

A writing activity from
Grimm & Co



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**Writing for Wellbeing**  
**The... Box**  
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You will need:

- Paper and pen (different coloured paper would be great)
- A box/bag
- People in your household
- A box/bag

Step one: Find a box (with a lid) or a bag that you can put things inside. It would be great if this box could be used for the foreseeable future. If you can, decorate the outside of the box/bag in any way you like.

Not being able to go out and do things that you'd like to be doing can be frustrating and it's important that you look after yourself. It's also okay to feel a bit down sometimes or bored: these are all understandable and valid feelings. At Grimm & Co, we're hoping this activity will allow you to create a bank of thoughts, ideas and tips to help and support you and your family through this time.

Step two: Using small pieces of paper (that are all the same colour), respond to the following statements:

NB: Write ONE response on ONE slip of paper. If you have multiple responses, that's great, but they still need to be written on separate pieces of paper.

- The name of a famous person you think is ace. When you think of their talents or achievements, you are in awe of them

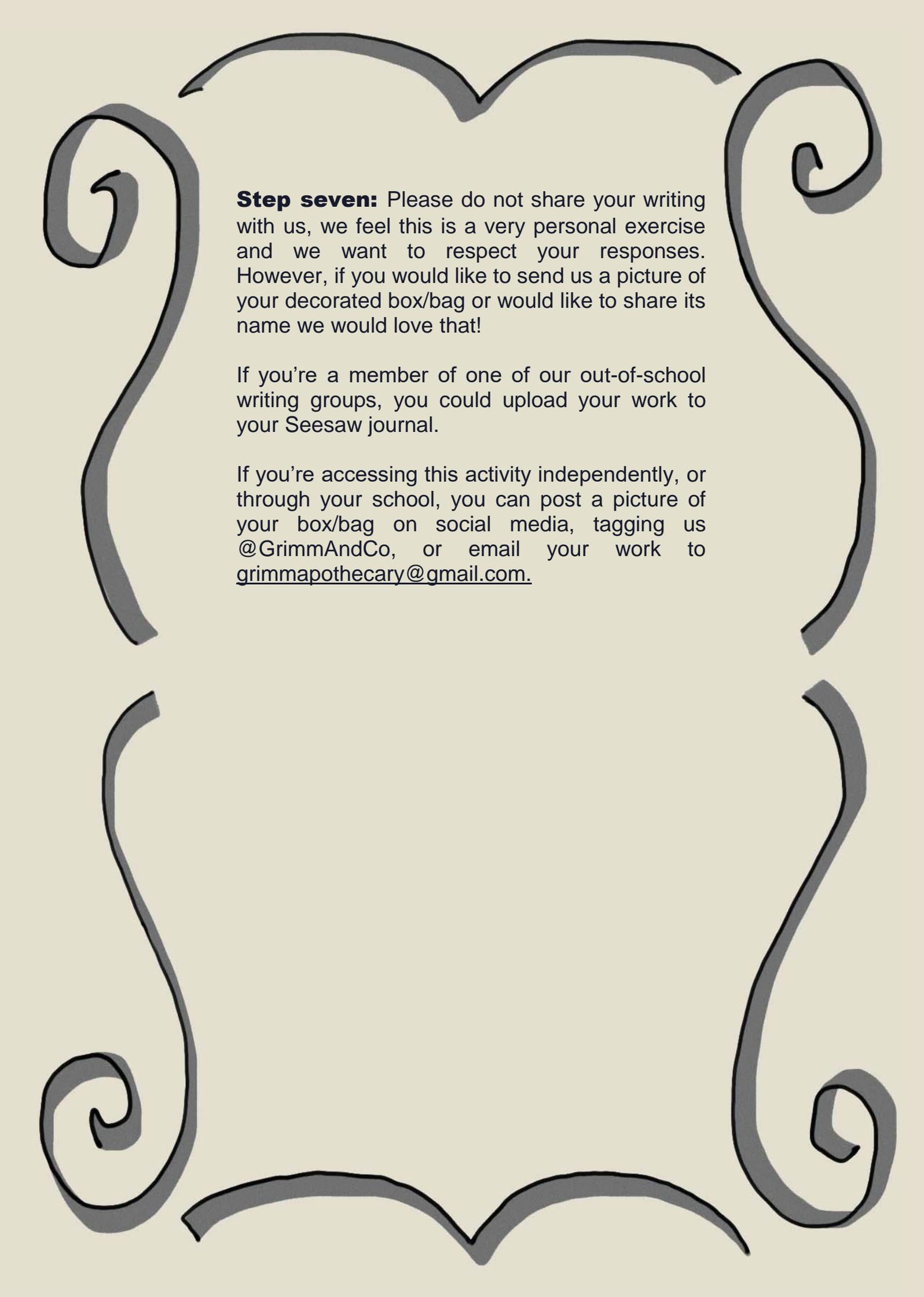
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- The name of a person who makes you feel safe, who really listens to you and 'gets' you; there may be more than one person.
 - A song that is your jam.
 - A smell that reminds you of adventure
 - A really happy memory with friends or family
 - Your favourite tea
 - Something you are proud of that you have achieved.
 - Something to do if you are feeling worried that could make you feel better

Step three: You do not have to stick to the statements above. ANYTHING that makes you smile or that you enjoy doing, write it down so it can live in your box/bag.

Step four: Now it's time to get the people in your house involved in this activity. Give each of them a different coloured piece of paper so that they can add their positive thoughts, ideas and tips into the box/bag. That way, you can all identify which ones are yours.

Step five: If, at any point, you are feeling like you need a pick me up, some reassurance, or something to take your mind off things, you can go to the box/bag and pick something out that will hopefully make you feel more positive, transport you to a light-hearted/thankful memory, or give you an alternative activity you could do.

Step six: The reason why this task is called 'The...Box' is because it would be great if you and the people in your home could create a name for this super special item.



Step seven: Please do not share your writing with us, we feel this is a very personal exercise and we want to respect your responses. However, if you would like to send us a picture of your decorated box/bag or would like to share its name we would love that!

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

If you're accessing this activity independently, or through your school, you can post a picture of your box/bag on social media, tagging us @GrimmAndCo, or email your work to grimmapothecary@gmail.com.