

A writing activity from

Grimm & Co



30 Grimm Days: Days 1 to 5

Introduction: 30 Grimm Days is a series of thirty bite-sized creative activities put together by the Grimm & Co team. We hope that these activities are lots of fun to do – and we hope that they don't make you feel under any pressure!

You can do as many or as few of these activities as you like. If you miss days, skip activities you don't like, do activities in the “wrong” order, or take longer than thirty days to do them, that's all completely fine! The main thing is that you're enjoying yourself and being creative.

Day one: create an 'emotion tree' to capture and reflect on your feelings over the next thirty days. On a large sheet of blank paper (you could stick two sheets of A4 together, if you need to), draw the trunk and branches of a tree. On a separate sheet of paper, draw the outline of, and then cut out, thirty leaf shapes. Next, think about all the different emotions you've been feeling lately. This might include emotions that people think of as 'positive' and as 'negative'; there are no bad emotions, and everything you're feeling is valid. Create a colour code, where each emotion is symbolised by a different colour or pattern (for example, red might equal anger, blue might equal sadness, etc). Take one of your leaves, and then colour it in to match the emotion (or emotions) you're feeling today. On the back of your leaf, write a few words about how you're feeling, and why you think you're feeling like that. Stick this leaf onto your tree.

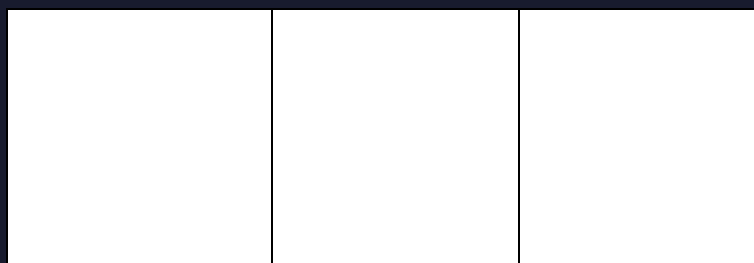
Day two: draw and write on another leaf, symbolising and reflecting on how you're feeling today. You might be feeling exactly the same, quite similar, or completely different to yesterday! Stick your Day Two

leaf on your tree. You'll continue to do a new leaf for each of the thirty days of this challenge.

Ask someone else in your household how they're feeling. What colours would represent *their* emotions today? Then, talk about things that help each of you relax, feel calm, or feel happy when you're stressed, angry, or down. These might include things like 'going for a walk', 'taking some deep breaths', or 'playing my favourite game'. It'll be unique to you, though! Perhaps you could make a list of all the things that help people in your house to feel better when they're finding things a bit tough?

Day three: firstly, do your "daily leaf"; you'll do this every day from now on! For today's main activity, you're going to be doing some drawing. Choose an object that has been important, significant, or useful to you during lockdown. Draw or paint this object, adding in things such as facial features, limbs, clothing, and/or accessories to personify your object and turn it into a character. Write down some facts about your object-character, such as its name, age, where it's from, what its personality is like, and its likes and dislikes.

Day four: we're now going to turn your object-character into the star of a comic strip. Take a sheet of paper, and draw three boxes on it. This is a three panel comic strip:



Today, we're just going to draw the first panel. This is the 'set up' panel: the drawing that sets up the plot, or joke. What kind of situation could your object-character be in? If you're stuck, think about how the object has been used over the past weeks. Add in speech or thought bubbles if you like.

Day five: let's draw panel two of our comic strip. This is the 'conflict' panel, where things get difficult or more complicated! What happens to your object-character next?