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## A Tool For Digital Bibliotherapy: Fostering Emotional Resiliency Through A Visual Novel

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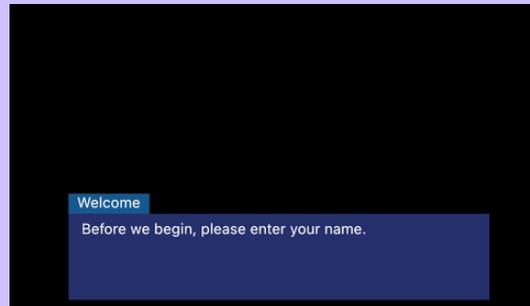
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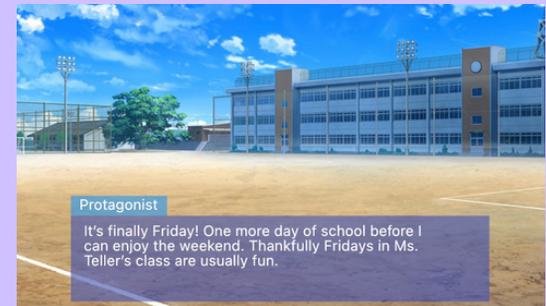
# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The player first sees the title screen for the visual novel. In Settings, the player will be able to change text and audio languages, speed of text, and audio levels.



- \* The student is prompted to name their character. Ideally, they should name the character after themselves. This encourages *identification*.



- \* Chapter 1. The *involvement* process begins as the player assumes the role of the Protagonist.



- \* The Protagonist is sitting in class waiting for the day to start when the teacher, Ms. Teller, tells the class she has news to share.



- \* Ms. Teller informs the class they have been selected to participate in an upcoming assembly for the school's 50th anniversary.

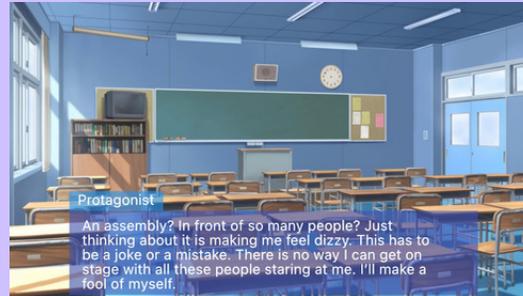


- \* The students learn they will each go on stage and recite facts about the school's history in front of staff, students, parents, and alumni.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The Protagonist is shocked by this news and begins to panic internally.



- \* The Protagonist will have a running internal dialogue of their fears. The player may experience a physiological response depending on their degree of anxiety



- \* The screen will briefly fade out to indicate a brief lapse in time.



- \* The Protagonist will say the lunch bell rang and they have gone to their usual lunch spot in the courtyard. Violet appears.



- \* As they sit down for lunch, Violet expresses her excitement about the assembly. She mentions wanting to do a dance instead of reciting facts and asks the Protagonist what they would like to do.



- \* The Protagonist does not respond, prompting Violet to ask what is bothering them.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The Protagonist, on the verge of tears, tells Violet they are not excited at all.



- \* Violet listens carefully as the Protagonist describes how anxious the assembly is making them.



- \* Violet smiles and tells the Protagonist everything will be okay and they will do great.



- \* This frustrates The Protagonist. They tell Violet that she "just doesn't get it".



- \* Violet argues that she does understand.



- \* The Protagonist argues that she does not because she is so sociable and is a dancer who performs for audiences often.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Violet says that she never used to be this way and used to have anxiety so bad that she almost had to quit dance.



- \* The Protagonist asks if she is serious. She nods yes.



- \* The Protagonist asks how she “got over” her anxiety and says they always feel anxious in large social situations.



- \* Violet corrects them by saying she did not get over anxiety, but learned how to manage it.



- \* The Protagonist asks what she means by “managing” her anxiety.



- \* Violet says she's learned tricks to relax her mind and calm down whenever she begins to feel anxious.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



\* The Protagonist asks how she learned.



\* Violet says she started seeing the school counselor and that he helped her.



\* The Protagonist's inner monologue shows the player they're wondering if they can manage their anxiety too.



\* Violet asks if they would like to learn a technique she learned.



\* This is the player's first decision. They can choose "yes", which prompts Violet to teach them the 4-7-8 "relaxing breath" technique. If they choose "no", Violet will ask them to reconsider since it could help them for the assembly.



\* Assuming the player has chosen "yes", Violet instructs the Protagonist to close their eyes.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Violet tells the Protagonist to take a deep breath through their nose that is four seconds long.



- \* After four seconds, she tells them to hold that breath for seven seconds.



- \* She then tells them to exhale through their mouth for eight seconds.



- \* There is no text in the panel. This panel indicates the Protagonist is releasing the breath.



- \* Violet asks how they are feeling.



- \* The Protagonist say they are feeling a little better and that their hands are not tingling as much (meaning the pins and needles feeling has lessened).

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



\* Violet is pleased to hear this.



\* She then suggests they could probably learn more techniques from teachers at the school.



\* The Protagonist say it is a good idea and wonders who they should ask.



\* Violet suggests asking the counselor first since he was the one who helped her.

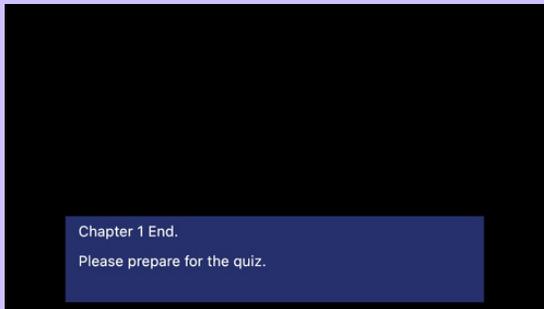


\* The Protagonist says they will ask him on Monday.

