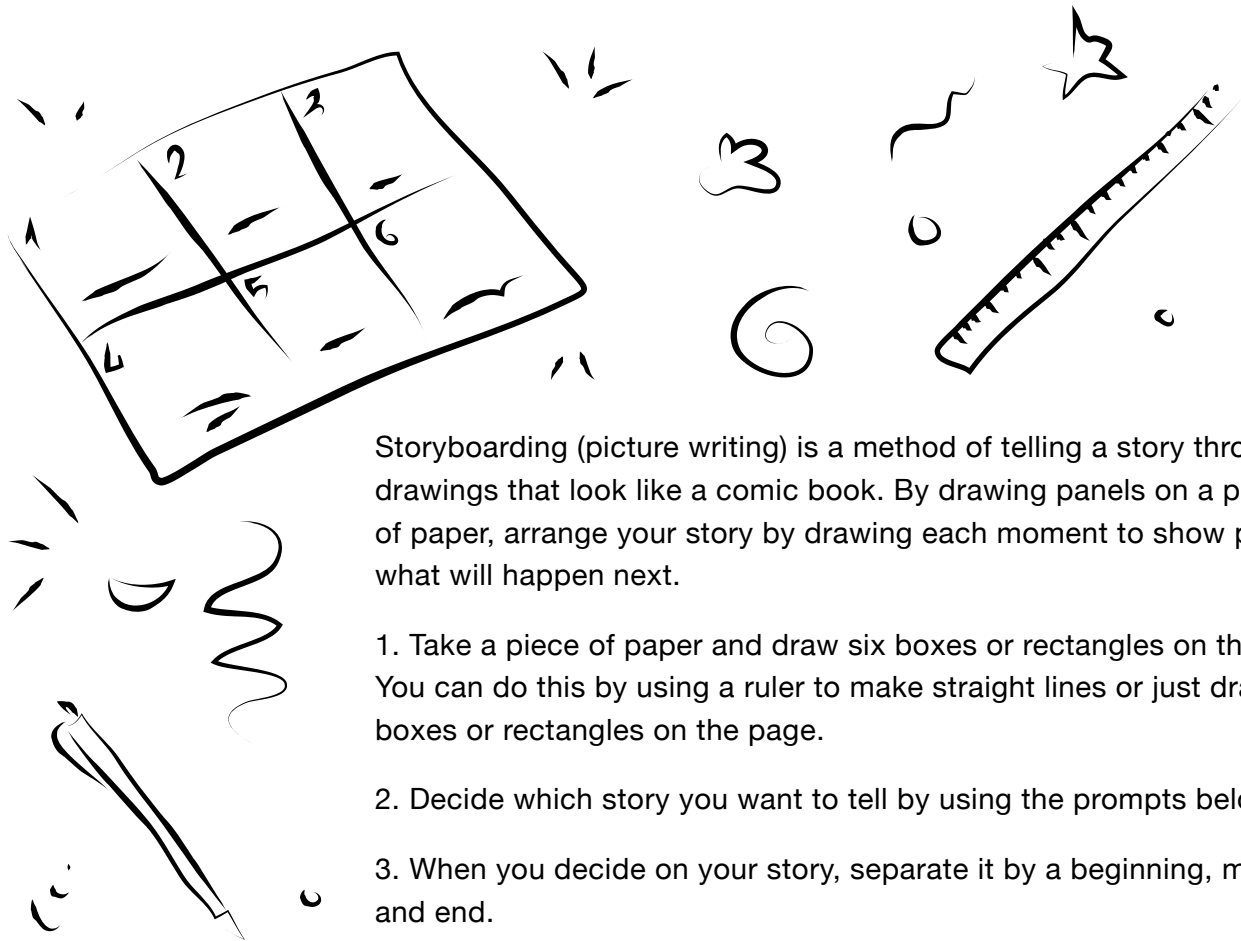
Look closely at the image of *The Lokapala Offering Bowls to the Buddha*.

What do you notice as you look at this image?

Can you see any patterns?

What do you think is happening in the story?

The Lokapala Offering Bowls to the Buddha is an example of picture writing, a practice that has been used to tell stories before written words were created. Let's get ready to create our own story using picture writing!



Storyboarding (picture writing) is a method of telling a story through drawings that look like a comic book. By drawing panels on a piece of paper, arrange your story by drawing each moment to show people what will happen next.

1. Take a piece of paper and draw six boxes or rectangles on the page. You can do this by using a ruler to make straight lines or just draw boxes or rectangles on the page.
 2. Decide which story you want to tell by using the prompts below.
 3. When you decide on your story, separate it by a beginning, middle, and end.
 4. Draw out your story in the boxes! Add more boxes if you need them to help complete your storyboard.
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PART II: STORYBOARDING OUR EMOTIONS



Think of a time when you were feeling stressed. Maybe you were angry, frustrated, or confused. Write out a story or draw this moment on a piece of paper.

Now, think about how you stopped feeling angry, frustrated, or confused. What helped you?

Write out this part of the story or draw this moment on another piece of paper.

The next time you feel angry, frustrated, or confused, think about what helps you feel better! See these things in your head and know that what made you feel better before can help you feel better again. You are being mindful when you think about your feelings and what helps to make you feel better!

Note:

Be kind to yourself when you are feeling angry, frustrated, or confused! Remember that it's hard to focus on negative emotions, and it's okay if you are having a hard time. Take a break and try again later!

CREATE ANY STORIES OR DRAWINGS?



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