



'Our Own Island' project

Where we would like to be

Our Own Island – where we would like to be

It is about learning the emotions/feelings that we like to feel more in life.

The Island is a metaphor/symbol for what we would like to feel

The boat represents us and what we need to keep in the boat to get to our island (the things we need in life to make sure we feel those positive emotions).

The crocodile, hot sun, storms, big wind, shark are the things in life that can get in the way (e.g. fighting, alcohol, choking, stress) and take us from our island.

The list of things we need on the boat are metaphors for what we need to pack with us to make sure we can keep strong and on the journey to our island. E.g. a sun hat could represent a friend or family on the journey, or a spear could represent our courage or strength, a blanket could be our good memories that make us smile, a flare could represent music that we like to listen to that makes us feel happy and away from stress.

This booklet can be photocopied for each person or people may prefer to draw their own versions.

The idea is to show that we are always working towards feeling the feelings that we would prefer to feel, and that there are things that can get in the way/interfere with that journey. And we need to be strong and remember the skills and knowledge we have that can help us to keep heading towards the feeling we would prefer to feel.

At the end they could all be hung alongside each other and show that everyone is on their own journey. There may be some things in common and there will be differences. The most important thing is that we respect each other and help each other to feel the way we would prefer to feel in life.

Step 1: Cut out island – colour in and name with some positive emotions you prefer to feel.