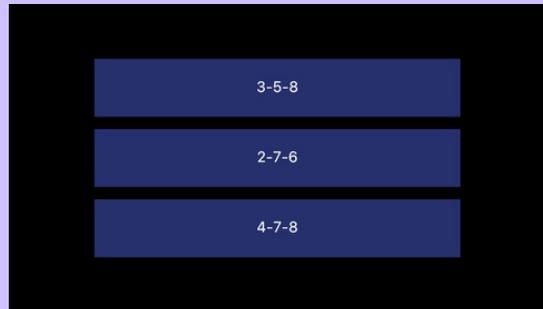


\* As they resume eating their lunch, the Protagonist thanks Violet for her help.

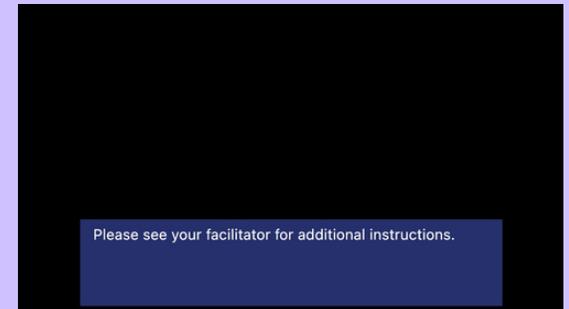
# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Chapter 1 ends. The player will see a screen prompting them to begin the chapter quiz.



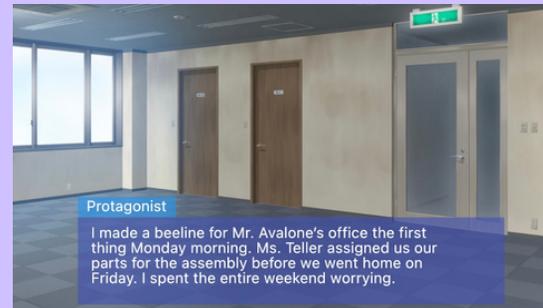
- \* The quiz is meant to gauge how much information they retained, especially the seconds for the relaxing breath technique.



- \* After the quiz, the student will participate in a follow up activity with the facilitator.



- \* Chapter 2 begins.



- \* The Protagonist informs the player that it is Monday and they are waiting to see the counselor.



- \* The office secretary asks who they are here to see. She then informs them the counselor is on vacation for the week and will be back the following Monday.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Feeling slightly discouraged, the Protagonist returns to their classroom.



- \* They sit down beside Violet. She asks how the meeting with Mr. Avalone went.



- \* The Protagonist tells her Mr. Avalone is on vacation for the entire week.



- \* The Protagonist then tells Violet they don't know what to do and that even with the relaxing breath, they still felt anxious over the weekend.



- \* Violet reassures them that everything will be okay and that they will simply adjust their plan.



- \* She suggests they speak to Ms. Teller before lunch. She also thinks it would be a good idea to let her know about the Protagonist's anxiety about the presentation.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The Protagonist agrees and settles in for class to begin.



- \* The background remains the same, but will fade out then in to allude to a lapse in time.



- \* The Protagonist says the lunch bell has rung and they are waiting for the rest of the students to leave.



- \* Violet appears beside the Protagonist and says they should catch Ms. Teller now before she leaves for lunch.



- \* They nervously approach Ms. Teller's desk. She looks up and greets them with a warm smile.



- \* She asks them why they haven't gone to lunch yet and wonders if something is bothering them.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The Protagonist hesitates, prompting Violet to give them a gentle nudge forward.



- \* The Protagonist tells Ms. Teller they are having a lot of anxiety about the assembly and mention they do not want to do it.



- \* Ms. Teller apologizes for them feeling that way, but says she cannot excuse them since everyone in class has to participate.



- \* Violet intervenes. She says they are trying to find methods of managing the Protagonist's anxiety to help them feel better.



- \* She proudly says she taught them the 4-7-8 relaxing breath technique, but that it does not seem to be enough. She asks if Ms. Teller knows anything that could help.



- \* Ms. Teller says she thinks she knows something that might help.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Ms. Teller asks if either of them have heard of Visualizing.



- \* Violet says it sounds familiar.



- \* The Protagonist says they have not.



- \* Ms. Teller tells them a good way to reduce your anxiety is to think of something funny.



- \* She explains that thinking of something funny can make you feel happy and less anxious.



- \* She asks if they have a funny memory in mind they can use to practice.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The player will be prompted to choose “yes” or “no”. If the player chooses “no”, Ms. Teller will suggest they think of something funny from a show or book.



- \* Assuming the player chose “yes”, Ms. Teller encourages them to close their eyes and picture what they're thinking about.



- \* The game will lockout the ability to click for ten seconds to allow the player to think about a humorous moment.



- \* Once the player is able to progress to the next screen, the Protagonist and Violet will begin to laugh.



- \* Ms. Teller will ask if they feel better.



- \* Violet will express that she thought about something her dog did once. She will ask the Protagonist what they thought about.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The player will be prompted to enter in their response. This encourages the player to think thoughtfully about the memory or moment they selected.



- \* Ms. Teller will say that sounds like a good memory to think about and to think of some other memories so they always have good things to refer back to.



- \* Violet and the Protagonist thank Ms. Teller for her help then leave to get lunch.



- \* The Protagonist tells Violet they are going to think of a lot of good memories during the week.

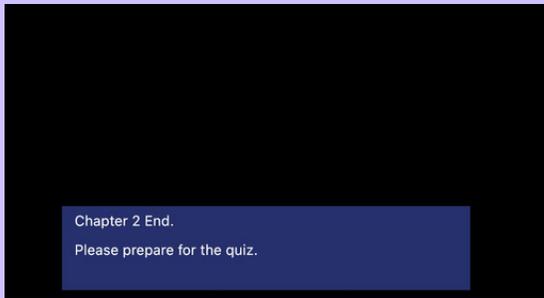


- \* Violet smiles and tells them she will help them come up with some as well.



- \* The scene fades out to signal the end of the chapter.

