

TAMING OLIVIA YOUTH SPACE



CREATE A COMIC.

www.tamingolivia.com



INSIDE THIS PACK

- **Introduction.**
- **Developing your comic.**
 - Setting out your story.
 - Storyboarding.
- **Resources.**
 - Comic layouts.
 - Speech boxes and thought bubbles.

INTRODUCTION



Welcome to our Create a Comic pack! This pack is an extension of our 'Let's draw a character pack', so if you haven't already created your character, now is the time to go and do it!



WHY COMICS?

COMICS ARE GREAT FUN BECAUSE....

...they allow you to place your character into a story.



They can empower both you and your character by showing them getting through a tough time. This might be by using superpowers, facing a fear, or simply enjoying everyday moments!

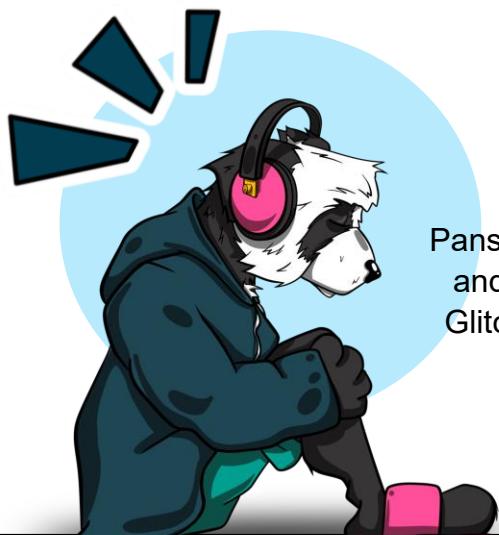
WE HAVE INCLUDED AN EXAMPLE OF A FUN COMIC IN THIS PACK, BUT PLEASE REMEMBER YOU'RE IN CHARGE, AND WHATEVER YOU WANT GOES!

Want to create a comic that educates and informs?

TAMING OLIVIA

collaborated with the charity

Pans/Pandas UK to create a comic to inform people about Pans and Pandas. It illustrates the story of a young boy with Pans, Glitch, getting help for their condition. If this is the sort of story you would like to create, click on the link to see an example.



DEVELOPING YOUR COMIC



STAGE 1

GET YOUR IDEA TOGETHER.

Think about:

- Who is your main character?
- What do they want or need?
- What goes wrong or well?

Your story can be funny, adventurous, spooky, or silly!

STAGE 2

PLAN THE STORY

Your comic needs:

- A beginning (meet the character or characters if you want to use more than one)
- A middle (something happens - this can be something funny, silly, worrying, scary, enjoyable!)
- An ending (how did the middle of the story affect your character? Did the problem get solved? How did they feel after a good thing happened?)

You can write this in a few short sentences.

There is an example and space for you to write your ideas down on the next couple of pages!

Comic pages are set out in different-shaped panels or boxes. Each panel represents one part of the story, so try to treat every box as a step that moves your story forward towards the ending. We've included some comic strip templates at the back for you to use. Or you can always create your own!



DEVELOPING YOUR COMIC

STAGE 1

OUR
EXAMPLE

GET YOUR IDEA TOGETHER.

- Who is your main character?

Olivia

- What do they want or need?

She wants a snack!

- What goes wrong or well?

She gets her snack and it turns her into a superhero.

PLAN THE STORY

STAGE 2

Beginning

Olivia is hungry and wants something to eat. She's struggling to think of what she wants before she remembers there's a doughnut shop around the corner.

Middle

Olivia eats the doughnut and then realises it has magical powers.

Ending

There is a transformation and Olivia becomes a superhero.

DEVELOPING YOUR COMIC

STAGE 1

GET YOUR IDEA TOGETHER.

- Who is your main character?

- What do they want or need?

- What goes wrong or well?