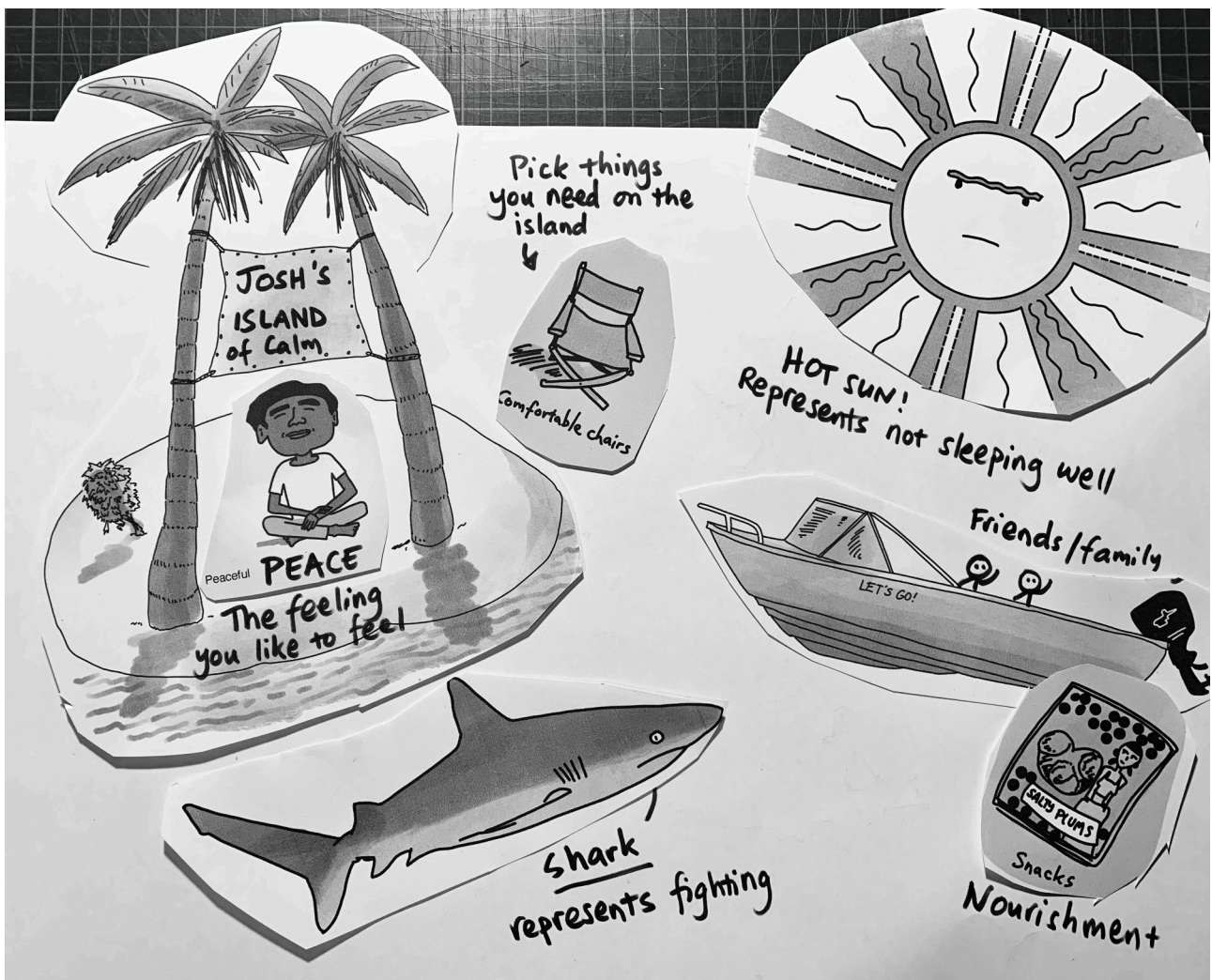
Step 2: Cut out and colour boat

Step 3: Stick these onto an A3 piece of paper

Step 4: Find the hazards that get in the way of getting to the island (the things that stop you feeling how you would like to feel). Stick these around the boat.

Step 5: pack the boat with the items that help you get to the island (help you feel the things you would like to feel).

Here is an example of what it could look like



Here is the island. Ask everyone to name their island and then ask them to choose the emotions that they like to feel the most from the list on the following page.

E.g. Anita's Island of calm, happy, and excited



Positive emotion words

1



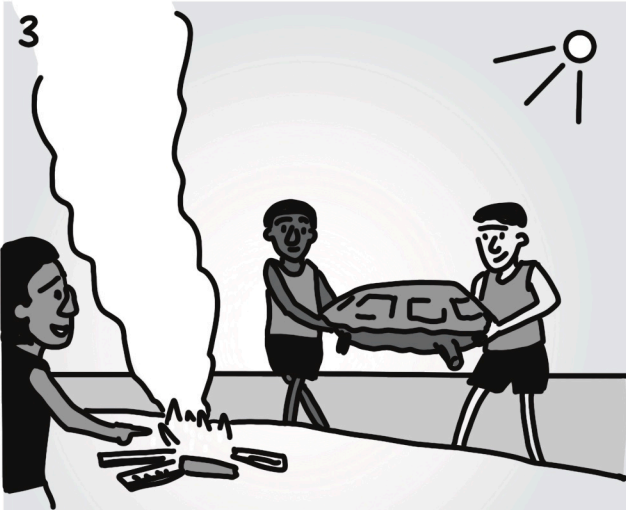
Peaceful

2



To have relatives who will help you

3



Team working together

4



Cooperative / team work

5



Being together

6



Push yourself

7



Feeling secure

8



Relaxed / spirit is calm

9



Feel free / feel relief

10



Calm

11



Relieved (mind)