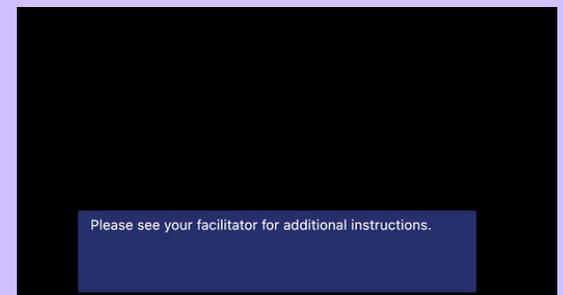
# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Chapter 2 ends. The player will see a screen prompting them to begin the chapter quiz.



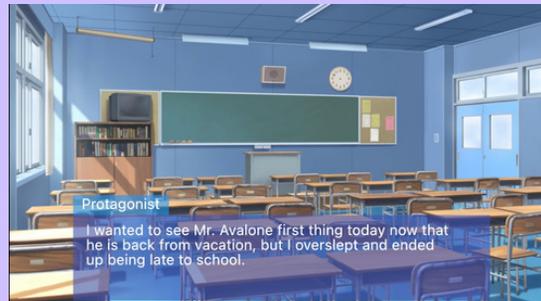
- \* The quiz is meant to gauge how much information they retained, especially the what type of memory they should use for visualization.



- \* At the end of the quiz, the game will prompt the player to see their facilitator for a follow up activity



- \* Chapter 3 begins.



- \* The Protagonist says they overslept that day and ended up being late to school.



- \* They say they had to wait until lunch to see Mr. Avalone now that he has returned from vacation. The screen fades as they exit the room.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Violet appears and asks the Protagonist if they want to sit inside or outside for lunch.



- \* Protagonist tells Violet they are not going to lunch because they are going to see Mr. Avalone instead.



- \* Violet remembers that he has returned. She wishes Protagonist good luck and advises them to tell her what he says.



- \* The Protagonist says goodbye to Violet and continues toward the office.



- \* The Protagonist enters the office where they are greeted by the office receptionist Mrs. Trace.



- \* They tell Mrs. Trace they would like to see Mr. Avalone.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Mrs. Trace says she'll see if Mr. Avalone is available and tells them to take a seat.



- \* Mrs. Trace disappears from screen. There is not text for five seconds to indicate the Protagonist is waiting.



- \* Mr. Avalone appears and greets the Protagonist.



- \* The Protagonist says hello and tells Mr. Avalone they are hoping he can give them some advice.



- \* Mr. Avalone tells the Protagonist they will talk in his office.



- \* The scene changes from the main office to Mr. Avalone's personal office.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Mr. Avalone asks the Protagonist what is bothering them.



- \* The Protagonist explains their anxiety about the assembly and how they have been trying to learn anxiety management techniques.



- \* They continue by saying Violet recommended they see Mr. Avalone because he helped her with a similar situation.



- \* Mr. Avalone tells the Protagonist he would be happy to help and asks what they have learned thus far.



- \* The player will be prompted to make a selection of the skills learned. If the incorrect answer is chosen, Mr. Avalone will say he has never heard of those method and the player will be asked to try again.



- \* Assuming the player chooses the correct answer, Mr. Avalone will say those are excellent techniques and that he thinks he knows another that will be helpful.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Mr. Avalone tells the Protagonist of technique called Grounding.



- \* He explains that Grounding is meant to help bring someone back into the present when their minds begin to race.



- \* He continues by saying anxiety tends to be a fear of something in the future, which pulls people away from the present.



- \* He says the method involves bringing awareness to your senses: five things you see, four things you can touch, three things you hear, two things you smell, and one thing you taste.



- \* He recommends using the Relaxing Breath technique then demonstrates Grounding by acknowledging his surroundings.



- \* He asks the Protagonist to try it.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Mr. Avalone tells the Protagonist of technique called Grounding.



- \* He explains that Grounding is meant to help bring someone back into the present when their minds begin to race.



- \* He continues by saying anxiety tends to be a fear of something in the future, which pulls people away from the present.



- \* He says the method involves bringing awareness to your senses: five things you see, four things you can touch, three things you hear, two things you smell, and one thing you taste.



- \* He recommends using the Relaxing Breath technique then demonstrates Grounding by acknowledging his surroundings.



- \* He asks the Protagonist to try it.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



\* The player is prompted to enter five things they see around them.



\* The player is prompted to enter four things they can touch or feel.



\* The player is prompted to enter three things they hear around them.



\* The player is prompted to enter two things they can smell around them.



\* The player is prompted to enter one thing they can taste.



\* Mr. Avalone tells them they did a great job and this method will help relax them when something feels overwhelming.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



Mr. Avalone

I hope this is helpful for you. Do not hesitate to come back if you need more advice.

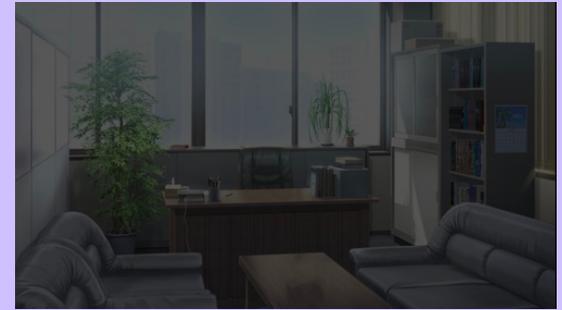
- \* He hopes the Protagonist finds this helpful and tells them to come visit if they need more help.



Protagonist

Thank you for your help, Mr. Avalone! Have a good day!

- \* The Protagonist thanks him for his help.



- \* The Protagonist leaves the office.



- \* The background changes to Ms. Teller's classroom.



Violet

Hey! Did you ever make it to lunch? I didn't see you anywhere.

- \* Violet appears and mentions she never saw them come to lunch.



Protagonist

There wasn't much time after my meeting, so I decided to come to class early and practice my presentation some more.

- \* The Protagonist says there was not much time after their meeting so they decided to return to class early and review their speech for the assembly.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Violet asks what the Protagonist learned.



