

# Development of a Digital Emotional Storytelling Platform for the Emotional Learning of Adolescents

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## **Abstract**

The emotional health of adolescents is essential to their learning performance and overall well-being, and is a critical issue in education today. Digital storytelling has recently been recognized as an effective strategy to promote positive youth development. By creating digital stories, young people can express themselves and improve their well-being. In addition, training in nonviolent communication could increase participants' empathy for themselves and others. Therefore, this study developed an emotional learning platform where young people can engage in digital storytelling, using the steps of nonviolent communication - 'observations,' 'feelings,' 'needs,' and 'requests' - as emotional scaffolding. One hundred and seventy-five students from five eighth-grade classes participated in the first online trial of the platform. In addition, ten students were invited to test the curriculum and platform, and six were interviewed in depth. Preliminary results showed that the emotional learning platform designed for this study benefited students' emotional awareness and improved their interpersonal and communication skills. Through nonviolent communication and emotional learning, students were able to empathize with others' emotions and communicate rationally with each other. In order to develop a suitable emotional learning model for adolescents, the study will continue to optimize the platform based on the learners' use and the participating teachers' suggestions.

**Keywords:** adolescents; digital storytelling; emotional learning; emotional scaffolding; interpersonal and communication skills