12



Relieved (body) / healing in the body

13



Safe / secure/ feel refuge

14



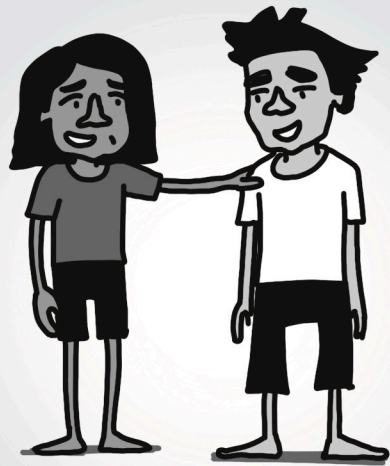
Confident

15



Living true to yourself

16



Live a good life / authentic / genuine

17



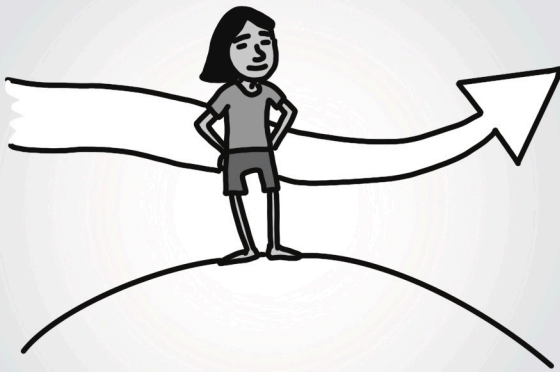
Excited

18



Happy / joyous

19



Resilient

20



Strong in spirit and mind / resilient

21



Kind hearted / beautiful heart

22



Empowered / positive power

23



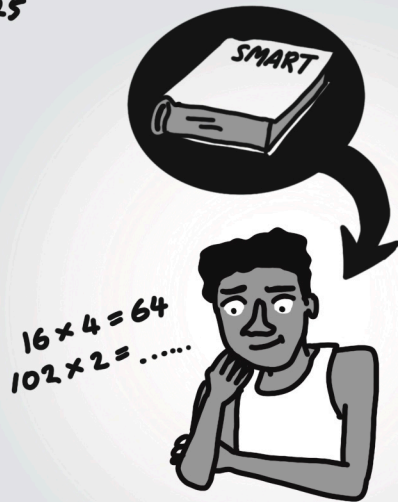
Get more strength / fit in the body

24



Get strong in the mind / educated

25



Very smart / educated one

26



Dating

27



In love with someone

28



Carer for person and country

29



Leading by example / spiritually

30



Good spirit / good person / helpful

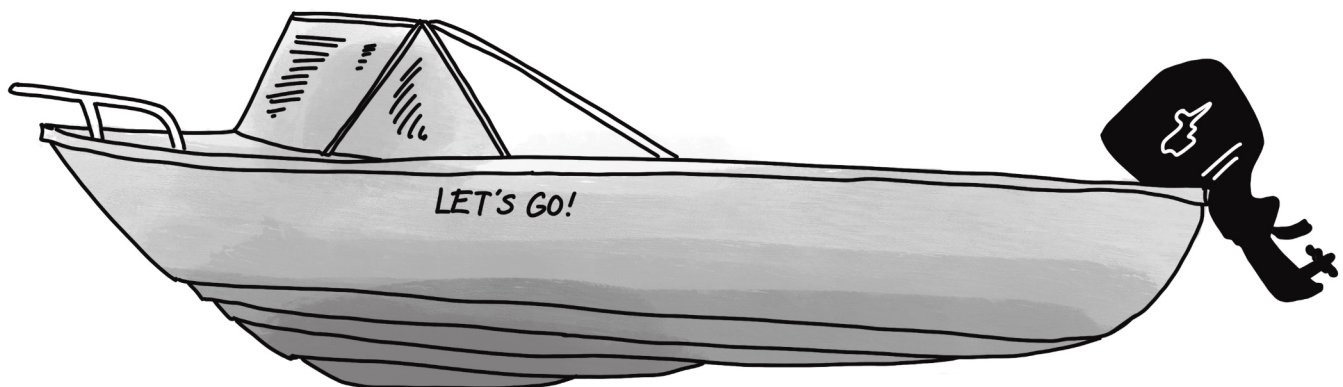
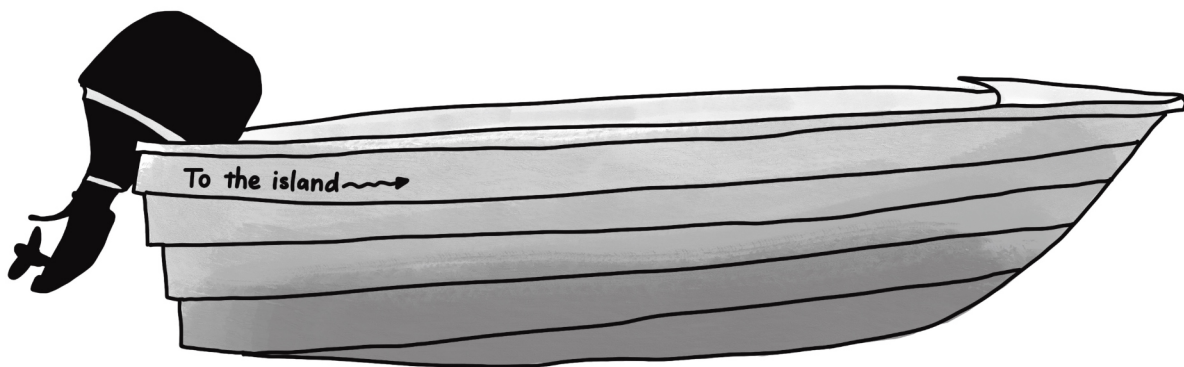
The next page shows a boat and participants could colour in with their favourite colours.

This is their boat to carry them to their island.

They might like to name their boat

The page after shows the hazards / problems that can get in the way on the journey to the island

Then we will pack the boat with things to keep going on the journey



These pages show some hazards / problems that can get in the way to their islands

These represent the things in their life that can get in the way of feeling the feelings that they would prefer to feel.

