

A writing activity from

Grimm & Co

Writing for Wellbeing



You will need:

- Somewhere comfortable and quiet to sit
- The ability to watch and listen to the activity instructions (these have been recorded, so you'll need to be able to listen to them through a computer or phone, or through headphones and you'll need a screen to see each step of the process).
- Something to write with (probably a sheet of paper and a pencil, but you can use a computer if you prefer!)
- An object or a thing, that makes you feel calm - that brings you comfort.

Step one: Your chosen object needs to be something that makes you feel calm, that comforts you, even in a small way. This object could take your mind off things that are bothering you, or it could help you to process your thoughts.

Once you have found your object, take it to a comfortable and quiet place so you can explore it further.

Step two: Begin by looking at the object. Really look at it. Look at its colour and the way the light reflects off of it. Pick it up if you can, what does it feel like? What is its texture? What is its temperature? Lift it to your nose if you can, what does it smell like? Does it make a sound if you touch it or tap it?

Step three: Now try and answer the following question:

Why have I chosen this object?

To elaborate: why does this object make you feel calm or comforted? When do you turn to this object? Why THIS object? Write it down.

Step four: Now, split your paper into six boxes like this:

Step five: Answer the following questions about your object. Please each answer in one of the boxes:

- **Box One:** What is the object?
- **Box Two:** Where does your object live in your house? Be specific here, don't just name the room, name the exact spot where it can be found.
- **Box Three:** What physical changes do you experience when you have the object? What happens to your breathing? What happens to your muscles when you are holding the object?
- **Box Four:** Do you let anyone share the object? Explain your answer.
- **Box Five:** If your object was an emotion, what emotion would it be?
- **Box Six:** If you could compare the way this object makes you feel to anything, what would you compare it to?

Step six: Next, add detail to each box. Some viewers may have never been to Grimm & Co before. Your sensory detail, will help to immerse them into the apothecary. Think lush figurative language such as similes and alliteration. Maybe start by adding just two adjectives:

For example: if your object is a book, then you could add *The inelegant, discoloured paperback book*.

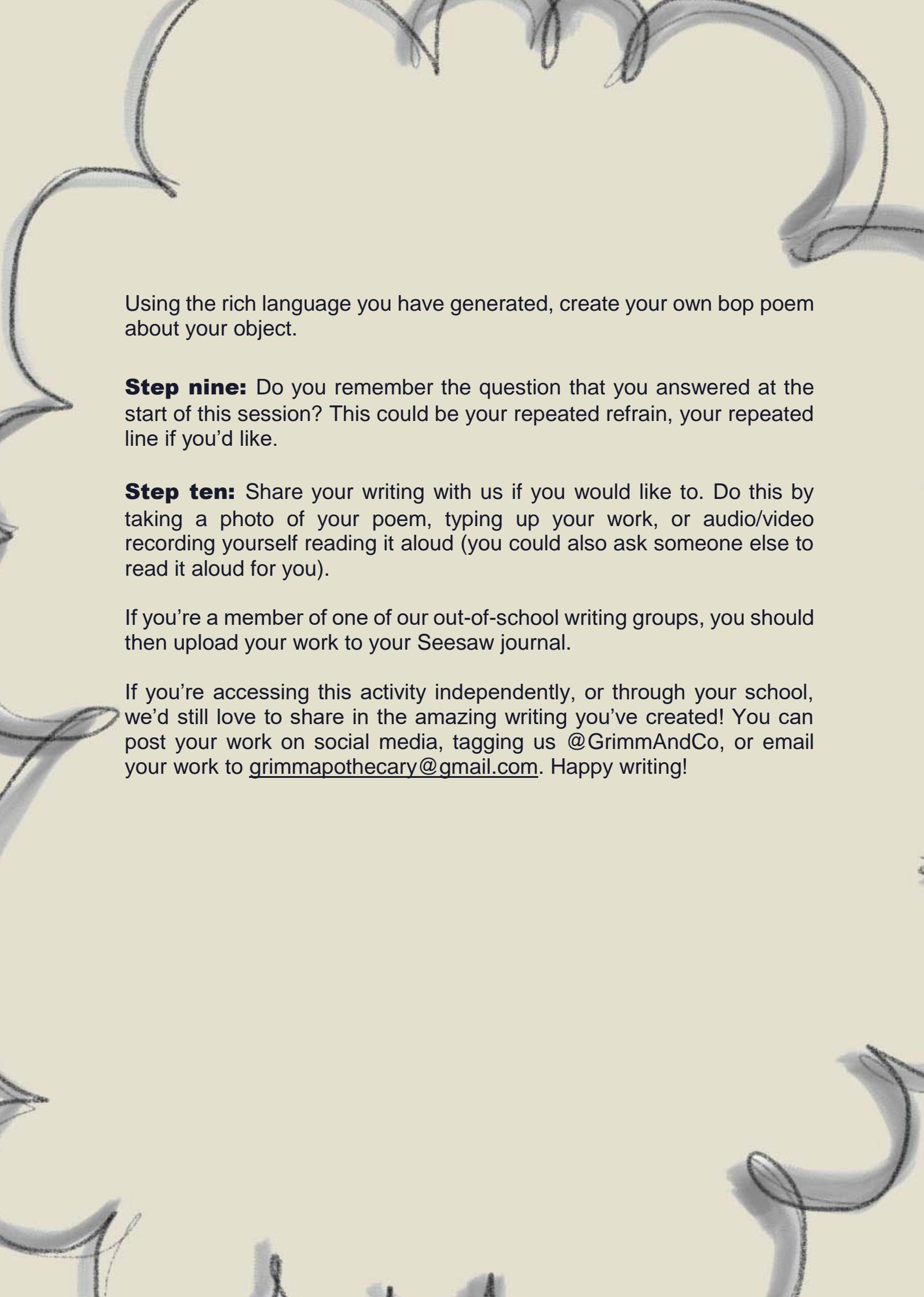
Step seven: Pick two boxes out of the six that you really like. They may contain really fruitful language or they may sum up what this object is to you. Add even more detail to these two boxes such as sensory information:

- Touch/texture
- Sound
- Smell
- Sight
- Taste

For example: *The inelegant, discoloured paperback book provides a world of escapism for me.*

Step eight: The reason why you have been doing this is to create a bop poem about your object. A bop poem has three stanzas that are broken up like this:

- Stanza one has three lines
- Stanza two has four lines
- Stanza three has three lines
- There is a repeated line in between each stanza (called a refrain)



Using the rich language you have generated, create your own bop poem about your object.

Step nine: Do you remember the question that you answered at the start of this session? This could be your repeated refrain, your repeated line if you'd like.

Step ten: Share your writing with us if you would like to. Do this by taking a photo of your poem, typing up your work, or audio/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!