

Narrative

Sentence length impacts the message

Put **FAST • INTENSE •
ANGRY • URGENT**

moments in **SHORT** sentences

Put **SLOW • CALM •
THOUGHTFUL**

moments in **LONG** sentences

Late for the bus
Getting in line for recess
Frustrated at sibling
Told “no” when wanting something
Angry dog chasing you
Running to the car in a thunderstorm
Taking a timed test
Rushing to restroom between classes
Playing a fast-action video game

Riding in the car on a long trip
Watching a boring event
Floating on a raft
Staring at a campfire
Cuddling a cat/bunny/soft creature
Sleeping in on a Saturday morning
Painting your nails
Relaxing while listening to music
Reading a book