



Your Life as a Fairytale

Purpose: To help students to understand their background and origin a little better, and to be able to tackle past trauma and obstacles in a healthier way by telling part of their backstory through writing and creating a short fairytale about themselves and their life. Writing and editing this fairytale should help cultivate self-compassion and empathy, and help discover healthy and unhealthy patterns in one's life.

(Optional): Students can share their finished fairytale with one another and have small group discussions on the content of the stories and what each person has faced and overcome.

Write a fairytale, between 2 and 5 pages, about yourself and your life. Your piece can be typed or handwritten. If typed, it should be at 12pt font in Times New Roman with normal page margins.

Your story should have a beginning, middle, and end. It might be helpful to outline your piece first and then fill in your outline with a first draft.

In your fairytale, you should be the main character or protagonist. Throughout your fairytale, it should be clear that the main character wants something or is trying hard to achieve something (for example: "slay the dragon," "become a master sorcerer," "win the hand of the handsome prince.") and throughout we should know how close or how far away the main character is from achieving whatever it is that they want. At the end of the piece, this is where you get to be a little creative. You can draw from your own life experience, or you can create a new future for yourself within your fairytale. We should also know what the main

character learned or achieved or didn't achieve by the end of the piece. How has the main character changed by the end of the fairytale?

When writing the antagonist or the main villain, think about that person from all angles. They may be evil but they still have human qualities (for example, no one in the history of the world is all bad or all good. People are complicated).

Fairytales usually have some kind of magical element like fairies or goblins... or you can create your own original magical creatures. Fairytales also usually start off with "once upon a time," or "long ago and far away," or "there once was a ...". Also think about where the story will take place—the future, the past, another planet? Often, in fairytales, good triumphs over evil and there's a happy ending... but rules are sometimes made to be broken!

Have fun with this! It doesn't have to be perfect but you should try to polish your writing and your story by writing at least two drafts of your fairytale.