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Emotional Workshop:

Self Awareness Through Digital Storytelling



Objectives:

- To enhance self-awareness by exploring and expressing emotions through storytelling
- To develop basic digital skills for creating and storing personal video-stories
- To promote reflection and emotional growth through follow-up activities

Key Components:

- Digital tools for script creation and video production
- Emotional self-reflection and expression
- Collaborative sharing and individual storytelling
- Follow-up reflection activity after one month

Duration:

45 minutes

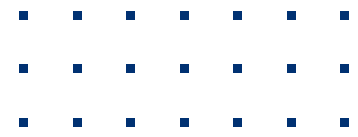


Workshop:

Self Awareness Through Digital Storytelling



Workshop Overview



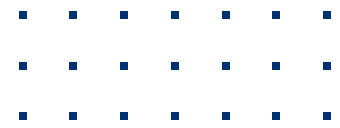
Welcome, everyone! This workshop is designed to guide you on a journey of self-discovery and personal growth through the creative process of storytelling. By reflecting on your emotions and crafting a personal narrative, you will develop deeper self-awareness while learning practical digital skills. You will learn how to create a short video-story that captures your emotional experiences. We will also introduce a follow-up activity, where you will revisit your creation in a month to reflect on your personal growth. The workshop is divided into 5 phases, as follows:

1. **Introduction and Workshop Overview (5 minutes):** we are starting now with an introduction to the workshop's objectives, activities, and tools.
2. **Emotion Mapping and Script Creation (15 minutes):** you will explore a recent emotional experience, mapping out your thoughts and feelings to create a personal narrative. I will guide you in drafting a script for your story, using **Canva Storyboard**.
3. **Video Production (15 minutes):** using **Capcat**, you will bring your story to life by creating a short video that captures the essence of your narrative.
4. **Sharing and Storing Videos (5 minutes):** once your video is complete, you will store it using a secure digital platform, such as **Google Drive**, and set up a reminder on **Google Keep** to revisit your video one month later for reflection.
5. **Closure and Reflection (5 minutes):** we will conclude the workshop with a brief discussion, sharing initial thoughts and insights gained from the process. You will also receive instructions for the follow-up activity to deepen your reflection and learning.

Let's begin this creative journey of self-awareness and storytelling!

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Emotion Mapping and Script Creation

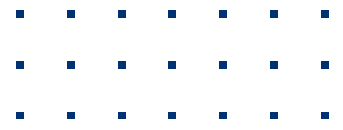
Through this first activity, we'll focus on understanding our emotions and expressing them creatively through the art of digital storytelling. You will reflect on a personal emotional experience and craft a short narrative around it, which you will later bring to life as a video-story using simple digital tools. The aim here is to help you develop deeper self-awareness, enhance your emotional expression, and discover new ways to reflect on your personal growth.

To start, think about a recent moment in your life when you felt a strong emotion - whether it was joy, sadness, pride, frustration, or something else. Don't worry about choosing the "perfect" moment; just pick an experience that stands out to you.



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Emotion Mapping and Script Creation

Take a few minutes to reflect on this moment and jot down some thoughts about it:

- What happened?
- What emotions did you feel at the time?
- What thoughts ran through your mind?
- How did you respond or act in that situation?

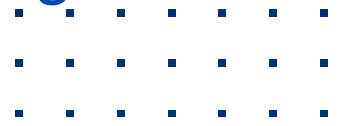
Once you have some notes, I'll guide you in turning these reflections into a simple script for a short story. Open **Canva Storyboard** on your device. If you don't have Canva, let me know, and we can help you set up an account—it's free and easy to use.



[Link to Canva](#)

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Emotion Mapping and Script Creation



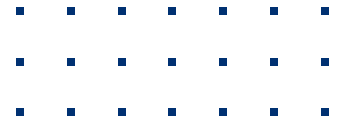
On Canva, select a blank storyboard template. Use each frame to outline your story step by step:

- 1.The opening scene: Introduce the situation or event.
- 2.The emotional highlight: Describe how you felt and why.
- 3.The reflection or resolution: Share what you learned or how you grew from this experience.

