Me on TV!

Making it work...

You’ve got your own television channel that can play scenes from your life that you can watch whenever you like!

As the director you have complete control - you can play, pause, rewind and fast forward to any point in your life...this means you could go back in time and see yourself as a baby, watch an important event or even go forward and see yourself in the future!

Setting the scene:
- Choose an event or time in your life you would like to talk about. It’s great if you can make this as detailed as possible - drawing pictures or a cartoon strip and putting them behind the screen is a great idea, or you could just explain how the scene looks using words.
- Explain what’s happening and who all the characters are in your show.
- You can pause the action at any time and ask someone in your show a question or tell them something.
- You could add or remove characters from the scene, change the camera angle to see things from someone else’s point of view, or even change what people say!
- Think of a time when you got on well with someone in your show, or when things were going well - what made this possible? Who helped this to happen?
- Use the fast forward button to go 5, 10 or however many years you want into the future - describe who is in the scene, what they are doing and how things have got better for you.
- Why not think about what needs to change today or tomorrow to make this happy future a reality...you could even get the future you to give advice to you from the past!

This is a fun way to think about areas you feel stuck on, plan your future, help solve problems you might be having and any other issues you want to think about...

REMEMBER: As the director you are in the driving seat and the remote control belongs to you. It’s your show so have a play and get creative!