

SMARTPHONE STORYTELLING

Session 2 Printable

Mindful check in:

Which photo did you choose and how does it represent how you feel about making a film?

Notes:

Mindfulness exercise:

How did that feel? Did any thoughts come up?

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Notes:

You've finished the filming process -

How was it?

What did I do well?

What could be improved?

What ideas do I have for the edit process?

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Notes:

You've completed your film!

What was particularly challenging?

How did you overcome the challenges?

How do you feel having completed the film?

Looking back, what might you do differently next time?