

Inner Worlds Storytelling Game

By Freddie Watkins

Since lockdown isolation has come with plenty of boredom and idleness, I wanted to release a storytelling game alongside my film submission for 'Domesticated' so that people can have a go at home themselves. This pdf is a set of exercises that encourage you to look at your window as an imaginary world, animate the otherwise mundane surroundings, create settings to visit and characters to meet! The exercises go from zoomed out to zoomed in, beginning with looking at the world, moving to the setting and ending with the character.

You only need two things to play

- A pen and paper
 - The View from a Household Window
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1. Sitting by the Window/ Setting the Stage (5 mins)

Themed Freewrite Exercise

For the first part of the game, we need to get to know the world in which our story will take place. Find a comfortable position facing your window with a way of writing (preferably pen and paper). For the next 5 minutes your goal is to take in as much information as possible from this window and let your hand record it. Try to keep writing without stopping and let what interests you guide you around the window.

2. Picking a Scene (5-10 mins)

Choose one area that interested you in the freewrite. Slowly move around this area from thing to thing (whether this is object, person, or whatever else you perceive!). As you mentally move, put yourself into the shoes of each thing you come across and impersonate it with your writing. Think about its physical position or posture, what it can see, hear, smell or touch, and write all of this down as you go. If you feel that you've gotten everything that interests you out of one thing, move onto the next.

3. Finding Character(s) (15 mins)

Now that we have a general sense of the perspectives that exist in your chosen scene, we're going to pick a specific one to build on further. Choose a perspective that interests you and that you'd like to know more about. Formatting your writing as question and answer, you're going to interview this thing as if it were an old friend that you haven't seen in years. Find out what it thinks and feels. Find out it's past, present and future. Importantly, you want to find out how it feels about the other things in the area.

4. Going on a Journey (as long as you like!)

Building on the last exercise, we are now going to use the perspective of your chosen thing to travel across this world. With your chosen thing's wants, needs, hopes or fears in mind, you're going to come up with a reason why **you** would want to leave it and travel to another part of this window world. This reason can be positive, negative or neutral. When you come across the next part of the world, you can repeat the previous exercises as much as you like and tell the story of your journey!

PARTY GAME RULE VARIANT: If you like, there is a way to play this as a party game! All the players will independently complete exercises 2-3 but only spend 3 minutes on each one. Each player will then take turns reading out what they've written and everyone scores points by guessing what thing they chose to write about.

If you have any questions or comments on the work, or want to share what came out of you playing please feel free to email me at freddiewatkins123@gmail.com