

Your Inner Sight

Time to Complete:	5 - 7 minutes
Mission:	Build a scene from the random ideas, pictures, and questions. You might use an existing character you know or a new character you create.
Outcome:	You will be able to build a scene from scratch in a way that incorporates random ideas and concepts that you didn't initially think to put together.
Potential Difficulty:	You might feel confused that some of the words in step 1 aren't actually emotions. That's ok because these words are simple pointers to an emotion. Just apply the emotion you think should come from that word. Also, you might get hung up that your skills at drawing aren't where you want them to be. That's ok, just draw stick figures and simple shapes instead.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Circle at least 2 emotion words.2. Circle at least 1 shape (or you can choose more than 1).3. Set a time by adding clock hands and circling AM or PM. You can also write in the time on the available line.4. Answer at least two questions.5. Combine your random choices into a scene.6. For extra credit you can draw your scene in the rectangular box. Use stick figures and simple shapes, if you want. Use as much detail as you want.
Ways to Avoid Failure:	If you have trouble starting a scene from scratch, it's ok to use an existing character or scene that you're familiar with and apply your random choices to it. You can change the scene, or extend the scene. You can even put yourself into the scene, if that helps you complete the exercise.