

A writing activity from Grimm & Co

Writing for Wellbeing



You will need:

- Somewhere comfortable and quiet to sit.
- The ability to listen to the activity instructions (these have been recorded as a sound file, so you'll need to be able to listen to them through a computer or phone, or through headphones).
- Tools to write with (could be pen and paper, could be typing!)

Step one: Sit comfortably and press play to listen to the instructions, alternatively follow the steps below:

Step two: Close your eyes. Focus on your breath. Breathing deeply in and breathing deeply out. Repeat this for some time, trying to push all other thoughts away.

Step three: Think about how you're feeling today. How many emotions have you experienced today? Don't think about what caused the emotions. Now, choose one emotion to focus on.

Step four: See the letters that make up the word that make up the emotion in your mind's eye. See the abstract imagery that is associated with this emotion. Does your emotion have a colour? Does your emotion have a texture? Do you associate this emotion with a place or a person or a thing? Continue to see the emotion before you.

Step five: At your own pace, bring your awareness back into the room. Grab your pen and paper, then complete the following sentence:

When I think of [insert emotion here], I see [what do you see when you think of this emotion?], I hear [what do you hear/what does it sound like?], I smell [what do you smell/what does it smell like?].

Step six: In this sentence you have explored your emotion and interpreted in a different way. You do not have to share your writing with us at all. But if you want to, take a photo, type up your work, or audio/video record 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.