



Prepping Your Brain

Don't lose your mind, you'll be needing it.

<http://www.blitzcomics.com>

Remember, It's Better to be Done!

Instructions

Answer each question and give yourself a score for each one.

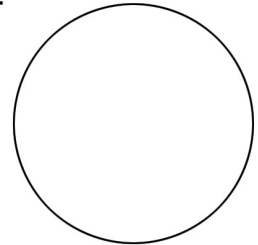
As you complete each section fill in the checkmark. After you've completed all the questions, write your total score in the box. This is your Brain Readiness Score. Higher numbers are better!

_____ In the last 30 days how many times have you had a dream while you were asleep?

_____ On a seperate piece of paper draw a maze. It can be as detailed as you like. How long did it take you to complete the maze, in seconds?

_____ On a scale of 1 - 10, how confident are you that you can draw some simple stick figures?

_____ In the circle, draw a simple emotion. On a scale of 1 - 10, how closely did you make your drawing resemble the actual emotion?



- Imagination
- Creativity

- Using Symbols
- Using your Senses

- Emotional Memory
- Language Memory

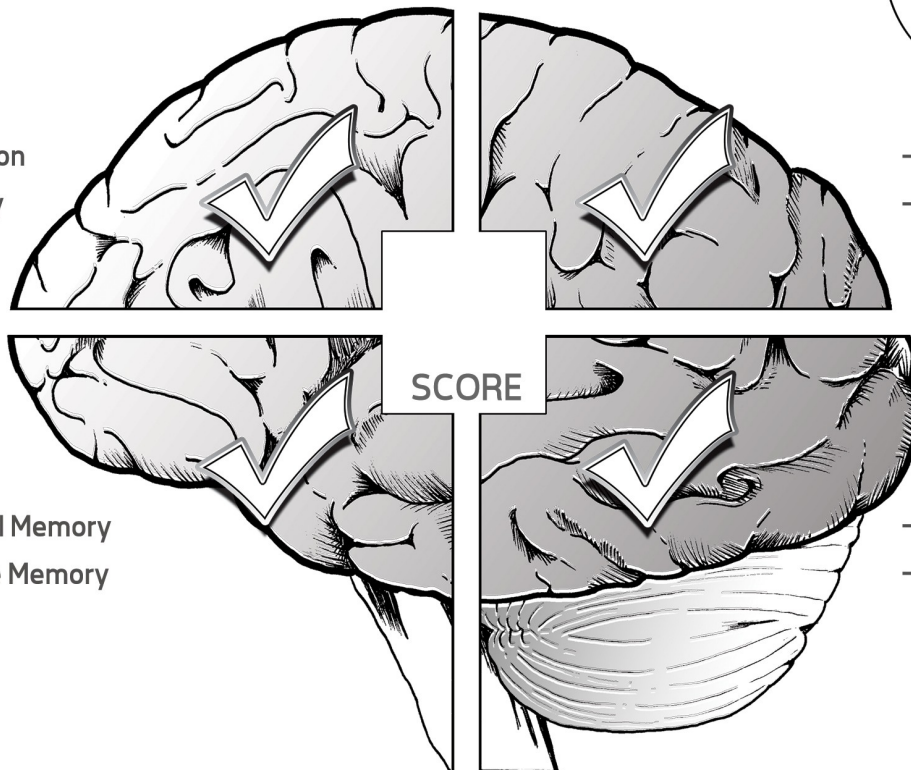
- Vision
- Matching Sounds with Words

_____ Think back to the earliest memory you have where you said something. How old were you at the time of that memory?

_____ Think back to the last time you were really happy. In number of hours, how long do you remember being happy?

_____ Think back to the last person who spoke to you. Try and remember how many words they said to you. You can make your best guess.

_____ Take 5 seconds and listen to the sounds around you. Close your eyes and wait 5 seconds. Open your eyes. What is the first thing you see? How many letters are in that object's name?



