

## Creative writing

**Metacognitive skill targeted:** reflection, self-perception

### When to use it

- When you need to write a short story
- When you want to understand your feelings or your thoughts
- When you want to explore problems in a new way.

### What you'll do

You will write a short story.

It can take place in a real or in imaginary world.

The story can be about yourself, a situation that you have lived, or totally imagined.

To help you writing your story, you will find a template on the next page.

First, you will complete the blanks on the templates.

Then, you will write your whole story.

### What You Need

- The creative writing template
- A pencil and a notebook

### How to use it

1. Read each step.
2. Write your answer on the lines.
3. Once you have completed all the information, you can start writing your story.

It shouldn't be long; you can write one sentence per step.

## Reflect on Your Own Thinking

Now that you have finished writing your story, answer these short questions:

- What was fun or easy to write?

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- Which part was hard or confusing?

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- Did your character's story remind you of something in your life?

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- What did you learn about how you think or feel?

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# Creative writing template

For each step, fill the blank with one of the proposed answers, or complete with your own.

1

## Choose a setting:

Where does your story take place?

In the forest • In a castle • In space • At school •

Your own:

.....



2

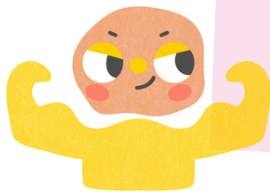
## Choose your character:

Who is your main character?

A student • A scientist • An astronaut • An explorer •

Yourself:

.....



3

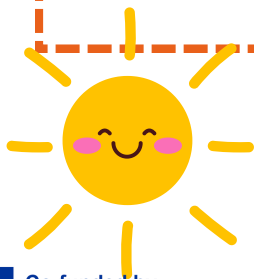
## Add an emotion:

Your character must feel something while facing a challenge.

Choose one:

Excited • Angry • Worried • Confused • Proud

.....



4

## Add a challenge:

Why is your character feeling this emotion? What can cause it?

- Something went wrong
- They did a mistake
- They got lost
- Your idea:

.....

5

## What does your character do when things get tricky?

- Ask themselves: "What do I already know?"
- Ask for help
- Take a short break
- Try a different way
- Check for mistakes
- Your tip:

.....



6

## End with a Realisation

At the end of the story, your character learns something about thinking or feelings:

- "Mistakes helped me."
- "I can stay calm in hard moments."
- "Asking for help is okay."
- "Step by step makes things easier."
- Your own idea:

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 CogniQuest



# Write your story.



Now that you have filled the information on the template,  
you can write your story.

Don't forget to include all the elements from step 1 to 6 in your story.

Large dashed orange box containing 15 horizontal dotted lines for writing the story.