PLAN THE STORY

- Beginning

- Middle

- Ending

STAGE 2



DEVELOPING YOUR COMIC

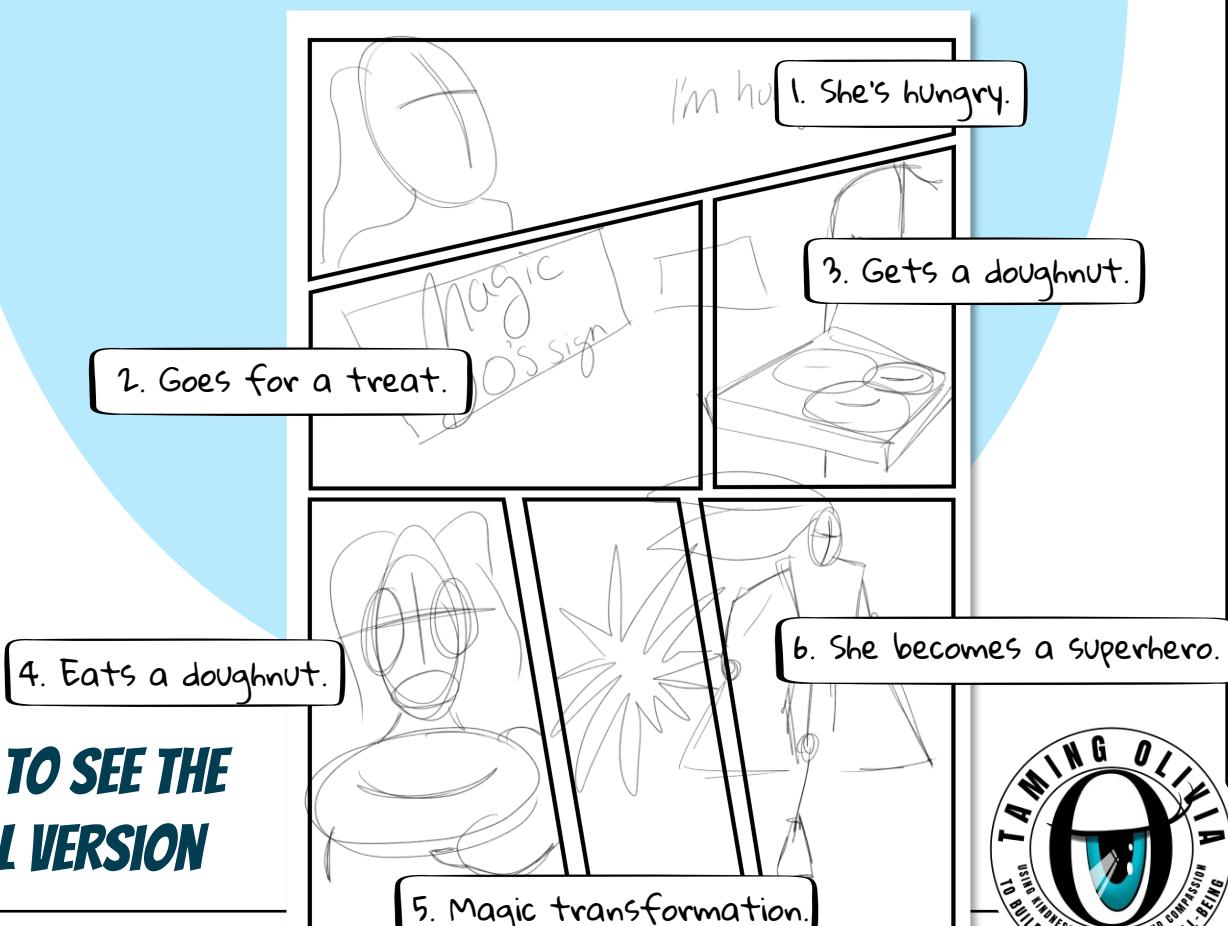


STORYBOARDS

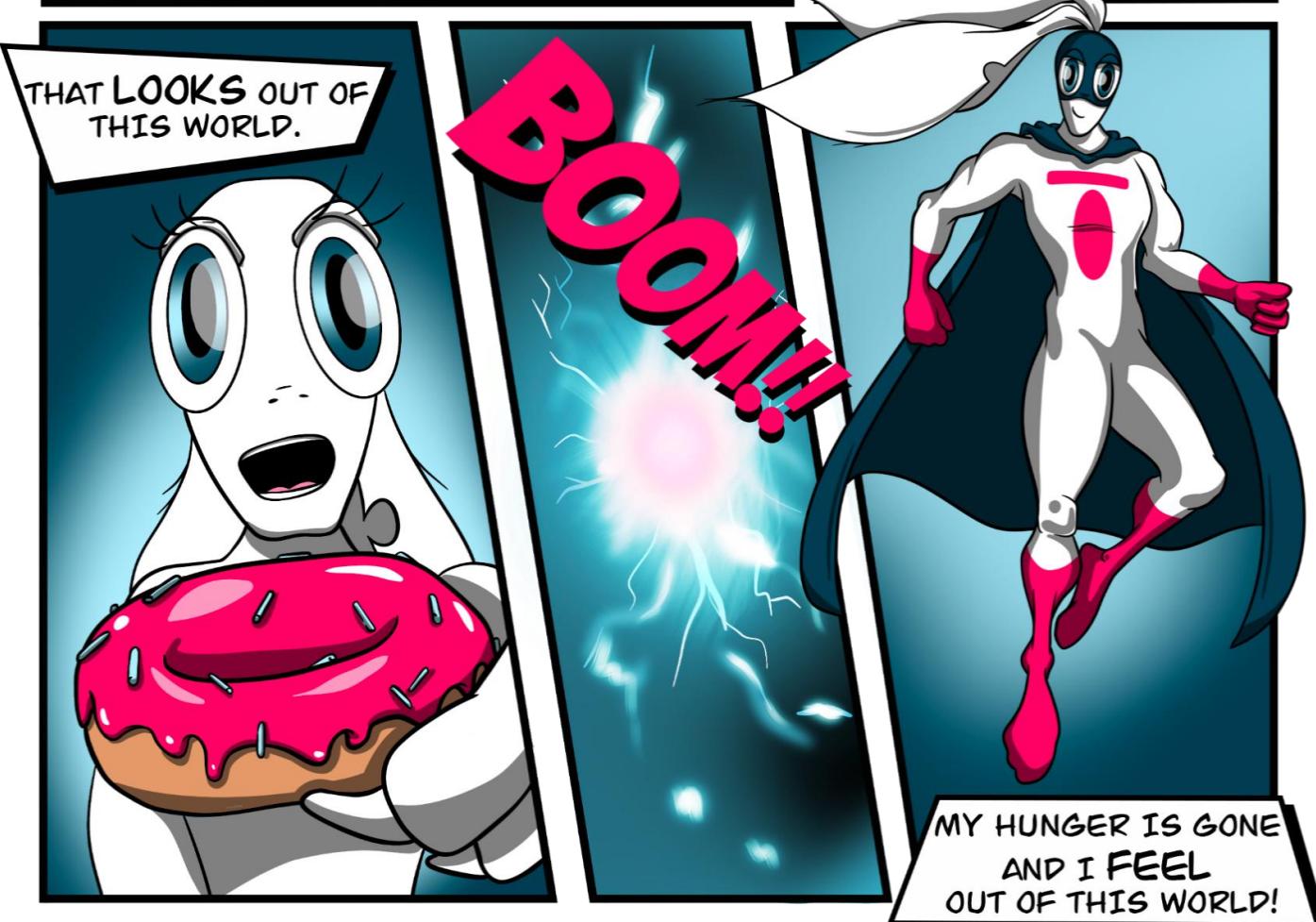
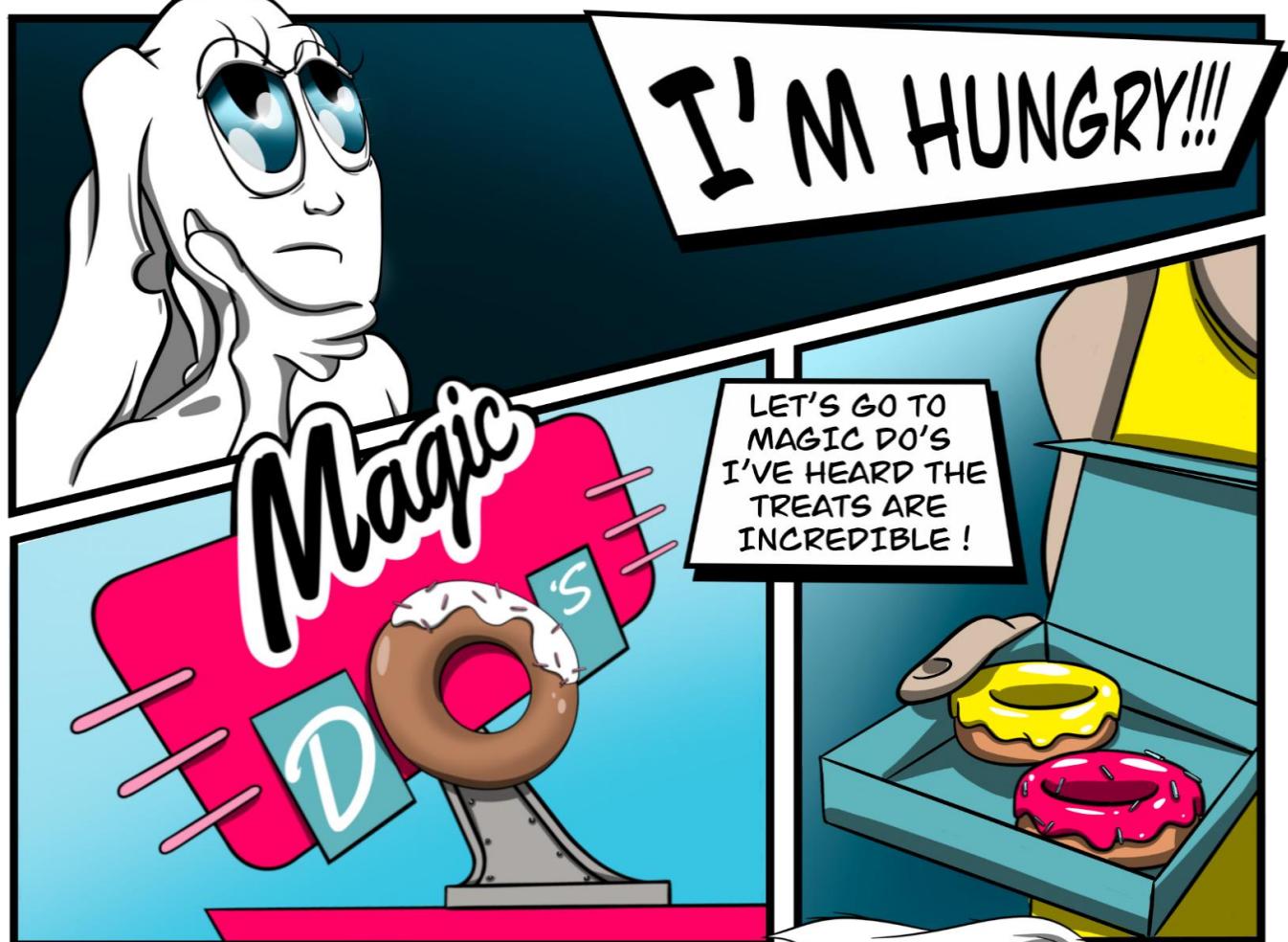
This is how our storyboard matches our plan!

1. She's hungry.
2. Goes for a treat.
3. Gets a doughnut.
4. Eats a doughnut.
5. Doughnut turns out to be magic and then a transformation.
6. She becomes a superhero.