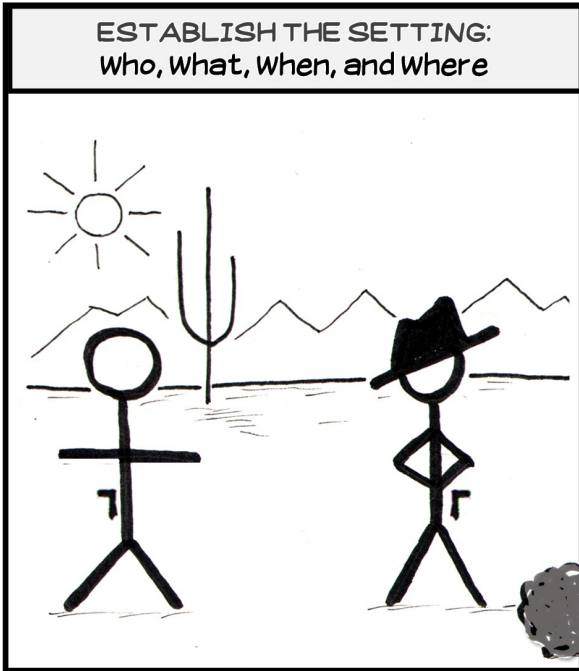
Prepping Your Brain

Time to Complete:	5 minutes
Mission:	You will appreciate the important role that your brain plays in being creative and why it needs to be prepared for the challenges of the event.
Outcome:	You will be aware of certain areas of your brain that influence your creativity. You will gain access to these areas. You'll receive a Brain Readiness Score that is indirectly tied to how deeply you accessed that portion of your brain.
Potential Difficulty:	You might not see how certain questions and tasks can actually access your brain but if you're thinking about it, your brain is already involved. You also might add complexity to the questions and not be able to give a simple answer. You might worry if your answer is the truth but don't worry about it, because only you know what's true.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Start in any one of the four parts of the brain.2. Answer the questions or do the tasks that are given to you.3. Score your answer based on the scale that each question asks you to use. Some scales are 1 – 10 while others are simple number counts.4. When you complete all the questions in that area, shade in the check mark.5. After you complete all 4 areas and have scores for each answer, add up the scores and put your Brain Readiness Score in the center box. Higher is better.6. Shade in the bubble next to one of the 4 reasons why you want to complete the kit/guide.
Ways to Avoid Failure:	Don't over complicate your answer. The first thing you think is probably the best answer. If you really need to think about it, avoid taking more than 30 seconds. After that you're missing the point.

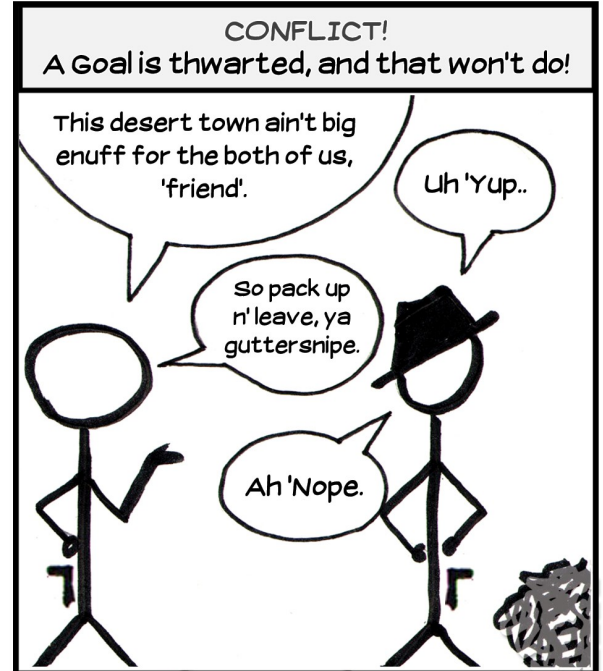
Follow the story and use the characters and elements you see to somehow resolve the story. You don't need to be an expert at drawing, as the example shows. Go ahead, finish the last panels.

Notes:

ESTABLISH THE SETTING:
Who, What, When, and Where



CONFLICT!
A Goal is thwarted, and that won't do!



You're too beef headed to know when yer beat.

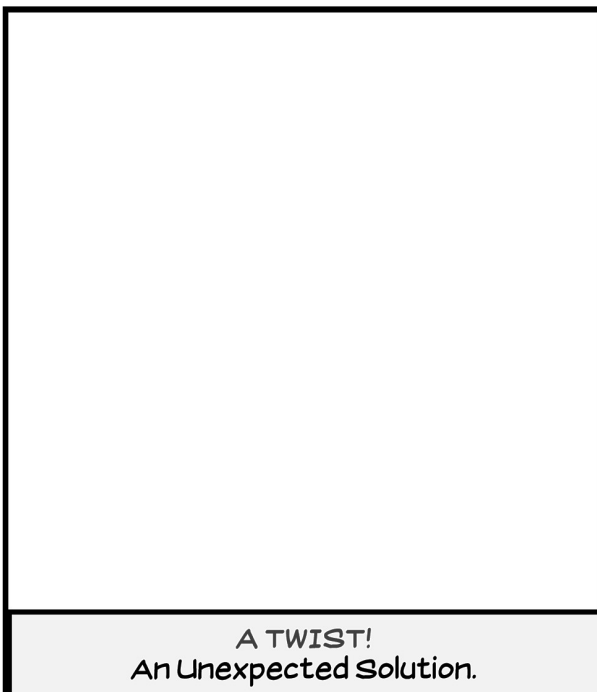
Then draw your piston and we'll see who pushes up daisies!