Examples

Hot Sun = Shame

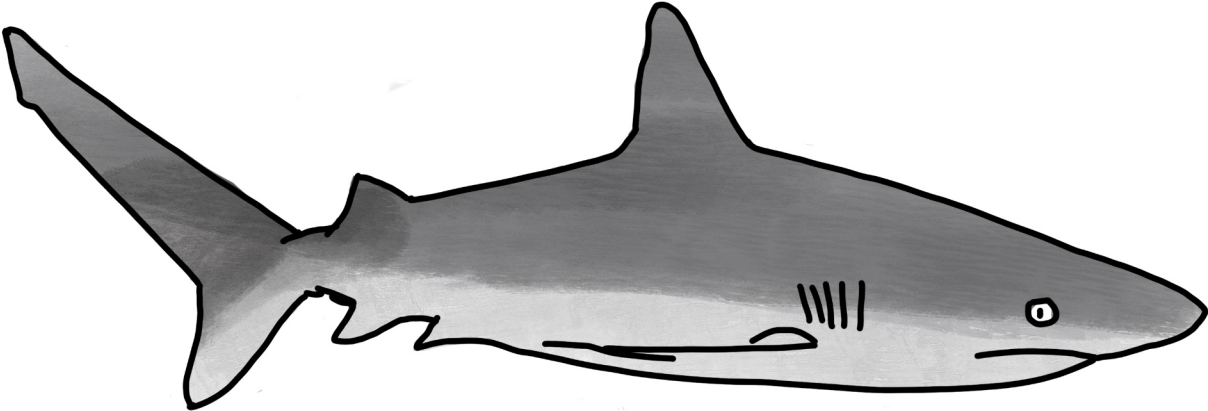
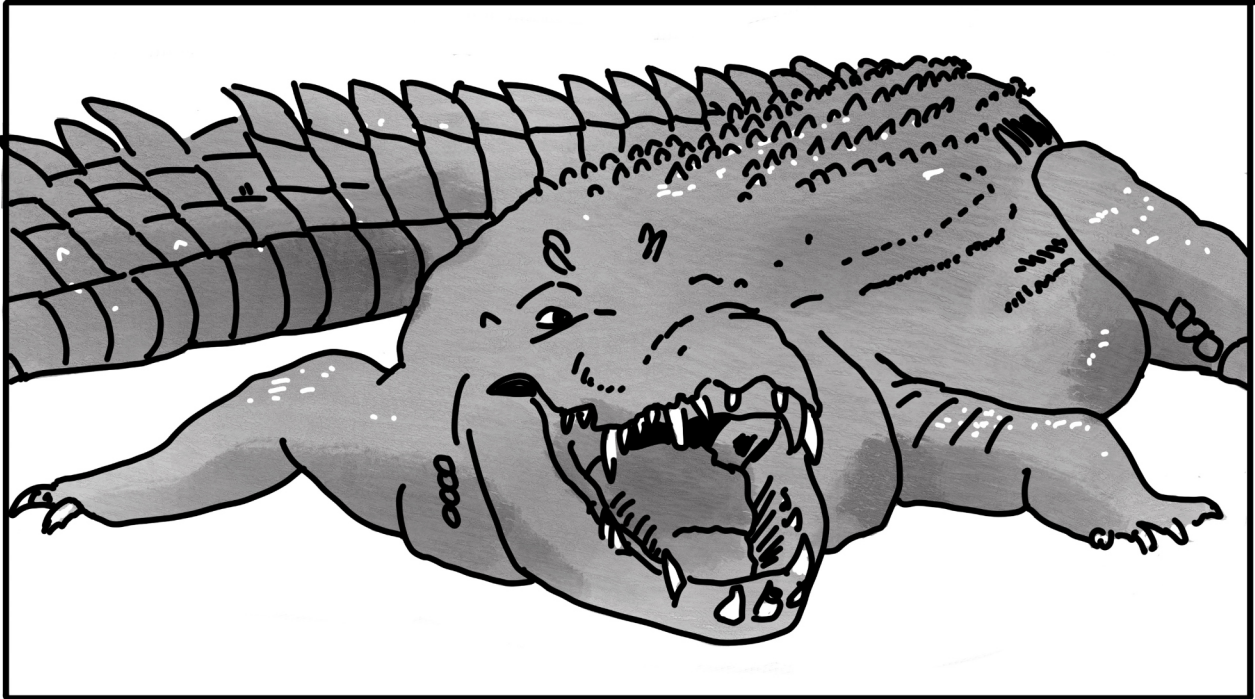
The dangerous animals = Not sleeping