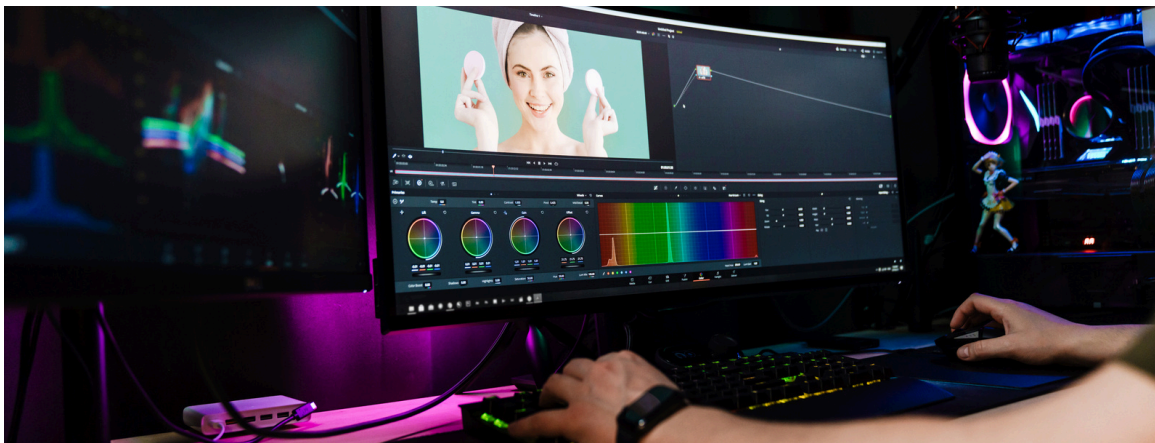
I'll walk around to assist if you need ideas or help using the tool. Remember, your story doesn't have to be perfect - it's about capturing your emotions and personal journey. Let's spend the next 10 minutes working on this together, and we'll share what we've created as we move into the next phase.

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Video Production



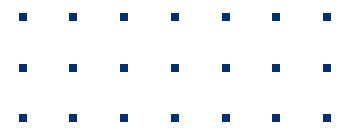
Now that you've completed your story script, it's time to bring it to life as a short video. For this, we'll use CapCut, a free and user-friendly app. If you don't already have CapCut installed on your phone or tablet, please take a moment to download it from your app store. Let me know if you need any help with this step. Once it's ready, open the app, and I'll guide you through the process.

Step 1: Setting Up Your Project

1. Open **CapCut** and tap on the New Project button.
2. You'll see the option to add video clips or photos. For now, select a blank canvas or choose any neutral image as a placeholder to start with. You can adjust this later.

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Video Production

Step 2: Recording Your Voiceover

1. Tap on the Audio option at the bottom menu and then choose Record.
2. Using your script, record yourself narrating your story in your natural voice. Speak clearly and confidently - don't worry if it's not perfect; this is your personal expression.
3. Once you're done, tap Save to add your recording to the timeline.

Step 3: Adding Visuals

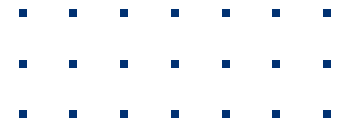
1. Think about images or video clips that represent the moments in your story. You can use your own photos or short video clips, or search for free stock images or videos in CapCut's library. Tap on Add Media to upload them.
2. Place these visuals on the timeline to match the sequence of your voiceover. Drag and adjust them so they align with the key moments in your story.

Step 4: Enhancing Your Video

1. Use Text to add titles or captions that highlight important parts of your story. Tap Text, type your message, and adjust its position and style.
2. Add background music if you'd like - CapCut has free music options. Tap Audio and select Sounds, then choose a track that fits the mood of your story. Adjust the volume so it doesn't overpower your voiceover.
3. Use Effects or Transitions to add a polished touch between visuals. Keep it simple to avoid distracting from your story.

