

POLYRHYTHMIC ARTS

WORKSHOPS & WEBINARS Creative Writing



A) Psychoeducation. Discussion on a specified topic (i.e. Depression, anxiety, motivation, etc.) Topic coordinated with host organization. This topic will be the theme for the story creating exercise.

B) Elements. Assign participants to 3 groups: Character, Setting, & Genre. They will be given time write out how these will be used in their story. Depending on topic and organization host, a formal prompt may also be given to guide the activity.

C) Assemble. Participants bring together their sections and begin to create a consistent storyline. The mental health topic is the primary theme of the story directly impacts the character and/or setting.

D) Process. Participants will discuss what elements of the exercise may be applied to work, school, or personal lives,

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