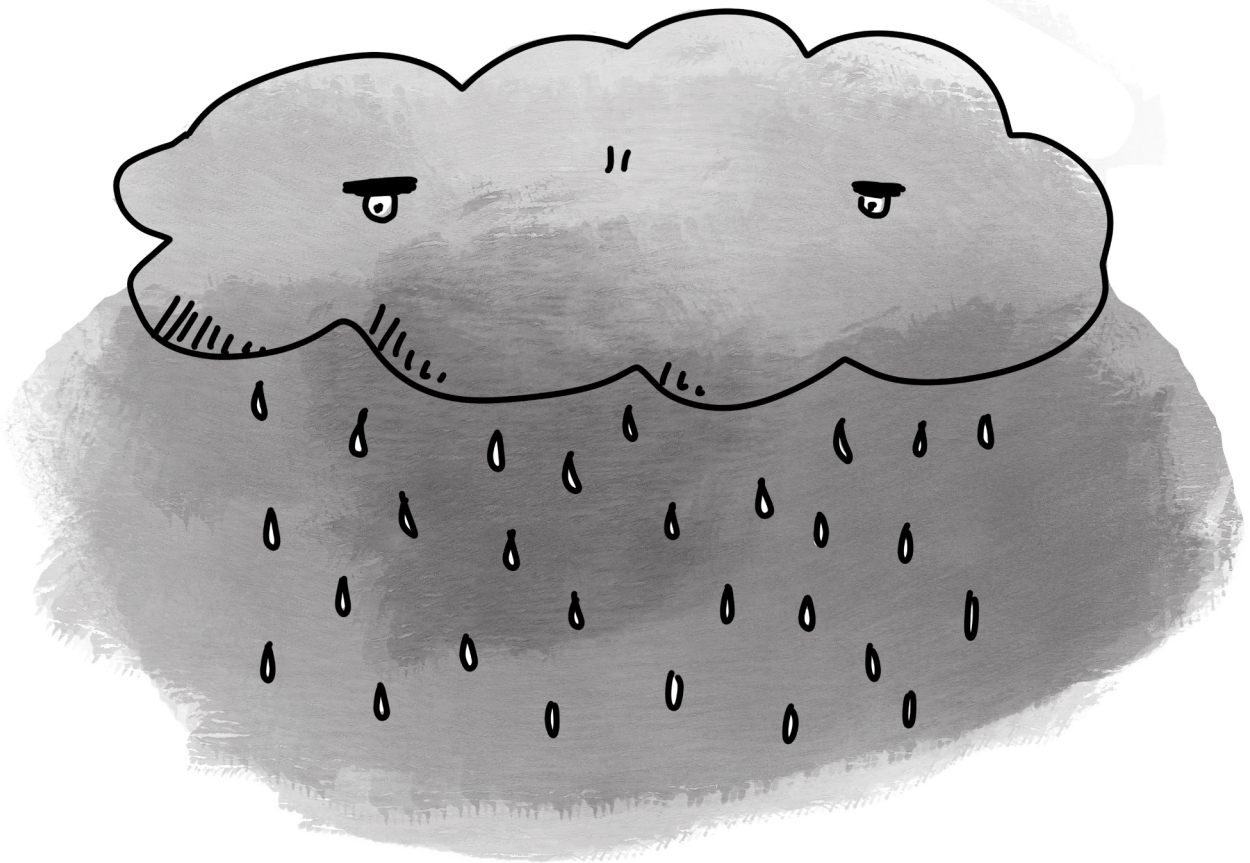
