



Facilitator Instructions: Short story writing 'Happiness' with Irenosen Okojie

There are points in the video where the facilitator should pause the video in order to allow for thinking time, a short discussion or a writing exercise.

Pauses should take place at the times stated below:

02:14

Exercise: Write down a bucket list of five things you are looking forward to

Duration: 5 mins

Details:

It could be a new hobby, connecting with a friend or family members, what are you excited about?

05:37

Exercise: The Memory Capsule Exercise

Duration: 6 mins

Details:

Think back on an experience that gave you a lot of joy. Home in on the experience. Write about the experience. Be evocative. Use your senses. How did it make you feel? How did you react in the moment? What did it leave you with?

08:23

Exercise: Desert Island Disc Exercise

Duration: 5 mins

Details:

Think of a character you're excited about. Come up with a desert island disc of 6 joyful songs, a luxury item and a book for your character. Use this to build your character.

10:02

Exercise: Desert Island – What happens next?

Duration: 10 mins

Details:

Picture this character on an island. Where is it? Your character is rummaging, looking for something to eat. They hear a rustling sound – what happens next? How do they respond to this sound? Does it make them alarmed, anxious, excited? Is it someone they know? Is it a creature rustling in the bush?

12:14

Exercise: Discuss the homework assignment – see resource pack for more details.

Duration: 2-5 mins