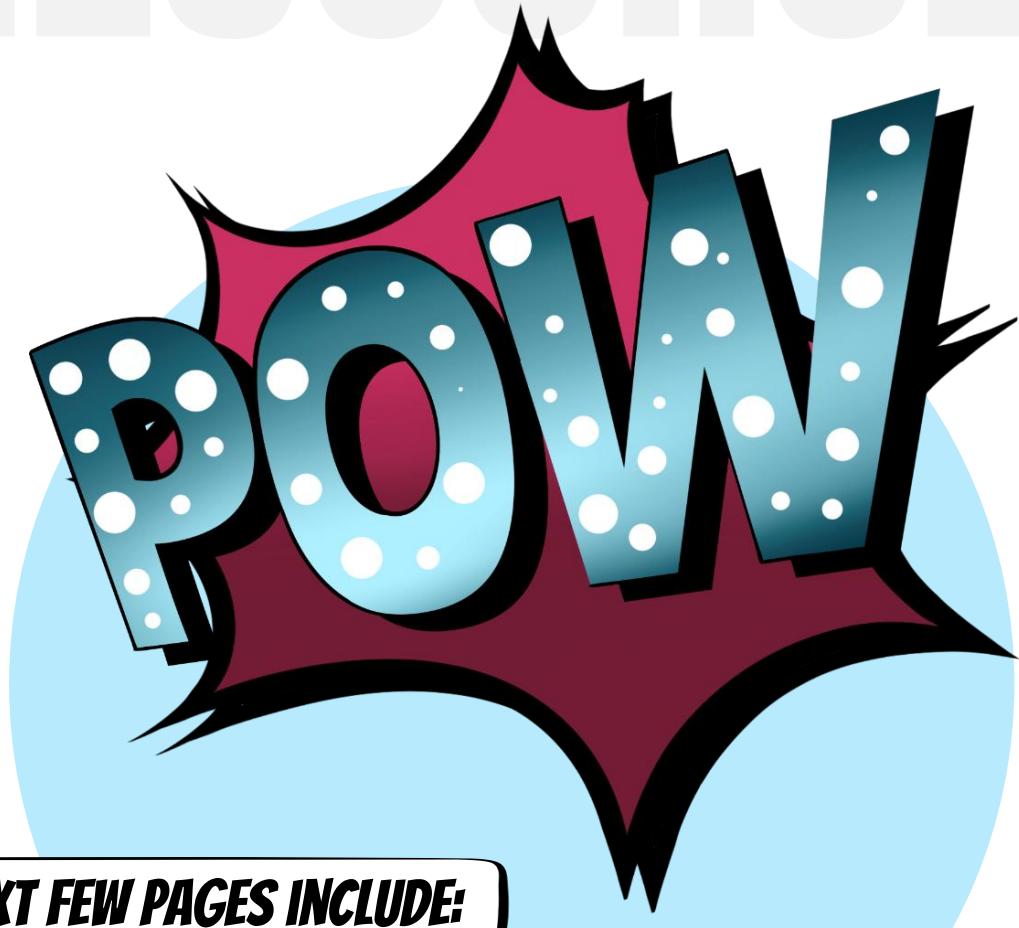
Okay, so it's not an advert for healthy eating, but it is fun!