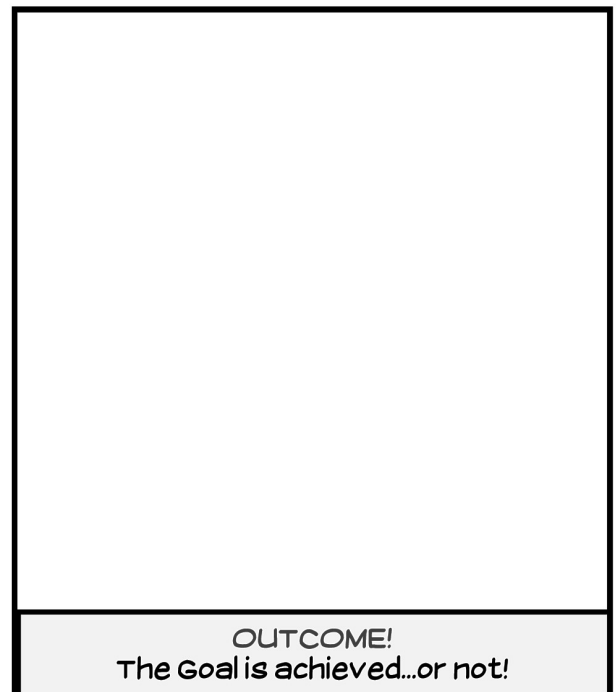
CHALLENGE! How the conflict will be resolved..

Notes:

A TWIST!
An Unexpected Solution.



OUTCOME!
The Goal is achieved...or not!



Sketchy Images #1

Time to Complete:	5 minutes
Mission:	You will be able to recognize the 5 basic parts of a visual story/plot using sequential art. You will be ok with using simple stick figures and basic shapes to tell the story.
Outcome:	You will complete a short visual story with your own twist and outcome. You'll give yourself permission to use stick figures and basic shapes to tell a story. You'll free yourself from worrying if your art skills are good enough. Polish can come later.
Potential Difficulty:	You might not know how to draw a stick figure that's doing something complicated. Let yourself 'mess up' and just draw it really fast. Maybe, you might feel like your ending is not original, innovative, or ground breaking and that's ok, because it doesn't have to be.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Read the first three panels and understand what is happening.2. Write some notes about how you think these characters ended up in this situation.3. Explain in your notes why the character without a hat is insulting the character with the black hat.4. Determine for yourself which character is the 'good' one and who is the 'bad' one.5. Draw what happens in the twist panel.6. Draw what happens in the outcome panel.
Ways to Avoid Failure:	If you feel like scribbling over a drawing that didn't come out the way you expected, go right ahead. Then just tell yourself that a dusty wind blew up around the scene and leave it at that. Try and remove the details that might make your drawing too complicated and just express the emotion or idea quickly.



Sketchy Images

Being an expert comes later, just use stick people!

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Remember, It's Better to be Done!

Instructions

Don't worry about blank panels because your story is there!
Using stick figures and simple lines, practice creating a string of events that match the box titles. You can number the panels in any order, so don't feel obligated to go in a straight line. Go nuts!

ESTABLISH THE SETTING:
Who, What, When, and Where

CONFLICT!
A Goal is thwarted, and that won't do!

CHALLENGE! How the conflict will be resolved..

A TWIST!
An Unexpected Solution.

OUTCOME!
The Goal is achieved...or not!

Sketchy Images #2

Time to Complete:	8 minutes
Mission:	You'll use the 5 basic parts of a visual story/plot using sequential art and introduce your own characters, settings, and plot. You will understand that your story art can be simple stick figures and basic shapes, and may not need to be very detailed. Polish can come later.
Outcome:	You will complete a short visual story by drawing your own story events. You'll give yourself permission to use stick figures and basic shapes to tell a story. You'll free yourself from worrying if your art skills need more practice. Polish can come later.
Potential Difficulty:	You might not know how to draw a stick figure that's doing something complicated. Let yourself 'mess up' and just draw it really fast. You might feel like your ending is not original, innovative, or ground breaking and that's ok because it doesn't have to be.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. In the Establish the Setting panel, draw the objects and characters that show where your story is happening.2. In the Conflict! panel, show how the characters might be having a problem with the setting or each other.3. In the Challenge! panel show how there is a challenge being made that must be faced by your characters.4. In the A Twist! panel, try to do something unexpected that the reader might enjoy.5. In the Outcome! panel, draw what happens to the characters as they find a resolution to the sequence of events and bring the story to a neat close.
Ways to Avoid Failure:	If you feel like scribbling over a drawing that didn't come out the way you expected, go right ahead. Then just tell yourself that a dusty wind blew up around the scene and leave it at that. Try and remove the details that might make your drawing too complicated and just express the emotion or idea quickly. Just draw what you see on the page not what you see in your head.