

# Positive Storying



# Why Positive Storying?



## Lives in stories

Stories are built on

- Interpretations of past and present experience
- Social and cultural beliefs, hopes and aspirations
- Epigenetics

We tend to act in accordance with our stories

## Negotiable stories

- Stories are largely negotiable
- Change is facilitated by neuroplasticity
- Stories are continually changing
- Children may see stories as fixed realities
- There is strength in every story
- Every story needs to be acknowledged

Educational centres can provide opportunities for positive interpretations of life and learning

# Positive stories and well-being

Children who experience educational experience as positive ...

- Greater well-being and learning in school
- Better physical and mental health in adult life
- Live longer



Repeated,  
positive  
experience

## Repeated, Positive Experience

- Time and repetition
- Exploring the story
- Reflecting
- Exploring possibilities
- Creating and accessing positive memories

# Scripting stories



Encourage  
children to  
think about ..

1. What is happening now?
2. What do children want to happen ahead?
3. What can children and others do now to make this happen?

# 1. What is happening now?



In what activities, events, people or places do children feel positive emotions?

- Love
- Sense of belonging
- Hope
- Trust
- Optimism
- Gratitude
- Flow

Example of sentence beginning?

- I feel good about learning new things when .....



2. What do you want now?

Soon?

In the future?

## Clear and manageable time frames

Choose time frames that are appropriate for the children and the situation

?

- What would make you feel good/achieve **this term?**
- What would make you feel good/achieve **next year?**
- What would make you feel good/achieve at the **end of the year?**
- What would make you feel good/achieve **when you are an adult?**

### 3. What we can do

- What can you do now to make it happen?
- Is there anything someone else can do to help make this happen? (or tools, places etc)

# Acceptance and Reframing

## Acceptance and gentle reframing of stories

- Most stories will be positive
- Some may reflect a wish to avoid failure rather than seek success
- Gently help children to reframe avoidance statements as approach statements

Movement from avoidance to approach requires **repeated, positive experience.**

A story about your interactive web  
How it helped you understand  
Write, map, draw, video, audio ...

