

Narrative Expansion Guide

1. Character Emotional Development Tracker

Use this tracker to follow your character's emotional growth and internal arc throughout the story. Think about how events and decisions affect their mindset, relationships, and beliefs.

Character Name: _____

What is their biggest internal struggle? _____

Beginning Emotion or Mindset: _____

What causes this starting emotion or mindset? _____

Key Scene #1 (trigger or incident): _____

How do they react emotionally? _____

Key Scene #2 (conflict intensifies): _____

What changes in their thinking or self-perception? _____

Key Scene #3 (resolution moment): _____

Final Emotion or Mindset: _____

How does this reflect the theme of your story? _____

2. Sensory + Symbolic Writing Prompts

These prompts are designed to help young writers build emotional resonance through vivid imagery, symbols, and layered meaning.

- Choose a smell or sound from your character's childhood. How does it resurface later in the story?
- Write a scene where the setting mirrors the character's inner state (e.g., stormy night, cluttered room).
- Give a personal object (like a jacket, watch, or photograph) symbolic meaning. Show how its significance changes.
- Use light, shadow, or weather as a recurring motif to reflect internal change.

- Craft a metaphor that appears more than once—showing how the meaning deepens or shifts over time.
- Write an emotionally intense moment using only body language, environment, and inner thoughts—without naming the emotion.
- Let a flashback interrupt a seemingly normal moment. What does the contrast reveal about your character?
- End a scene with a symbolic action—something quiet but powerful (e.g., closing a door, returning a letter, burning an object).