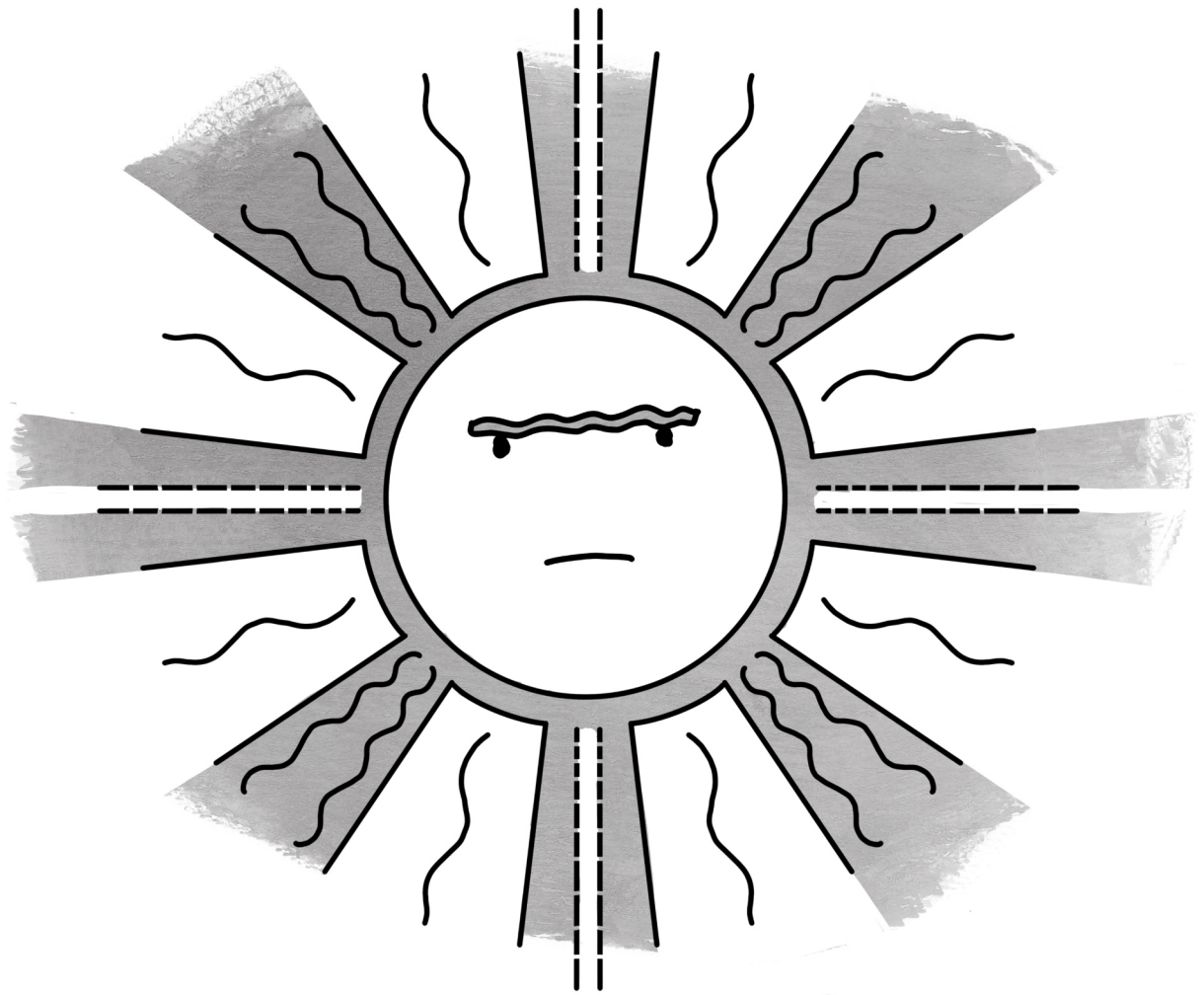
The wind = To worry

