



the power to heal

Soaringwords' SOARING into Narrative

The Healing Power of Positive Stories

Proud Silicon Valley Community Partners:



Presented by:

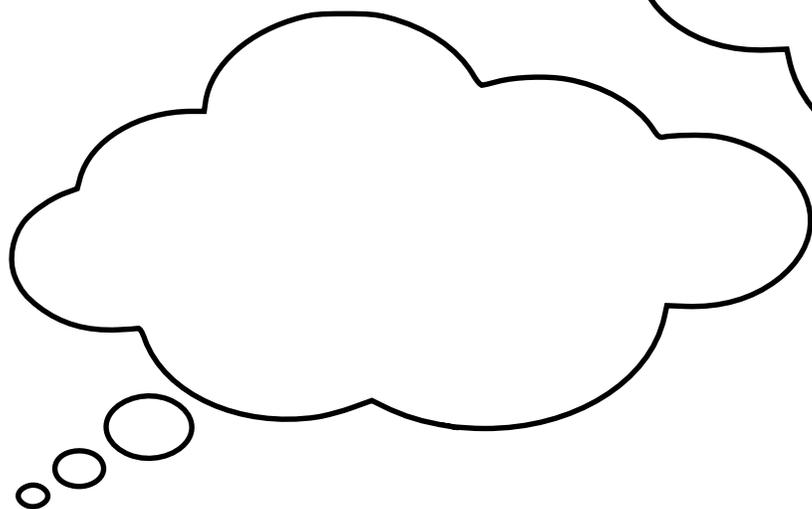
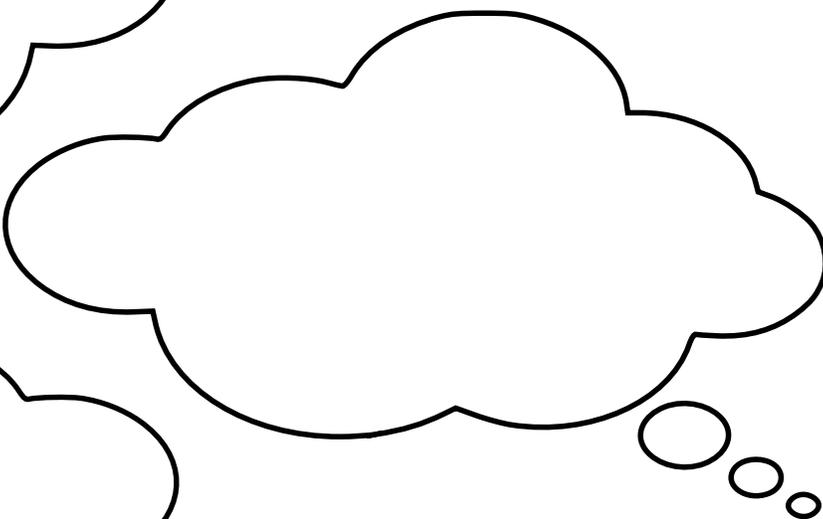
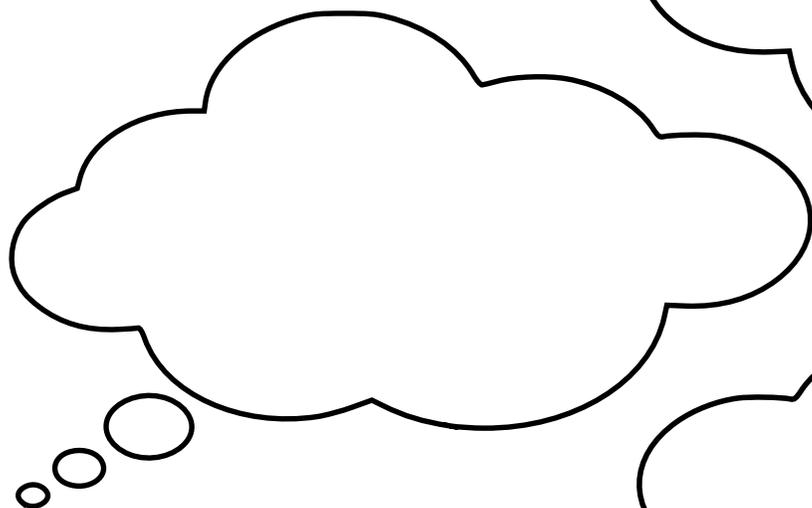
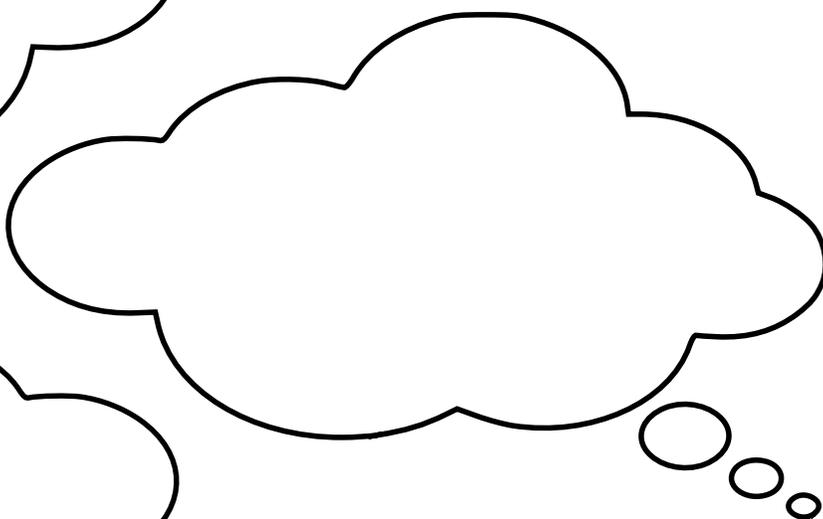
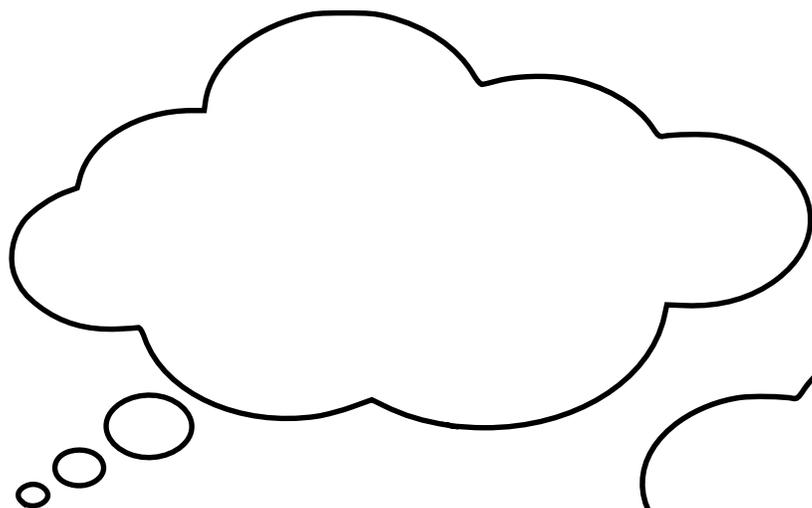
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Stories to Explore

