

A writing activity from

Grimm & C^o



Writing for Wellbeing

You will need: paper (A4 or larger is ideal); a pen or pencil to write with.

Step one: find somewhere comfy and quiet to sit that's free from distractions. As you're starting to relax, become aware of the sounds that are going on around you. First, take your concentration to outside your house. Can you hear any sounds of weather, or cars, or passers-by? Now, take your concentration a little closer in. What sounds can you hear from inside your house? Other people talking, or moving about? The noise of the TV or the radio? Finally, take your concentration right in towards yourself. What sounds can you hear now? Can you hear the sound of your breath, or the rustle of your clothes as you shift position, or even the sound of your own heartbeat?

During this activity you're going to keep thinking about yourself and how you feel – and especially how you feel about writing.

Step two: take your sheet of paper, and use your pen or pencil to divide it roughly into six boxes, like this:

Your boxes don't need to all be exactly the same size, and you don't need to use a ruler! As long as your page is roughly divided into six, that's great.

Step three: in the first box, note down any *sounds* that you associate with writing. When you write, what noises can you hear? Try and note down at least four different sounds, if you can. You don't need to note down lots of detail – a bullet point list of sounds related to writing is great!

Step four: in your second box, think about the sense of *touch* in relation to writing. Can you describe the texture or of the sheet of paper, your pen or pencil, or the computer keys? What other things can you feel, physically, when you're writing? Again, try and note down at least four different touches.

Step five: in the third and fourth box of your sheet, repeat step three for the *sights* you associate with writing (what do you see when you write? Think of the things that you need to write, and the places you normally write) and for the *smells* you associate with writing.

Step six: in the fifth box, think about what you do to *prepare* to write. Is there a particular place you like to sit, or stand, or lie? Do you like silence when you write, or do you listen to music? If you listen to music, what music do you listen to? Do you like to have a certain drink or snack when you write? Do you like to write at a particular time of day? Is there anything else that helps you feel comfortable, and ready to write? Note those things down.

Step seven: in your sixth and final box, write down the emotions that writing makes you feel. How do you feel when you know you're going to write, but haven't started yet? How do you feel while you're writing? And how do you feel afterwards? These feelings could be positive, negative, or neutral. There is no right or wrong answer!

Step eight: you've now got a sheet full of notes about what writing is like for you. Circle or highlight any of your favourite images – the ones that stick out to you. Highlight as many as you like (though at least five or six might be good!). We're now going to expand these favourite images, adding description and detail to extend them.

For example: if I wrote '*a cup of tea*', I might expand this to '*a rapidly cooling cup of tea, left to stew for too long.*'

Get a fresh piece of paper, and write down new lines that expand and extend your favourite images from your six grid sheet.

Step nine: you now have lots of amazing lines, which form a poem! At this point, you might like to change the order of the lines you've written down in order to give your poem a particular 'flow'. You might also like to add further detail or description, or new lines that make the poem link together. It's up to you! Whatever you do, you should make sure you give your poem a title.

Optional - step ten: you might be happy with the poem you've already created, which is fantastic! But you might also like to use this exercise as a jumping off point to create your own, completely unique poem about the act of writing, and what writing means for you. In your poem you might like to use rhyme, or you might not. You might like to use figurative language, like simile, metaphor, or alliteration. It's completely up to you! Either way, you can, if you like, use this warm up exercise as inspiration for your own poem about the act of writing.

Step eleven: Share your writing with us! Do this by taking a photo of your handwritten poem, typing up your work, or audio or video recording yourself reading it aloud (you could also ask someone else to read it aloud for you).

If you're a member of one of our out-of-school writing groups, you should then upload your work to your Seesaw journal.

If you're accessing this activity independently, or through your school, we'd still love to share in the amazing writing you've created! You can post your work on social media, tagging us @GrimmAndCo, or email your work to grimmapothecary@gmail.com. Happy writing!