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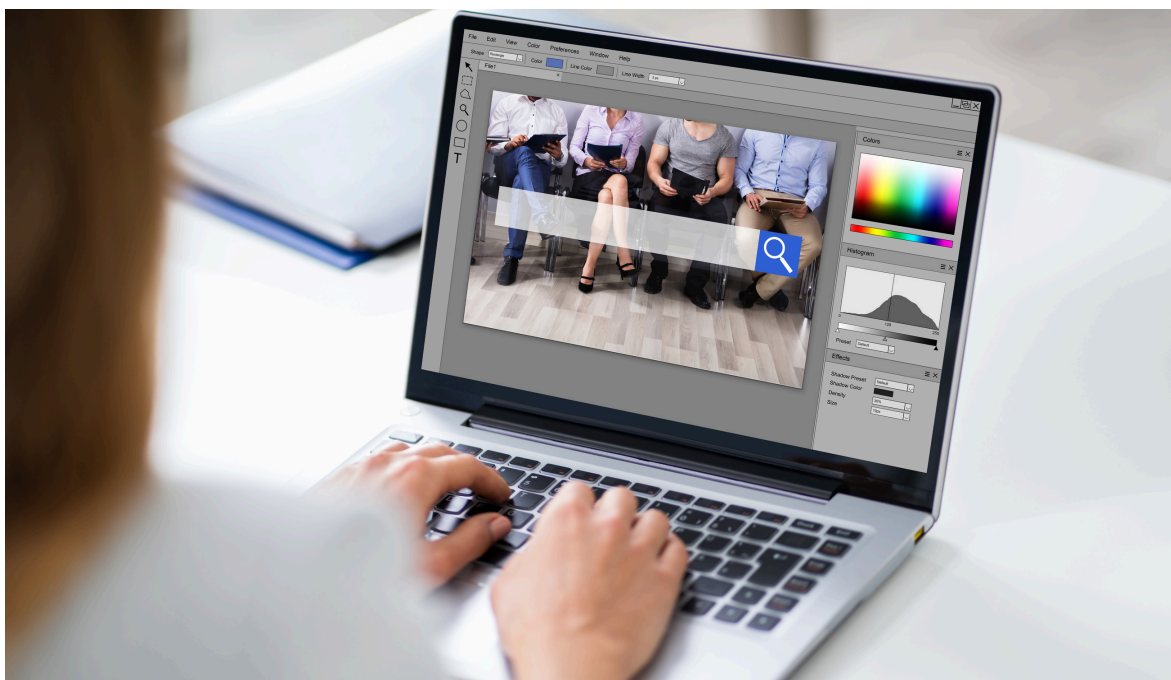


Video Production

Step 5: Finalizing and Exporting

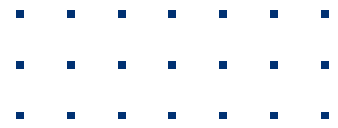
1. Once you're happy with your video, tap the Export button (it's in the top-right corner).
2. Save the video to your device. This will take a minute or two.
3. Once saved, upload it to our shared platform, which I'll explain in the next activity.

Take your time with this process—this is about expressing your story, not perfection. I'll be here to help if you have any questions or run into challenges. Let's get started!



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Sharing and Storing Videos

Now that you've created your video, it's time to save and store it securely so you can revisit it later. First, open **Google Drive** on your device. Once you're in it, tap the + (New) button, select Upload, and choose your video file. Give your video a meaningful name, like "My Story of [Emotion]" to make it easy to find later.

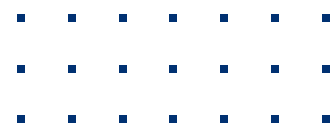
Next, let's set up a reminder to re-watch your video in one month. Open the **Google Keep app**, or any reminder app you prefer. Create a new note and type something like, "Watch my video-story for reflection." Set the reminder date for one month from today. This step is important because it will help you reflect on how your emotions and perspectives may have evolved over time.

Once you've uploaded your video and set the reminder, let me know, and we'll wrap up this activity together.



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Closure and Reflection



As we come to the end of our workshop, let's take a moment to reflect on what we've accomplished today. Think about the process of creating your story - what emotions came up for you? How did it feel to express those emotions through storytelling and turn them into a video? If anyone would like to briefly share their thoughts or insights, I'd love to hear them.

Before we finish, remember to revisit your video in one month when your reminder pops up. Use that moment to reflect on how you feel watching it again - what's changed, and what has stayed the same?

This follow-up activity is an important part of deepening your self-awareness and learning. Thank you all for your participation and creativity today. Great work!



Instructions for Teachers

Objective: to lead adult learners through a creative process of self-reflection and self-awareness by crafting a personal story, producing a short video, and setting up a follow-up reflection activity to deepen emotional insight.

Duration: 45 minutes

Materials Needed:

- Devices (smartphones, tablets, or laptops) with internet access
- Installed apps: Canva Storyboard, CapCut, Google Drive, and Google Keep
- Workshop script and guide (printed and digital)
- Notebook and pens for manual notes
- Projector or screen
- Stable internet connection for accessing and using digital tools

Workshop step by step

Step 1. Introduction and Workshop Overview (5 minutes)

Introduce the workshop objectives, emphasizing the link between storytelling and self-awareness. Briefly outline the steps and tools learners will use during the session. Set a welcoming and supportive tone.



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Step 2. Emotion Mapping and Script Creation (15 minutes):

Guide learners in recalling a recent emotional experience and reflecting on its key elements. Assist them in drafting a simple narrative using Canva Storyboard or on paper. Offer prompts to spark ideas if needed.