- \* The player is prompted to type the name of the new technique.



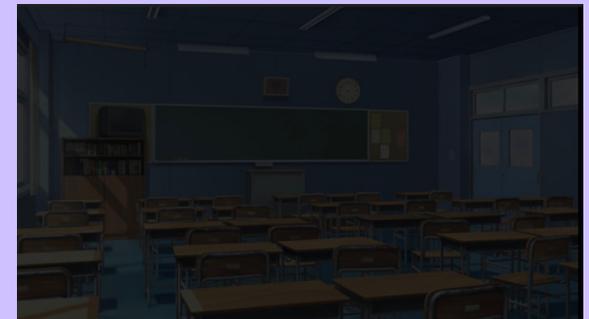
- \* Violet asks the Protagonist to teach it to her sometime.



- \* The Protagonist agrees.

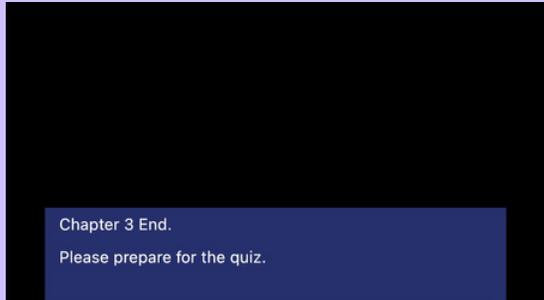


- \* Ms. Teller appears and instructs the students to open their math textbooks to page 459.

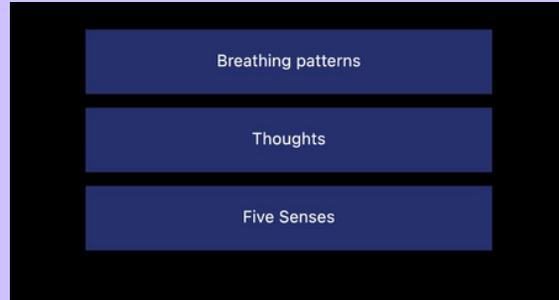


- \* The background fades to indicate the end of the chapter.

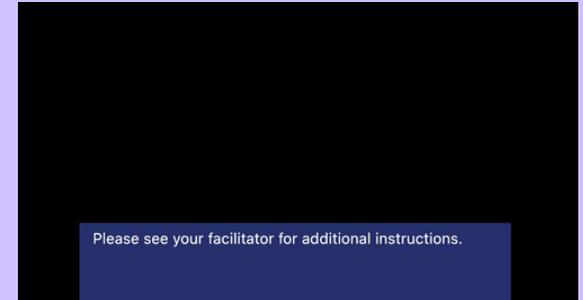
# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Chapter 3 ends. The player will see a screen prompting them to begin the chapter quiz.



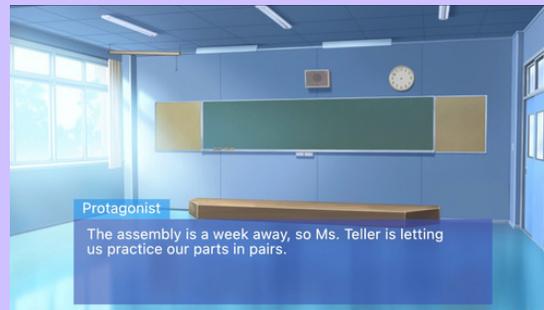
- \* The quiz is meant to gauge how much information they retained, especially what Grounding focuses on (the five senses).



- \* At the end of the quiz, the game will prompt the player to see their facilitator for a follow up activity.



- \* Chapter 4 begins.



- \* The Protagonist mentions the assembly is a week away and Ms. Teller is letting them work together to practice their parts.



- \* The Protagonist asks Violet if she is ready to return to class

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



\* Violet thanks the Protagonist for recording her dance so she can watch it back later. The scenery changes to show they left the auditorium.



\* The Protagonist tells Violet she is welcome and they think it is cool that Ms. Teller is letting her do an interpretive dance for the assembly.



\* Violet says she is excited to perform. She tells the Protagonist they seemed more confident practicing their speech.



\* The Protagonist thanks her and says they have been practicing all their relaxation techniques.



\* As they walk down the hall, they hear muffled crying.



\* The Protagonist asks where the sound is coming from.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Violet says she thinks it's coming from the art room.



- \* The background changes to the art room..



- \* They open the door to find their classmate, Carson, inside crying.



- \* The Protagonist asks if he is okay, which startles Carson.



- \* Carson turns his head and says that he is okay.



- \* Violet walks toward Carson and tells him if he needs to cry, it is okay.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Carson tells them the assembly has been making his anxiety skyrocket.



- \* He goes on to say that he hates speaking in public and that even getting called on by Ms. Teller or meeting new kids makes him nervous.



- \* The Protagonist tells Carson he is not alone and that they have also been having bad anxiety because of the assembly.



- \* Violet explains they have been learning ways to manage their anxiety so they can get through the assembly.



- \* Carson asks if there is really a way to feel less anxious.



- \* The Protagonist says there is. They advise that it may not make anxiety go away completely and the techniques take practice, but they can help.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Violet asks Carson if he would like to learn the mechanisms they learned.



- \* Carson is apprehensive and thinks there is no way they can help someone with anxiety as bad as his



- \* Carson begins to tear up and asks them to leave him alone.



- \* Violet says okay and begins to leave.



- \* The Protagonist's inner monologue will show they do not feel good about leaving the situation like this.



- \* The player will be given the choice to help Carson or to leave. If the player chooses to leave, Violet will whisper that she thinks they should still try to help. The player will be prompted to choose again.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* Assuming the player chooses to help, they will address Carson and tell him he is not alone in his anxiety and they understand his feelings.



- \* They will say it is better to try something to see if it helps than suffering alone.



- \* They tell Carson they want to support him and if he decides he wants to try to learn some helpful resources, they will be happy to help.