**TURN TO SEE THE
FINAL VERSION**



RESOURCES



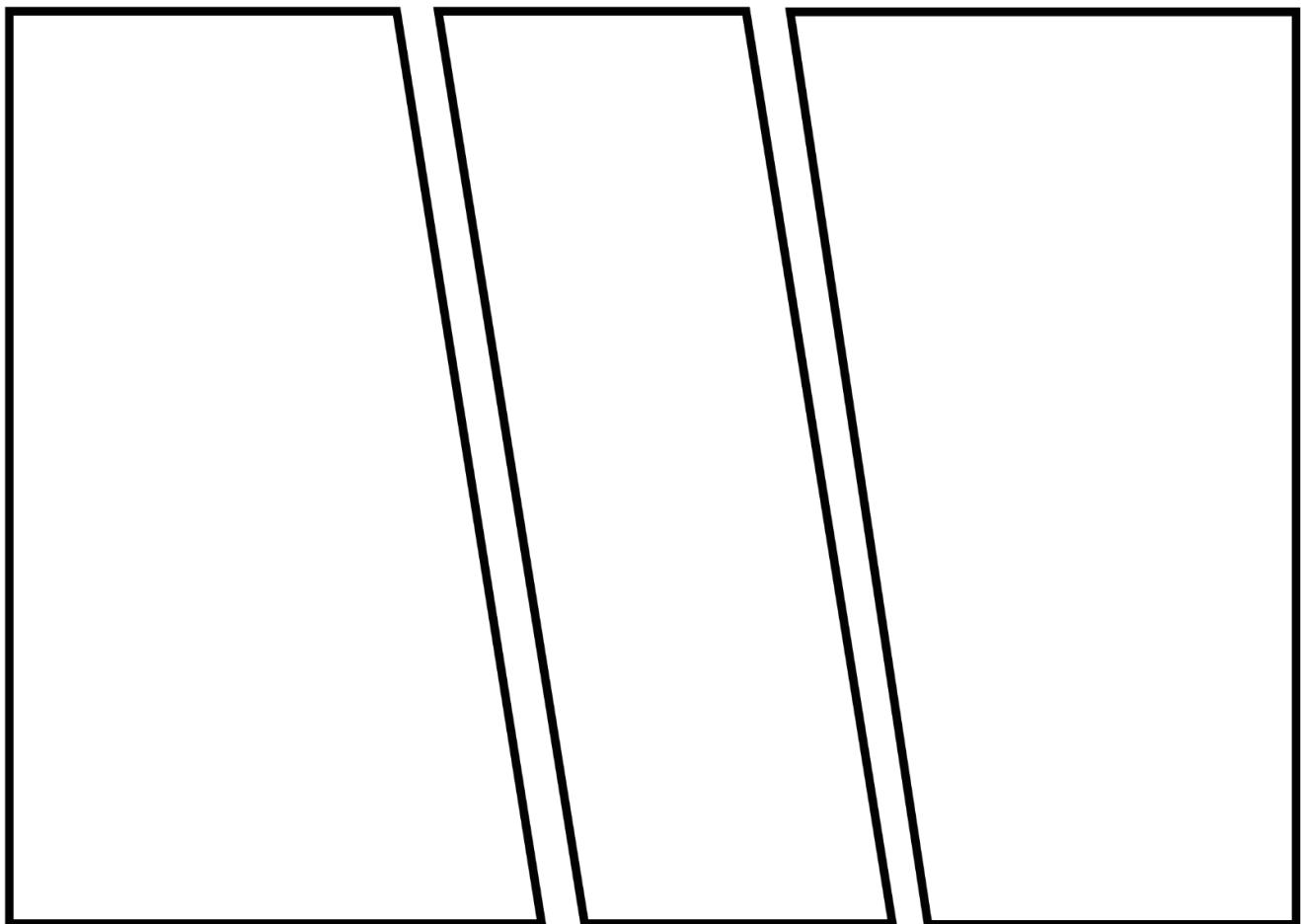
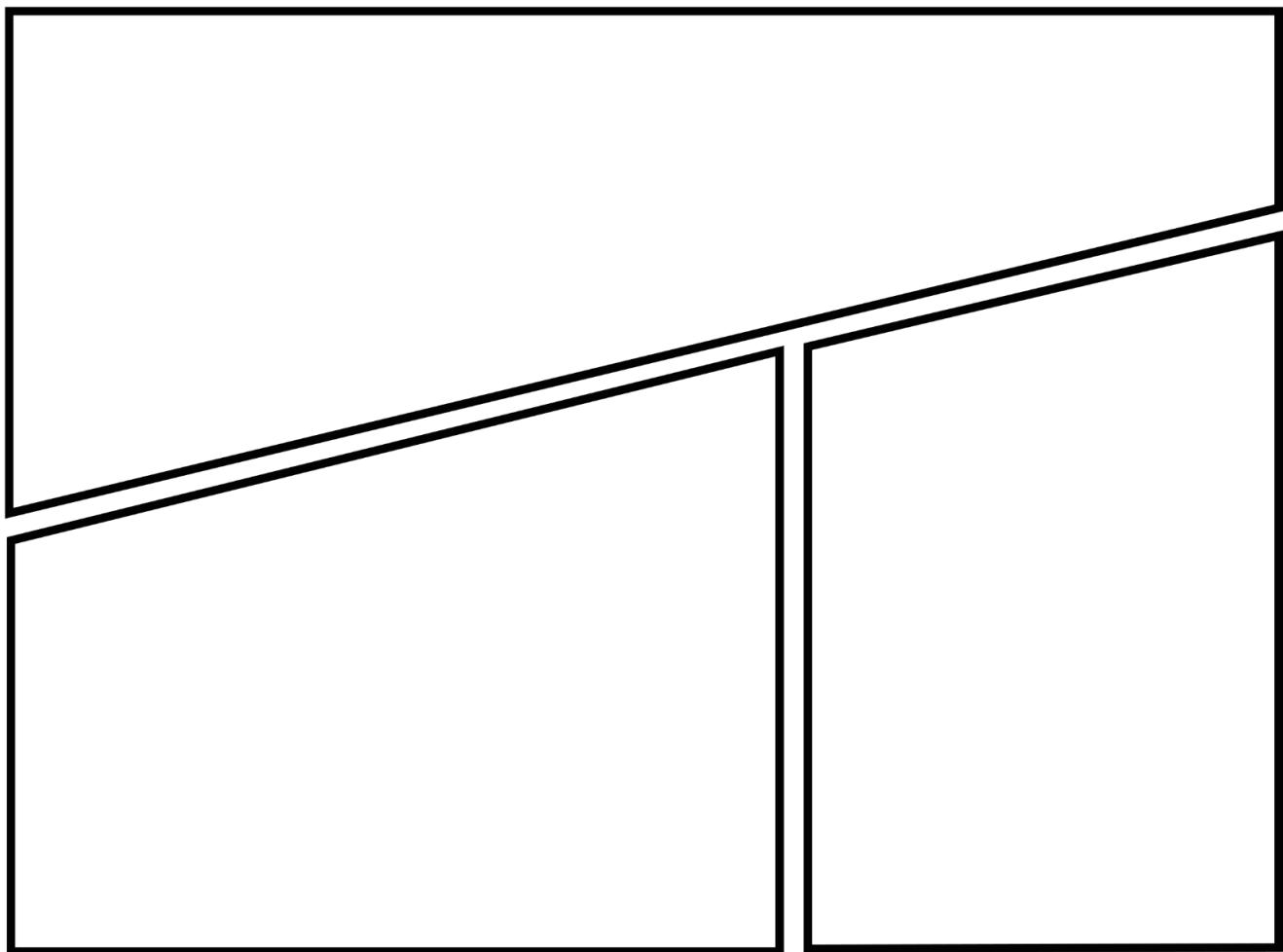
THE NEXT FEW PAGES INCLUDE:

