



A writing activity from

Grimm & Co



Writing for Wellbeing: Sense Mapping

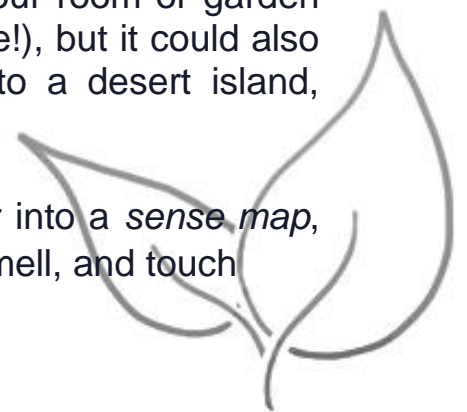
You will need: a piece of paper (this could be tea stained); a pen and pencil; *optional:* things to draw and colour with (felt tip pens, crayons, coloured pencils...)

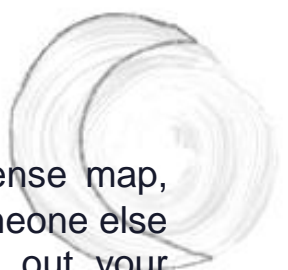

Step one: choose any room in your house, or, if you have an outdoor space that you'd like to go to, your garden or yard. During this exercise, we're going to re-explore and rediscover the very familiar space you've chosen by using our senses!

Step two (optional): you're going to create a map of the space you're in, so first of all you need a piece of paper. You could choose to tea stain this paper, if you like. You may want an adult to help you with this! To do this, soak a teabag in a cup of water, then rubbed the soaked teabag all over your piece of paper until it is thoroughly stained. Leave your piece of paper somewhere to dry where it won't make a mess, and won't stain anything! If it's a sunny day, leaving it outside to dry might be good.

Step three: draw an outline on your piece of paper to represent the space you're in. Your outline could try and reflect the exact dimensions of the space you're in (imagine you're looking at your room or garden from above, and try to draw the outline of that space!), but it could also be any shape at all! Why not turn your room into a desert island, floating within the ocean of your house?

Step four: we're going to turn that piece of paper into a *sense map*, featuring all the different things that you can hear, smell, and touch





Step seven (optional): Now you've completed your sense map, there are lots of things you could do with it! Why not take someone else in your home on a sensory tour of your space, pointing out your favourite sounds, smells, and textures, and seeing what things they notice on their sensory walk? Or perhaps you could write a poem about the space you're in, using all your wonderful sensory words to bring the environment to life? You might even like to write a story, create a comic book, or pen a script that's set in your amazing sensory setting!

Step eight: Share your work with us! We'd love to see what you've created. You can 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. Happy writing!