Step 3. Video Production (15 minutes):

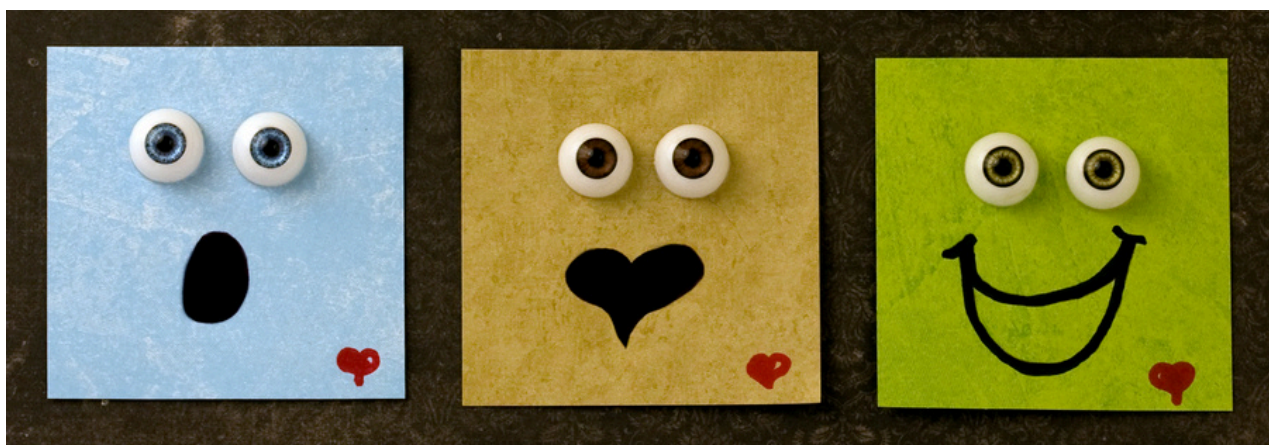
Help learners use CapCut to turn their narrative into a 2-minute video. Walk them through adding a voiceover, visuals, and simple edits. Provide hands-on support for technical challenges.

Step 4. Sharing and Storing Videos (5 minutes):

Instruct learners to upload their videos to Google Drive and name them appropriately. Guide them in setting a one-month reminder using Google Keep for later reflection.

Step 5. Closure and Reflection (5 minutes):

Facilitate a brief group discussion about the process and initial insights. Share the importance of revisiting the video later and thank participants for their effort and engagement.





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Tips for teachers:

- **Test the tools in advance:** familiarize yourself with Canva Storyboard, CapCut, Google Drive, and Google Keep before the workshop. Ensure they are installed and functioning on your device.
- **Provide clear, step-by-step guidance:** break down each activity into manageable steps, especially during technical tasks. Demonstrate each tool if possible or show screenshots to simplify instructions.
- **Encourage participation and creativity:** create a safe, supportive environment where learners feel comfortable sharing personal stories and experimenting with new tools.
- **Be ready to assist with technology:** circulate the room to help learners who may struggle with digital tools. Have backup options, like manual storyboarding, for those unable to use the apps.
- **Manage Time Effectively:** keep an eye on the clock to ensure each phase stays on schedule. Gently prompt learners to move on if they get stuck on one task.
- **Highlight the follow-up activity:** emphasize the importance of revisiting the video after one month and how this reinforces self-awareness and emotional growth.



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Follow-Up Activity one month after the workshop:

The learners can re-watch their video at home, after receiving the notification from Google Keep. Or, the teacher can do a short follow-up in the classroom, a month after the workshop. In this case, the instructions for teachers would be as follows:

“To start today’s lesson, let’s revisit the videos you created during our “Self awareness through Digital Storytelling” workshop. Take a few minutes to watch your video quietly, focusing on the emotions and story you shared. As you watch, think about how you feel now compared to when you first created it. Has anything changed in your perspective, emotions, or understanding of the experience? Afterward, we’ll have a brief group discussion where you can share any new insights or reflections.”

This activity helps deepen people’s self-awareness and highlights how their emotional journey evolves over time.



TOOLS



Canva



Canva is a free, user-friendly online design tool that allows users to create visual storyboards easily. It offers customizable templates, drag-and-drop features, and a variety of design elements like images, icons, and text to help organize ideas visually and bring stories to life.

[Link to Canva](#)

CupCut

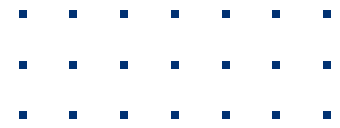


CapCut is a free and user-friendly video editing app that allows users to create short video stories with ease. It offers features like trimming, adding text, music, transitions, and voiceovers, making it ideal for crafting creative and engaging videos.

[Link to CupCut](#)



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