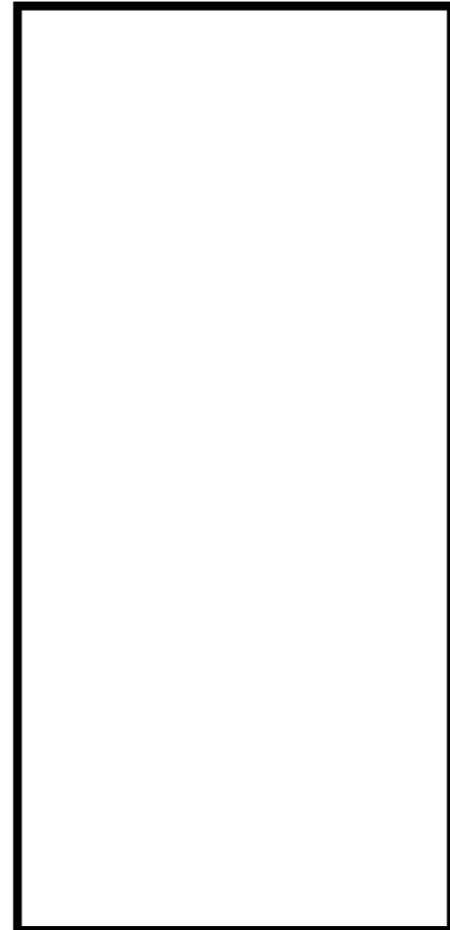
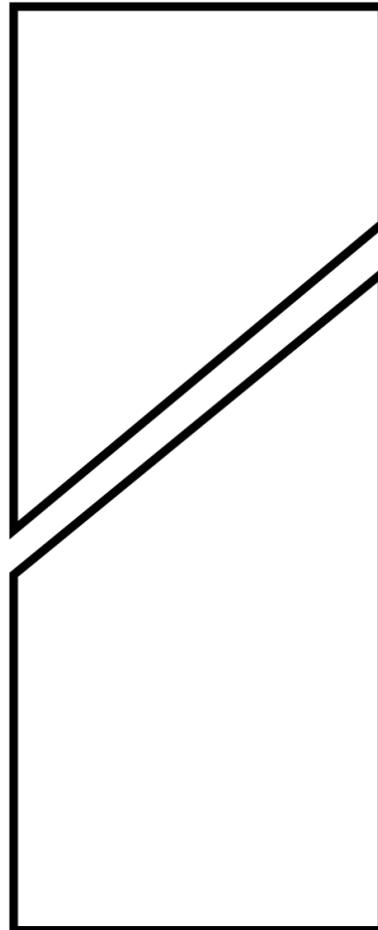
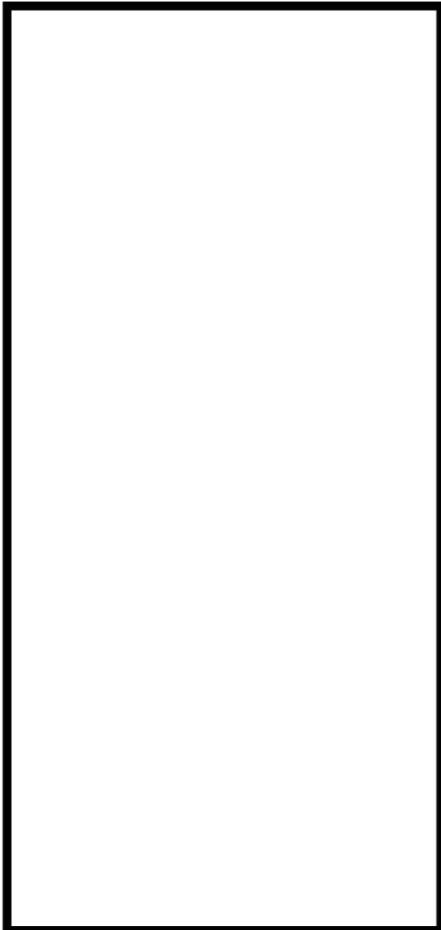
- **COMIC LAYOUTS**
- **SPEECH BOXES AND THOUGHT BUBBLES**