- \* The Protagonist and Violet turn to leave.



- \* Carson asks them to wait.



- \* He tells them he wants to learn, but is afraid of the methods not working.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



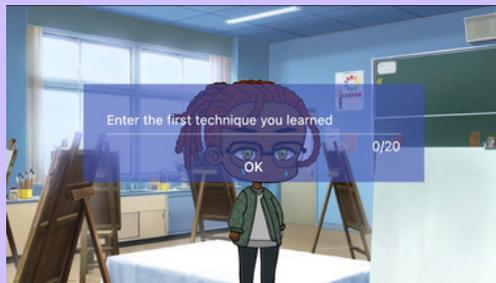
- \* Violet reassures Carson that if these methods do not work for him, they will work together to find something that does.



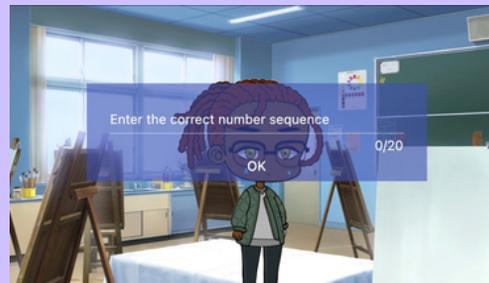
- \* Carson thanks them and says he is ready to learn.



- \* Before they begin, Violet says she will let Ms. Teller know where they are and leaves. This is done so the player can explain all three methods, including the relaxing breath Violet taught them.



- \* The Protagonist will explain the first technique they learned. The player will be prompted to choose the first method they learned.



- \* They then tell Carson how the breathing pattern works. The player will be prompted to enter in the correct number sequence. If the player enters it incorrectly more than three times, Violet will return to the room and remind them of it.



- \* Carson acknowledges the steps and proceeds to practice it.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The screen will lock out for 19 seconds to simulate Carson practice relaxing breath.



- \* When he's done, Carson will say he feels a little bit better, but is not sure if it is enough to be helpful. He asks what is next.



- \* The Protagonist will introduce him to Visualizing.



- \* The Protagonist will offer to share one of their memories with Carson as an example.



- \* The player will be prompted to type in a funny memory.



- \* Carson says he will give it a try too.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The Protagonist waits as Carson practices Visualizing.



- \* Carson will open his eyes and smile. He says it is the first time he has thought of something other than the assembly all day.



- \* The Protagonist encourages Carson to keep practicing then introduces him to Grounding.



- \* The player will be prompted to select the correct directions for Grounding.



- \* Carson nods then works his way through the steps.

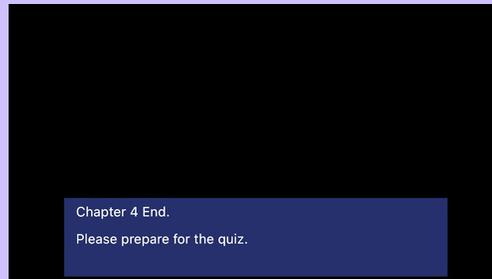


- \* When he is finished, Carson will thank the Protagonist for helping. He will say he is still unsure if the skills will help, but he is willing to keep practicing in hopes that it will help.

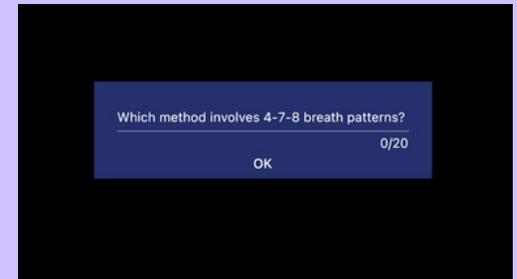
# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



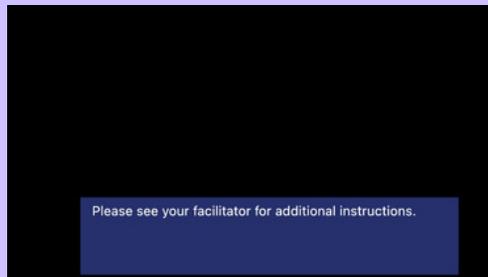
- \* Violet will return to the room and tell them it is time to come back to class. If Violet returned earlier when the player made too many incorrect entries, she will say they should head back to class.



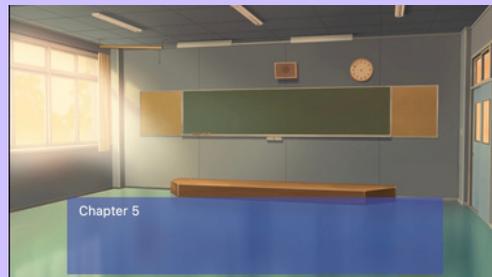
- \* Chapter 4 ends. The player will see a screen prompting them to begin the chapter quiz.



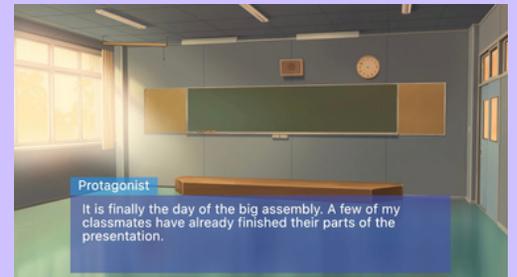
- \* This quiz serves as the player's final opportunity to review the three relaxation methods before applying them in the last chapter.



- \* At the end of the quiz, the game will prompt the player to see their facilitator for a follow up activity.



- \* Chapter 5 begins.



- \* The Protagonist informs the player it is the day of the big assembly.

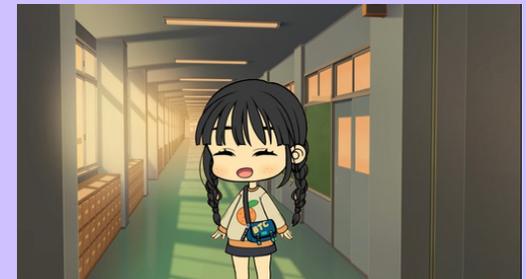
# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



- \* The Protagonist is in the auditorium looking at the audience. They watch as Ms. Teller introduces the next presenter.



