

SONSHINE SQUAD STORY-WRITING TIPS

STORIES ARE IMPORTANT

Stories help us learn about who we are and how we fit into our families, neighborhoods, churches, schools, and the world. **We each have a story to tell,** and there are many creative ways to tell it. Some days, life might feel unfair, some days, it might seem like others have it made, that they are the ones with the *really* important stories to tell. Everyone's story is different. Everyone's story is unique. Nobody has the same story.

THE WORLD NEEDS YOUR STORY

Nobody else has had your experiences, your laughter and tears, your hard days and celebrations, your routines, or your perspective. Nobody else knows what your illness, injury, or difficulty has been like for YOU. However you decide to tell your story - through words, a song, a painting, a dance, a skit, or even in play dough or clay - the world needs your story!

SONSHINE SQUAD STORY-WRITING TIPS



- Gilead Gecko says, "Don't worry about telling your story right. Just begin!"



- Agape Ant says, "Use words the way you speak them. That's called your writing "voice."



- Obediah Owl says, "Help others understand what you feel by comparing it to something they might feel too, such as, "When my head hurts, it feels like a hundred porcupine quills poking into my brain." That's called a simile. Similes use the words *like* or *as*. Metaphors say something *is* something else, like, "My stomach pain was boiling lava!"



- Percy Puppy says, "It's good to ask questions, too."



- Sachi Snail says, "Start small. Write about one thing you're happy or sad about, something you're excited about, something that scares you."



- Henry Hedgehog says, "What details (color, smell, taste, sound) would help you tell your story."



- Fendi Fox says, "Your story can be just for you.



ADIA ARDVAARK'S QUESTION SPARKS

When Adia's questions spark an idea, grab your pencil and start to write!

- What is your favorite thing to do?
- Can you describe how you feel in just 5 words?
- Is there something you wish you could do, but can't because you're sick?
- Do you think your family or friends see you differently because you're sick?
- If you could change one thing, what would it be?
- What has been the hardest change?
- Who has helped you the most? Who makes you laugh? Who really sees and understands you?
- Are you ever angry with God? Does it sometimes feel like He isn't there? (It's OK to feel that way. God knows you and loves you and can handle all your big feelings and hard questions.)
- Are you ever sad? What do you do then?
- What would you do to help a friend who is sick or in pain?
- What makes you laugh?
- What frustrates you?
- What makes you feel strong?
- What makes you feel brave?
- What is the kindest thing someone's done for you? What is the kindest thing you've done for someone else?
- What do you wish your friends understood about your pain?
- What have you learned about yourself since you got sick?
- What is something you are proud of? What is something that makes you smile?

PART OF GOD'S STORY

Your story is part of God's great big story. He sees you. He knows you. He loves you more than you can possibly imagine - more than all the stars in the sky, more than all the grains of sand on every beach in the world, more than every, single thing in the universe. God says your story matters because YOU matter!

chronic-joy.org/children