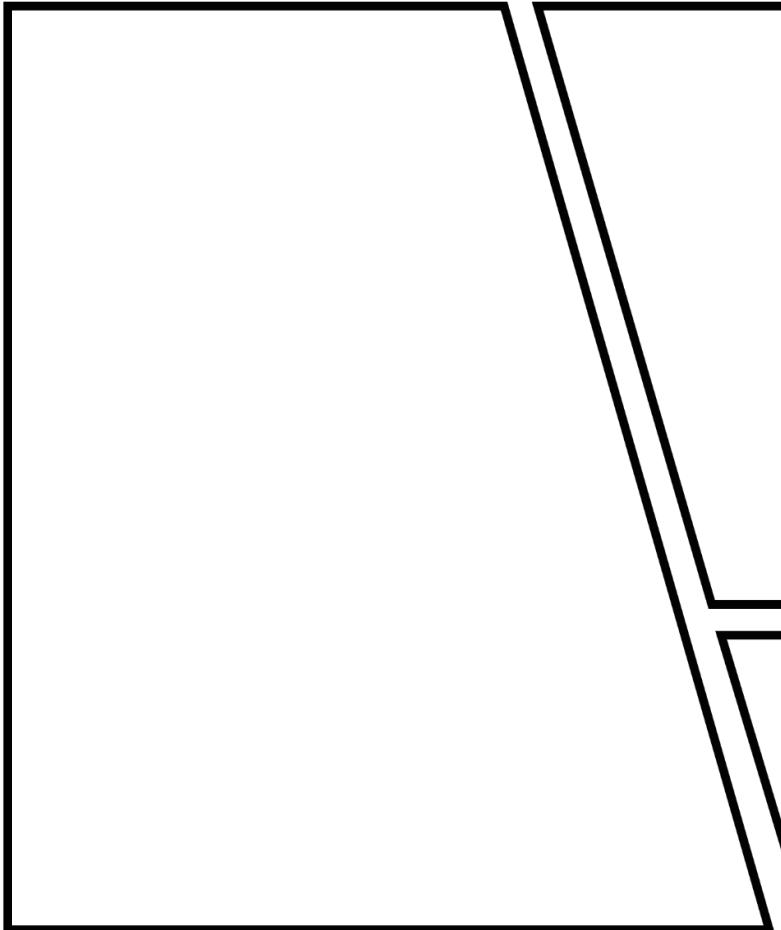
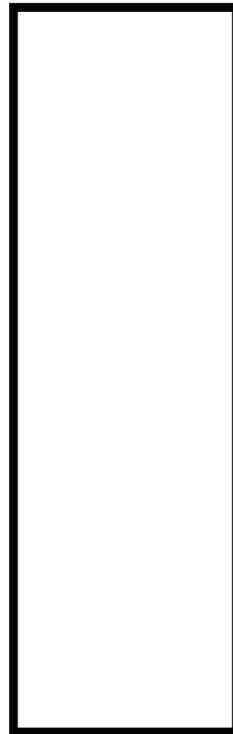
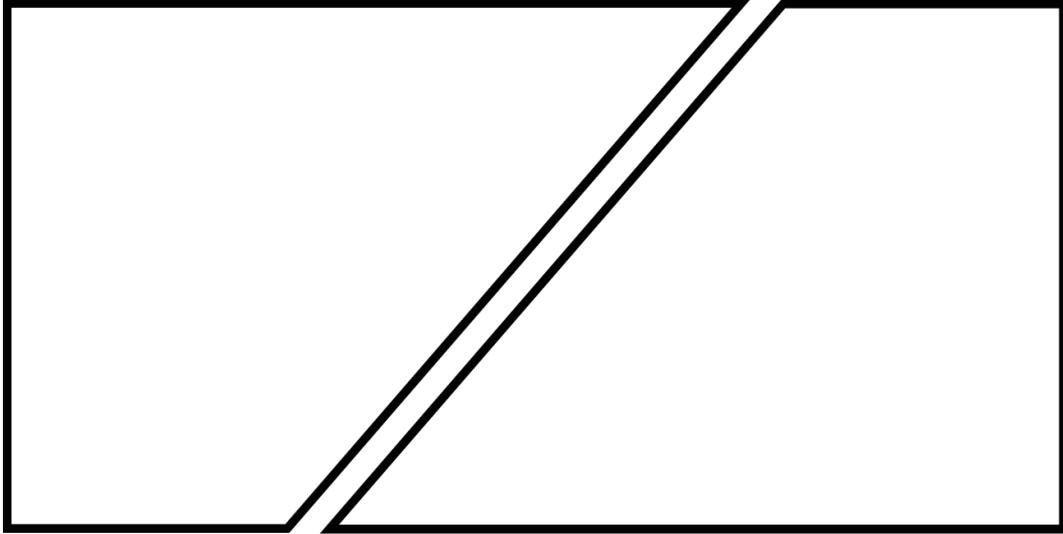
Choose which page layouts you'd like to use and plan your comic. You can go straight into drawing it if you'd prefer.

You can cut out the speech bubbles and boxes and stick them onto the page layouts or draw your own as you go along. It's totally up to you!