- \* As the audience begins to clap, the Protagonist's anxiety rises.



- \* They retreat into the hallway where they find Violet rehearsing her dance.



- \* Violet is startled by the Protagonist's sudden appearance then quickly becomes concerned.



- \* The Protagonist tells Violet they are having anxiety again and do not know if they can speak in front of everyone.

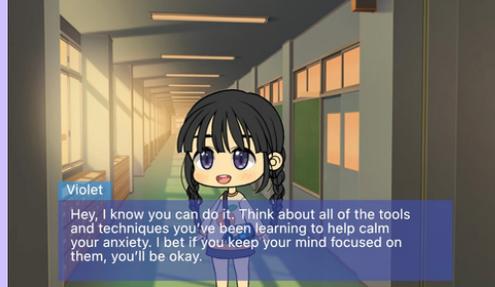


- \* The Protagonist indicates to the player that their body is shaking and their breathing is becoming shallow and rapid.

# DIGITAL BIBLIOTHERAPY VISUAL NOVEL STORY BOARD



\* Violet smiles at the Protagonist.



\* She tells the Protagonist to think about all of the helpful tools they learned in the past month to help ease their anxiety.



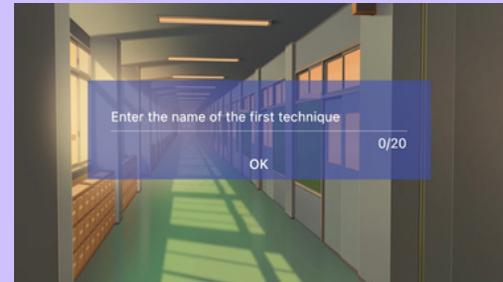
\* Another student appears and tells Violet she is up next and that the Protagonist will go on after her.



\* Violet tells the Protagonist they will be okay and she believes in them before leaving with the other student.

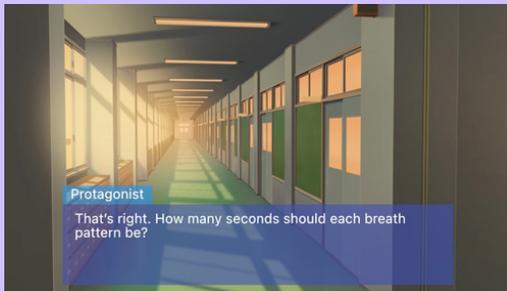


\* The Protagonist tells themselves Violet is right and they need to utilize the skills they learned. They will ask what was the first skill they learned.

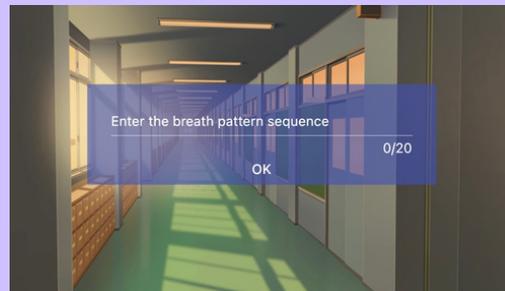


\* The player will be prompted to type in the name of the Relaxing Breath exercise. After three failed attempts, the player will be offered a hint.

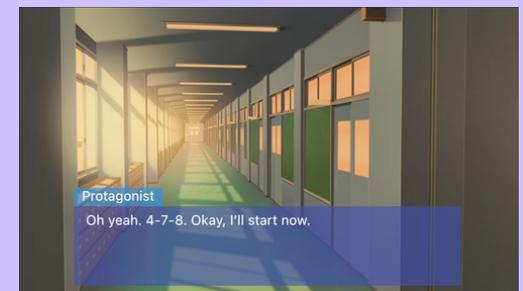
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- \* After the player enters the correct response, the Protagonist will acknowledge it as correct. They will then ask how many seconds should be used for each breath.



- \* The player will be prompted to enter the correct number order. After three failed attempts, they will be offered a hint.



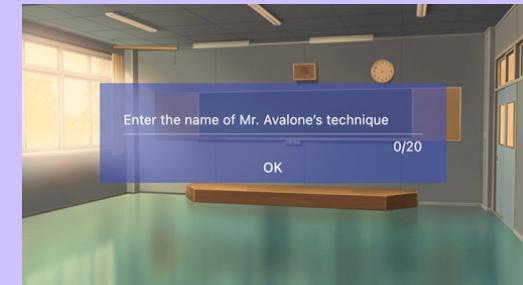
- \* The Protagonist will say that sequence is correct.



- \* The screen will lock out for 19 seconds to indicate The Protagonist is practicing the Relaxing Breath exercise.

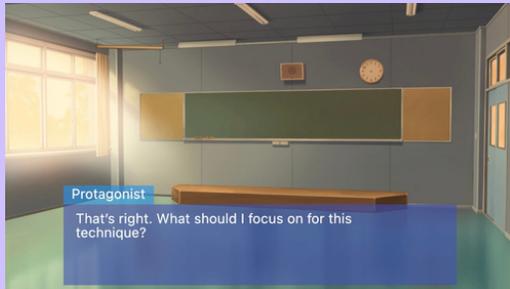


- \* The student from before will appear and usher the Protagonist inside the auditorium. The Protagonist will continue focusing on the techniques.

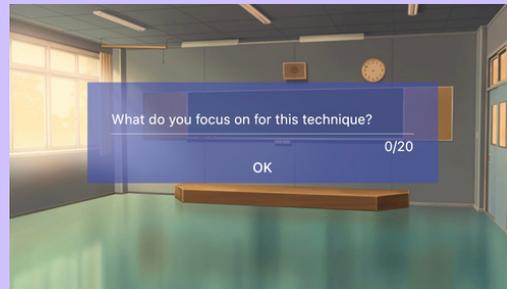


- \* The Protagonist will ask themselves which technique was taught to them by Mr. Avalone. The player will be prompted to enter the name of the Grounding technique. After three failed attempts, the player will be offered a hint.