Jot down some ideas of stories you'd like to explore through writing.





Hiding, Isolating, and Avoiding

Write about something you wanted to HIDE that backfired.

How did isolating or avoiding this challenge actually made the situation much worse?



Stories That Resonate

Write about a time when you really clicked with someone else when you heard their story.

Think about a memory about reading a book or watching a movie where the characters or story gave you the powerful feeling of identification.

Stories That Shaped You

Think about positive stories you heard as a child.

What are the family stories that stayed with you and inspired you?

How have these stories shaped who you have become?

Are there any books or stories that you read that had a strong, positive impact on shaping your values and goals?

What stories inspire you?

Spotlight on Gratitude

Write about three things for which you are grateful.

1

2

3

The Best Version of Yourself

Think about Vianie's story and write about how it inspires you to be the best version of yourself.

The thing I like best about myself is...

One of the nicest things that ever happened to me where I am the hero or heroine of the story is...

Share this story with someone you trust to be kind and a good listener. How did sharing this story and hearing yourself tell the story to another person make you appreciate yourself?



Guidelines for Creating SoaringStories

SoaringStories are a way to convey strong feelings or ideas to others in a creative way. When you write a story it is an opportunity to try on other personalities or to explore different ideas and situations using the power of your imagination. Today, you are invited to create a one-to-three paragraph story that can brighten the day for a hospitalized child.

Here are some prompts to get you started, or you can think of your own idea to write about:

- The funniest thing that ever happened to me...
- The nicest thing that anyone has ever done...
- A story about an ordinary person doing something extraordinary
- A story that communicates the power of community
- A story about hope
- A story about joy
- A story about possibility
- A story about courage

Your SoaringStory can inspire a hospitalized child to think about something in a new way, to laugh or smile, or to be inspired to write about his or her feelings for the first time.

Here's how to get started:

1. Write your story on a piece of scrap paper.
2. When you're ready, write your story on the blank border on the last page of your workbook. Feel free to make a line drawing or illustration to accompany your story. You can also use different colored pencils or markers to write your story.
3. Think of a title for your story and write this in the blank line at the top of the border.
4. Write your first name at the bottom of the border, so the hospitalized child knows it's from you.
5. Please DO NOT write the following things in your story: don't talk about anything violent, don't talk about death, don't write "get well soon," do not write "feel better," do not write anything overtly religious because the hospital professionals will not be able to deliver it to the children and families they serve.

Please email your SoaringStory to heal@soaringwords.org.

We look forward to sharing your SoaringStories with people all around the world.