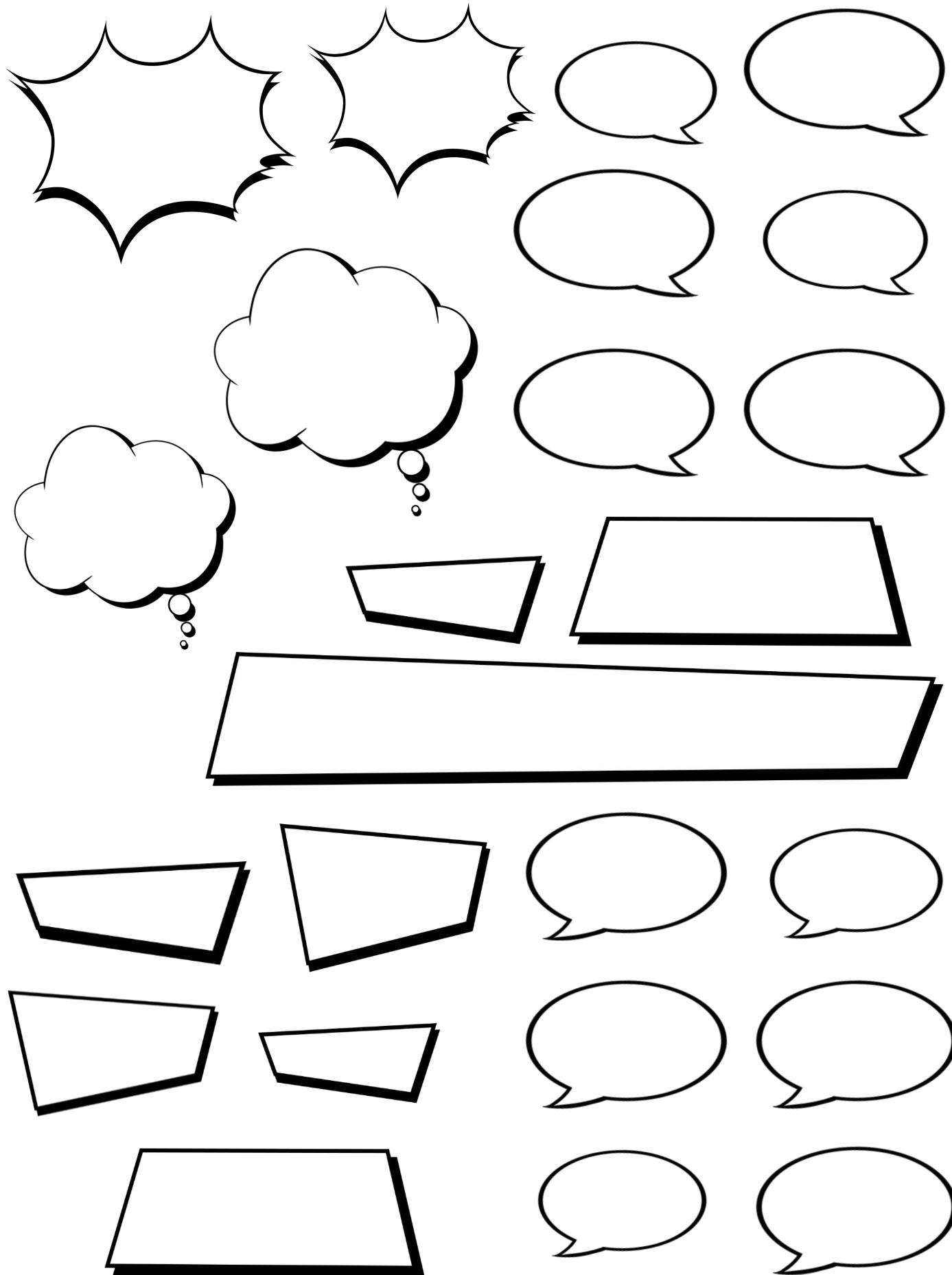








SPEECH BOXES AND BUBBLES



TAMING OLIVIA



YOUTH SPACE

Thank you so much for using our resources. We really hope you found them helpful!

If you're looking to build your own wellbeing toolkit, our Etsy shop has a range of adult-focused packs. From self-compassion to relapse prevention and boundary-setting, they're designed to help you strengthen skills that support your long-term mental wellbeing. All within the colourful and compassionate world of Taming Olivia.

Stay tuned because we have a children's and young people's section coming very soon too!

WEBSITE

www.tamingolivia.com

EMAIL

catherine@tamingolivia.com

ETSY

www.etsy.com/shop/TamingOliviaStore

Taming Olivia started eight years ago as a blog discussing how self-compassion, kindness, and creativity helped in OCD recovery. Throughout these eight years, it became clear that the majority of resources given to people hoping to build positive mental well-being were plain and uninspiring. Where were the colourful, engaging, and impactful resources that helped promote the growth of the new skills we were working towards?

As one specialist social, emotional and mental health qualified teacher with OCD, and one artist who lives with someone with OCD, we thought we might have the right combination of skills to create some. We had a go, shared them with a few people, received incredible feedback, and decided to open a shop in the hope that we could help even more people.

And here is the result! Our packs are designed to inform, engage and encourage people to develop skills all within a space that is compassionate, bright and uplifting.

Taming Olivia has a simple goal: to create feel-good, engaging, and impactful resources that help people build positive mental well-being and to help address some of the needs arising from mental health conditions such as anxiety, depression and OCD. It is our mission to make resources that are accessible and enjoyable for all.

Please note that neither of us is a therapist or medical professional, and these printables are not a substitute for professional advice, professional training, or therapeutic services. If you feel you need professional support, please seek it. You are way too important not to.

IOCDF - Hero Award
WINNER 2024



International
OCD
Foundation

NHS Who Cares Wins
Mental Health Hero
Runner-up



Catherine x

Taming Olivia