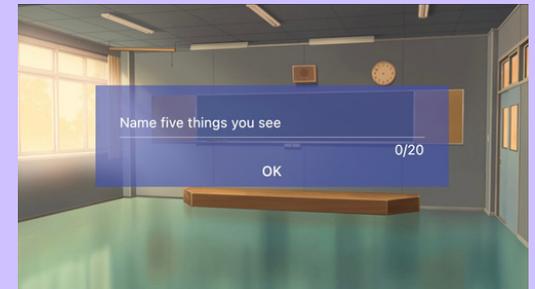
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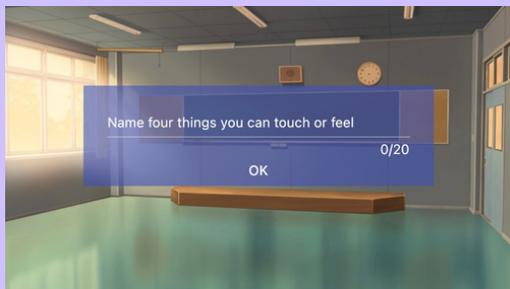
- \* The Protagonist says the answer is correct then asks what they should focus on for this technique.



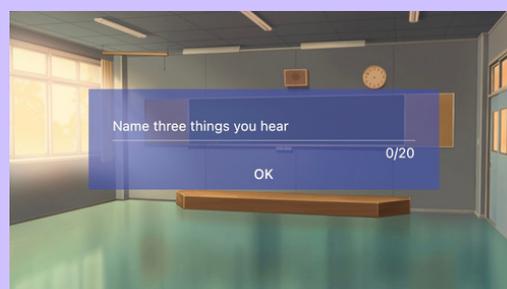
- \* The player will be prompted to respond with "five senses". After three failed attempts a hint will be offered.



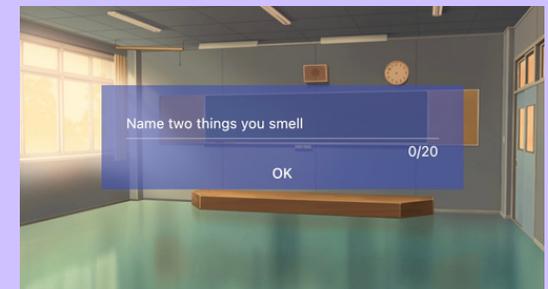
- \* After the correct answer is inputted, the player will be prompted to list five things they see.



- \* The player will be prompted to list four things they can touch or feel.

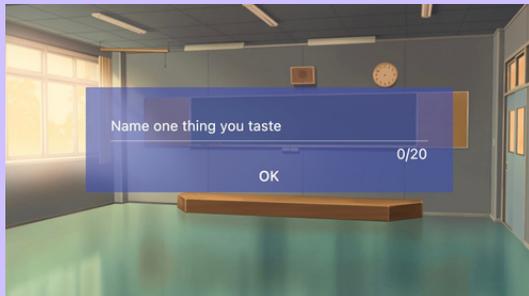


- \* The player will be prompted to list three things they hear.

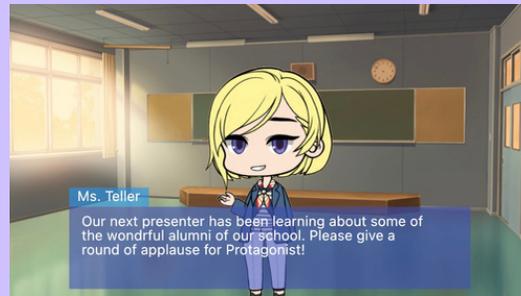


- \* The player will be prompted to list two things they smell.

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- \* The player will be prompted to list one thing they taste.



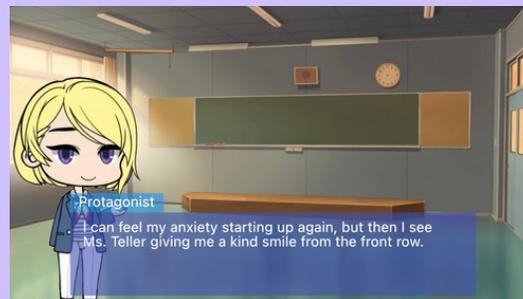
- \* Ms. Teller will appear on stage and introduce the Protagonist as the next presenter.



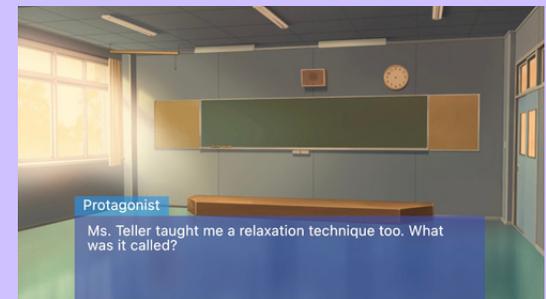
- \* The Protagonist walks on to the stage and looks out at the crowd.



- \* They feel the tingling sensation in their fingertips as their anxiety starts to creep up.

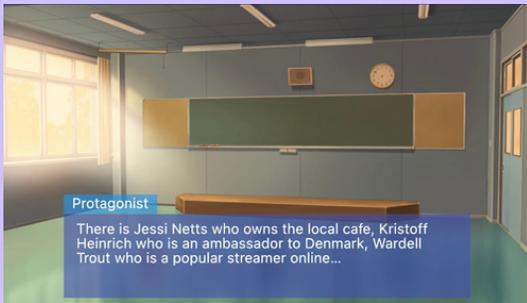


- \* They look at the front row where they see Ms. Teller smiling at them.

