

Name:

Here are some strategies that can help you cope when you are feeling anxious or stressed out. Put a checkmark beside the ones that have worked for you. Can you add any to the list?

- Take a time out. Listen to music, breathe deeply, learn relaxation techniques, and take a break so that you can let go of what's bothering you and get your head straight.
- Breathe deeply from your belly. Breathe in for three counts and out slowly. Then do it again. Breathe before you speak or act.
- Use positive self-talk. Find a mantra that you can quote to yourself, such as "I can do it. I will be fine." Remind yourself of what is *not* your fault in the situation.
- Make sure that you eat and sleep well. Keep healthy, energy-boosting snacks on hand.
- Drink lots of water and other healthy liquids.
- Get adequate daily exercise to help you feel good. Health matters.
- Count to 10 before you do anything.
- Find something to laugh about and someone to laugh with.
- Check your attitude and those who influence it. Look to replace negative with positive.
- Figure out what triggers your stress and anxious feelings. Watch for patterns in time, place, people, etc. You could keep a journal to help you monitor these patterns.
- Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a doctor for expert help.
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Name: _____

Here are some elements that writers consider when creating a character. They help readers feel something for a character and make connections to that character's actions and experiences.

Think about how authors have used these elements to create characters you are familiar with as well as how you could use them to create a character of your own.

History	Where does your character come from? Think about his childhood and adolescence. What events shaped his personality? What was his family like?
Relationships	What kind of friends and family does she have? How does she relate to them? Is she very social or reclusive or somewhere in between?
Thoughts	What kind of inner voice does your character have? How does he think through his problems and dilemmas? In real life, we don't have the benefit of knowing someone's innermost thoughts, but a narrative allows us to do just that, which is a great advantage.
Communication Style	How does your character talk? Does she favour certain words or phrases that make her distinct and interesting? What about the sound of her voice? Much of our personality comes through our speech.
Ambition	What is his passion in life? What goal is he trying to accomplish in your story?
Obstacles	What personal weaknesses, problems, or circumstances must your character overcome throughout the story?
Appearance	What does she look like? This may be the least important ingredient to make your character come alive to the reader, but you should still know it in your own mind.
Flaws	Everyone has some personality trait that others might dislike. Is he too self-centred? Too competitive? Too lazy? Too easy-going? Too demanding of others?
Approachability	How easily can readers relate to your character? Does she have some traits that make her seem "just the same as us?"

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Name: _____

Word/Phrase	Possible meaning	Definition
Chapter One		
sullied		
livid		
mediocrity		
nemesis		
chided		
arsenal		
arch-enemy		
squandered		
remorse		
nefarious		
vile		
loathed		
zealous		
vigilantes		
Chapter Two		
shambled down		
bovine enzymes		
culinary		

Name: _____

sanctuary		
cocooned		
“Sally Samaritan”		
primal scream		
quell		
suss out		
Chapter Three		
menace		
fortress of solitude		
Chapter Four		
insignia		
vise		
hyperventilate		
shard		
pursed my lips		
gamma radiation		
Chapter Five		
trite		
Chapter Six		
clean slate		