The storms = Mentally unwell, sick

The big rain = Body in pain for someone who has passed away (close family)

We can stick these around the boat, in the sea or the sky, on the way to their island.





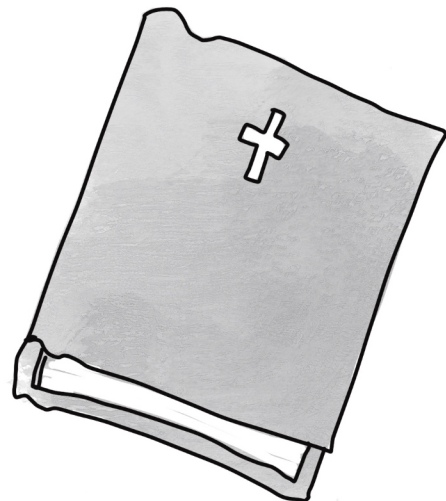
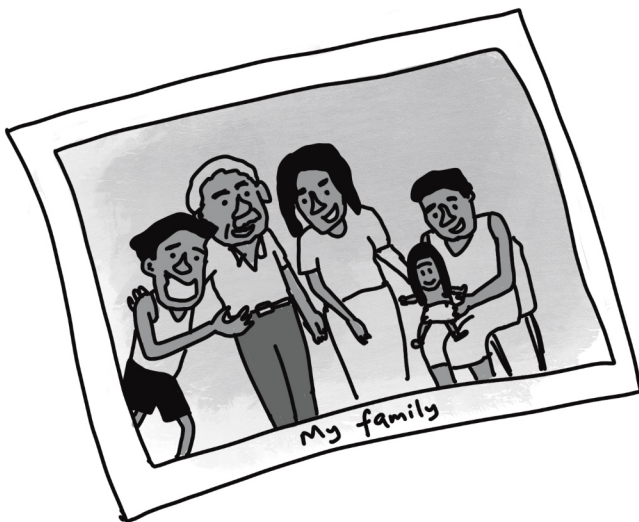
The next pages include some ideas of things to take on the boat to keep you heading in the right direction towards their island of safety

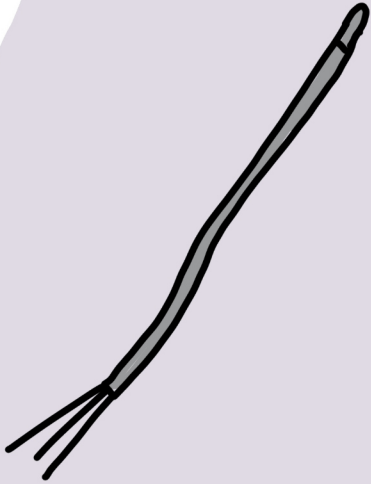
They may choose a number of items that represent things that we need with us to keep on the right direction.

For example

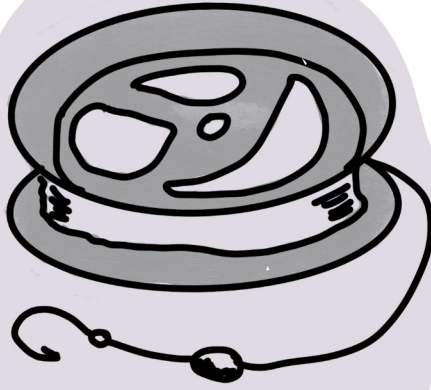
- * A bible if people are religious
- * Songs or stories to remind us about who we are,
- * Family members to keep us company,
- * Favourite clothing to keep us feeling good,
- * Having a good nights sleep that keeps us feeling awake

People may choose to include items that are not listed below which is great!

