

Family Story Workshop Prompts

Before we start

1. Form small groups (3 people per group)
2. Every group should have a partnering group

Step 1: Story Ideas (15 mins)

Brainstorm as many stories as you can. Stories should be suitable for families with 3-8 years old children.

- Write your story ideas (1-2 sentences) on the red cards
- Use the props that we provide to inspire you
- Story can be about anything. Doesn't have to be related to health

Feedback 1 (15 mins)

- Tell your story ideas to another group
- Give ideas how to make the story better
- Based on the feedback pick three stories that you want to work with

No judgement. No right or wrong

Step 2: Chapter Ideas (15 mins)

Break down your story ideas into chapters.

Think about your three story ideas and how they might encourage a family to become more physically active.

Ideas:

- Do your stories include characters that are active?
- How they found ways to enjoy physical activity?
- How do they find ways to be active given the challenges that they have?
- How do they influence their community?

Feedback 2 (15 mins)

- Tell your 4-chapter stories as dramatic/humorous as possible
- Give ideas how to make the story better
- Based on the feedback, pick one story you want to work with

No judgement. No right or wrong

Step 3: Plot Development (15 mins)

We would like caregivers and children to reflect on their own physical activities as a family. Can you insert four reflections into your story at different points?

Instruction

- Write the 3 acts of each chapter on the yellow card.
- Each chapter has a setup, problem, and solution.
- Write a reflection question for each chapters. Reflections should be related to the chapter and address a specific aspect of physical activity (e.g., self-efficacy, parental support, informational support, addressing environmental barrier)

Story Reading (15 mins)

Share your 4-chapter stories as
dramatic/humorous as possible