



A writing activity from

# Grimm & Co



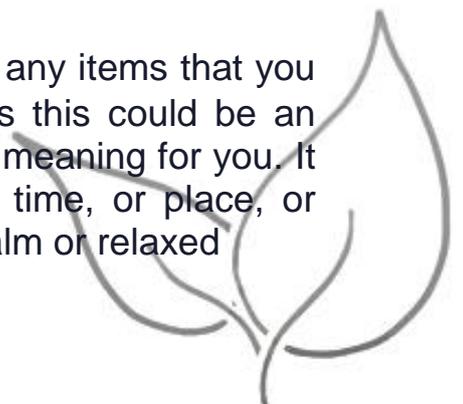
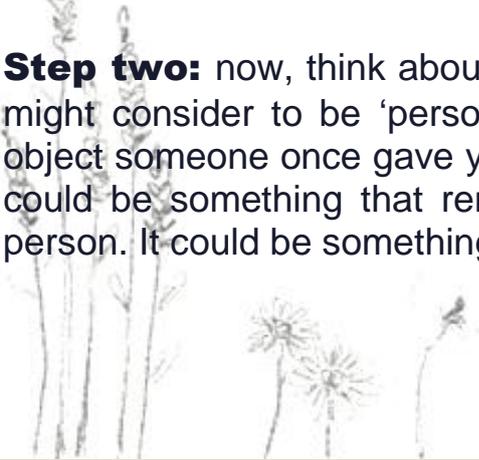
## Writing for Wellbeing: Personal Talismans

**You will need:** something to write with (could be typed, could be paper and pens!), or something to record your activity response in another format (photography, drawings, a video or audio recording...).

**Step one:** do you know what a talisman is? A talisman can be defined as 'an object that is believed to bring good luck, or to keep its owner safe from harm.' Often, people associate talismans with fantasy stories: you may have read myths or legends where the hero searches for, or is protected by, a talisman that has magical properties. Perhaps their talisman is a special amulet that keeps them safe, or grants them magical powers.

But talismans can be more ordinary and everyday items, too. Lots of people keep things that you might think of as a *personal talisman*: keepsakes that are special to them for some reason. Often these items might not have much (or any!) monetary value, but they might have lots of emotional importance. It might be an item that someone special once gave them, or an object that they've had since they were very young. It could be an object that they feel is lucky, or that calms them down somehow. It could be an item that makes them feel connected to a particular place, person, or time that is special to them.

**Step two:** now, think about yourself. Do you have any items that you might consider to be 'personal talismans'? Perhaps this could be an object someone once gave you, and that has lots of meaning for you. It could be something that reminds you of a special time, or place, or person. It could be something that makes you feel calm or relaxed





when you have it nearby.



Reflect on what your own 'personal talismans' are, and then write down their story: what the talisman is, how it came into your possession, and why it is important to you. You could also record this information in other ways, such as through using photos, an annotated drawing, or a video or audio recording.

We hope that reflecting on these things is comforting and reassuring, and gives you a lovely record to look back on in the future!

**Step three (optional):** why not share this activity with other people in your home, and ask them what their personal talismans are?

**Step four:** Share your work with us! Do this by taking a photo of your handwritten or drawn work, typing it up, 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](mailto:grimmapothecary@gmail.com). Happy writing!