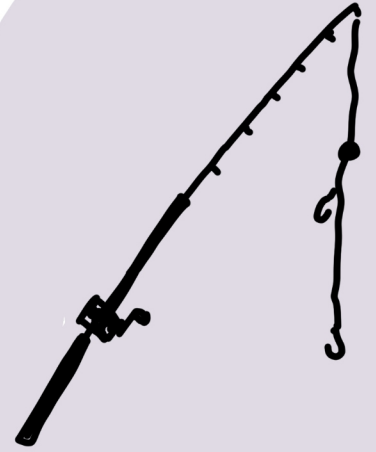




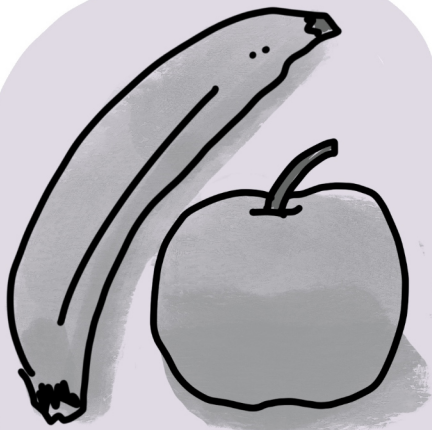
Spears



Handline



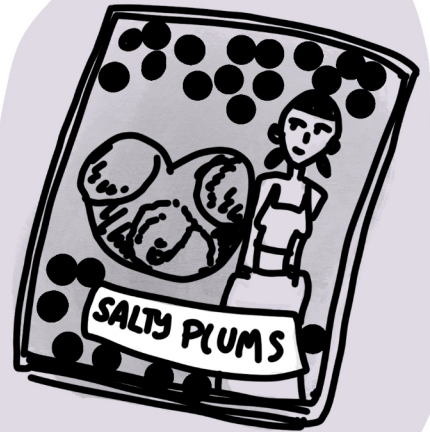
Fishing rod



Snacks



Snacks



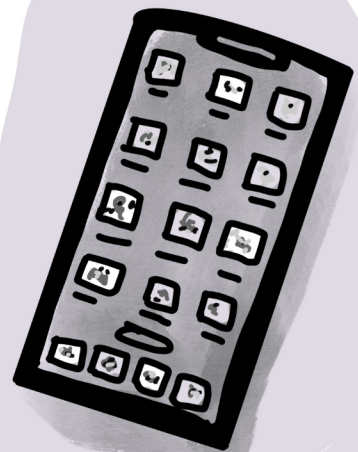
Snacks



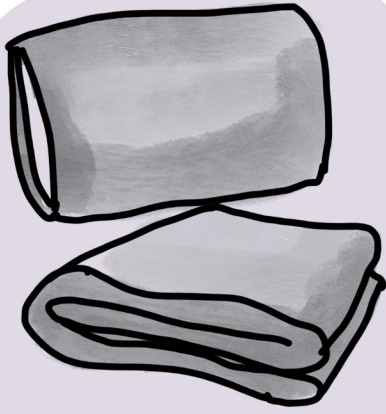
Water



Flares



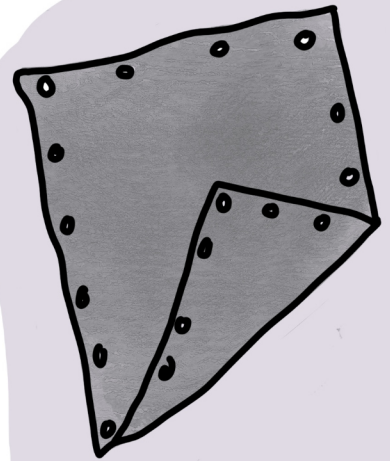
Phone



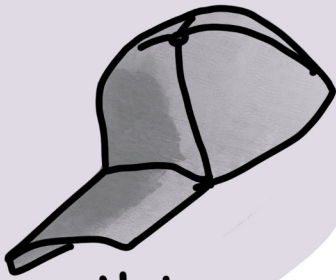
Pillow and blanket



Rain coat



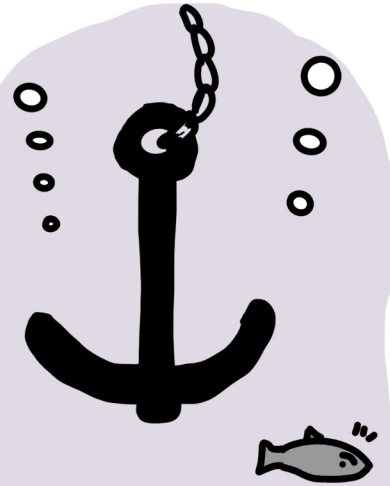
Tarpauline



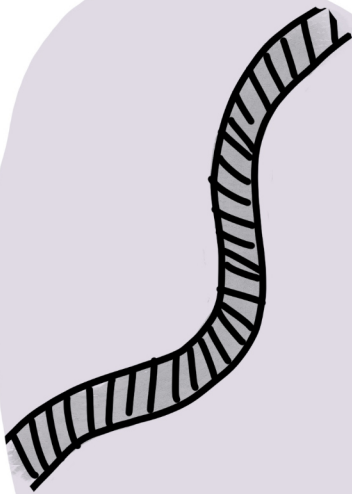
Hat



Sounder



Anchor



Rope



Comfortable chairs



Camera

And that is the end of the product

If possible stick them all up next to each other to remind everyone we are all on our own journey – we all have things we would like to feel and be, and we all have things that can be challenging / difficult for that journey. It can be used to remind us on harder days, or if we notice other people having a hard time, to help them out by being kind and gentle.

If you could please send a picture of the final product to

Sarah at narrative.connection19@gmail.com that would be so appreciated!

OUR OWN ISLAND Workbook

Thank you to Veronica Gaykamangu in Ramingining for her expert translation and thank you to Shirley Nulumburrpurr for her support in this project.

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Produced in 2023 with illustrations and design by Joshua Santospirito (joshuasantospirito.com)

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Please also contact Sarah with any questions at all, including queries about translations to other languages.