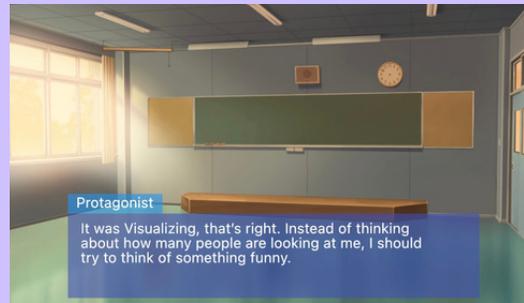


- \* The Protagonist asks which technique Ms. Teller taught them.

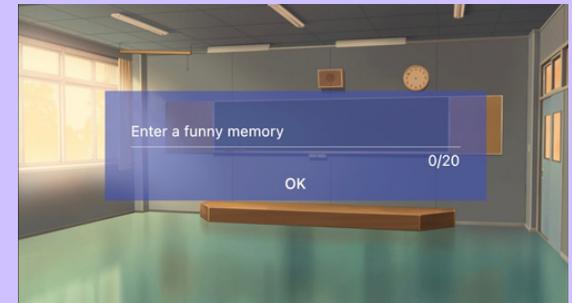
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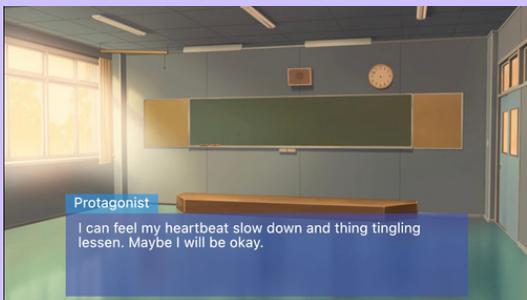
- \* The player will be prompted to enter the correct answer, which is Visualizing. After three failed attempts a hint will be offered.



- \* After the correct answer is given, The Protagonist will say they should think of a funny memory. They will ask which memory the should use.



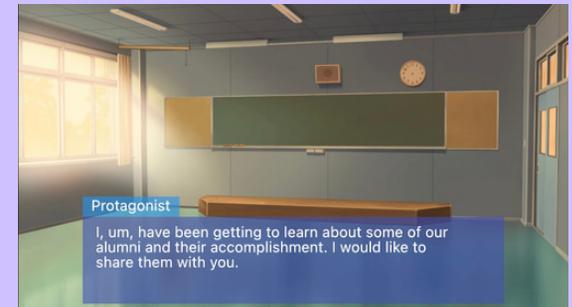
- \* The player will be prompted to enter a funny memory.



- \* The Protagonist will tell the player they feel more relaxed and they think it will be okay.

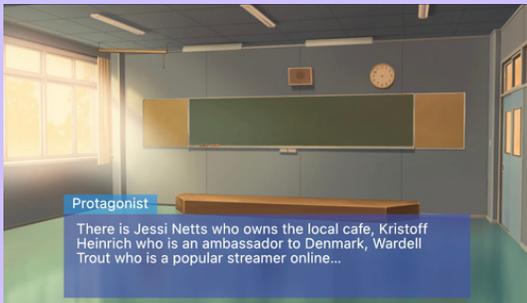


- \* The Protagonist greets the audience and introduces themselves.



- \* They begin to say they have the honor of sharing the accomplishments of some of the school's alumni.

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- \* As the Protagonist begins to list names, the screen fades to indicate a lapse in time.



- \* When the screen fades in, it shows Ms. Teller thanking everyone for attending their presentation and encouraging them to participate in some of the other activities.



- \* Violet finds the Protagonist and congratulates them on a job well done.



- \* The Protagonist thanks her.



- \* Ms. Teller approaches them and says they both did a good job. She asks the Protagonist how they feel.



- \* The Protagonist says they feel much better than they expected and even though they were anxious, all tricks they learned helped keep them from spiraling.

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- \* Ms. Teller says she is happy they feel better and that she is proud of them.



- \* After Ms. Teller leaves, Violet suggests they find Carson to see how he is doing.



- \* When they find Carson, he greets them with a smile.



- \* The Protagonist asks if his presentation went well and says they were not able to watch.



- \* Carson tells them he made a few mistakes, but was able to make it through, which is a good start.



- \* He thanks them for taking the time to help him out and that he was skeptical about how helpful these methods would be.

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- \* Violet tells him he is welcome and that she is happy they were able to help him.



- \* Violet suggests they have all earned some fun now that their presentations are over.



- \* Carson tells them the school is giving away ice cream as part of the celebration and recommends they get some.



- \* Violet and the Protagonist excitedly agree.

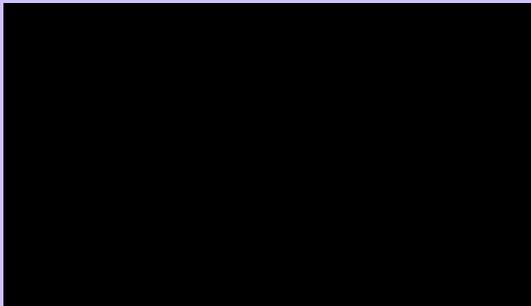


- \* As the three of them set off for ice cream, the Protagonist reflects on the events throughout the month.



- \* The Protagonist says they know managing anxiety is a difficult journey, but they feel better knowing they are not alone.

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- \* The screen fades out indicating the end of the chapter.



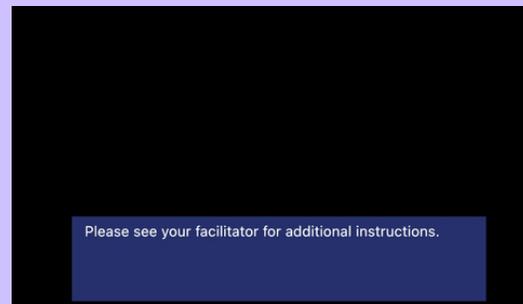
- \* The game ends.



- \* Instead of a quiz, a brief credit sequence appears.



- \* A screen will appear thanking the player for playing.



- \* The player will be advised to see their facilitator for additional instructions.