

THE STORYTELLING & ROLE-PLAY PRACTICE TOOL

(HERO'S JOURNEY)

Create. Imagine. Act.

≡ LIVE THE STORY! ≡



A 4-STEP JOURNEY OF CREATIVITY, IMAGINATION & ROLE-PLAY

1



CREATE
THE SETTING

2



CREATE YOUR
CHARACTERS

3



ENTER THE
UNKNOWN WORLD

4



ROLE-PLAY
THE STORY



ACTIVITY: STORYTELLING & ROLE-PLAY PRACTICE (HERO'S JOURNEY)



YOUR MISSION:

Create and explore your story step by step using imagination, storytelling, and role-play. Focus on details, emotions, and being fully in the role.



IN GROUPS OF 3-4:

STEP 1 – CREATE THE SETTING

Imagine where your story begins

👉 Together, build the atmosphere using “Yes, and...”



I see... → name 10 things



I hear... → name 5-7 things



I feel... → name 5-7 things





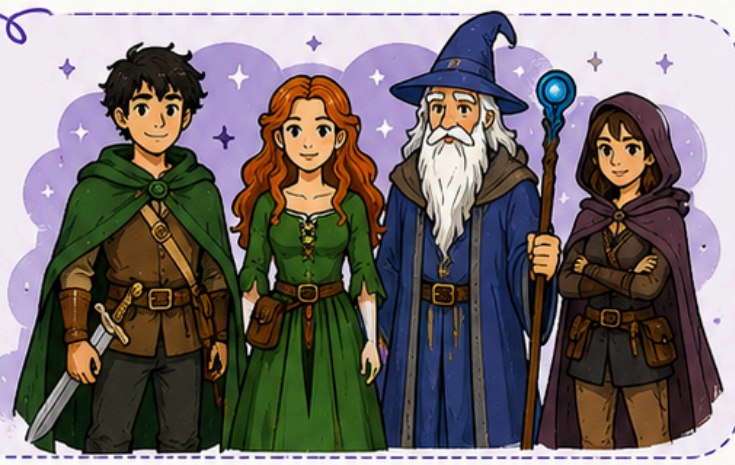
STEP 2 - CREATE YOUR CHARACTERS



Choose your main character(s)



Describe them using
"Yes, and..."



APPEARANCE

→ 10 details

hair

eyes

clothes

accessories

etc.



CHARACTER TRAITS

→ 10 qualities



brave



kind



curious



determined



loyal



creative

etc.



Use your imagination and bring your
characters to life together





STEP 3

ENTER THE UNKNOWN WORLD

Let's bring the adventure to life!



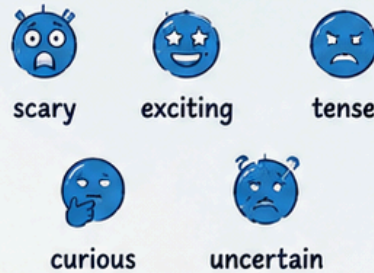
THE PLACE:



7 DESCRIPTIVE ADJECTIVES



5 EMOTIONAL ADJECTIVES



THE ANTAGONIST:

7-10 TRAITS
(appearance, character, powers)

- looks like...
- wears...
- moves like...
- speaks like...
- is...
- wants...
- has the power to...



ACT IT OUT!



1. IMAGINE TOGETHER

Close your eyes.
Feel the place.
What's around you?



2. SHOW IT

Use your body,
expressions,
and sounds.



3. INTERACT

React to each other.
Build the scene
together.




4. BE IN THE MOMENT


Stay in the role.
Make it real.
Have fun!


ROLE-PLAY THE STORY


Now start acting your story step by step
(follow the Hero's Journey)

★ IMPORTANT:

 Move slowly through the story


 Add details, emotions, actions

 Stay in your roles

 Use your body, voice, imagination



💡 KEEP IN MIND:

 The goal is NOT to finish the story

 The goal is to experience it deeply

👁️ FOCUS ON:


details


emotions


interaction


being fully in the moment



MAIN IDEA:

Don't just tell the story – LIVE IT. ☆ ☆ ☆