

A writing activity from



# Grimm & Co



30 Grimm Days

Day Sixteen to Twenty-one

### You will need:

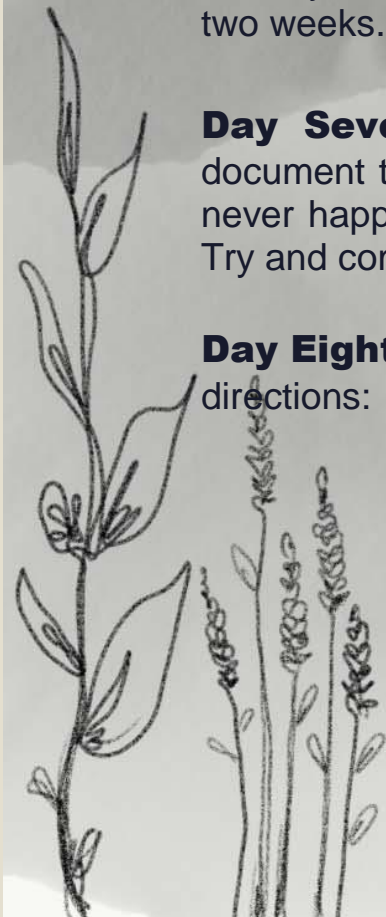
- The ability to watch and listen to the activity instructions (these have been recorded, so you'll need to be able to listen to them through a computer or phone, or through headphones and you'll need a screen to see each step of the process) –
- Paper, pencil/pen and coloured pencil crayons
- A stamp

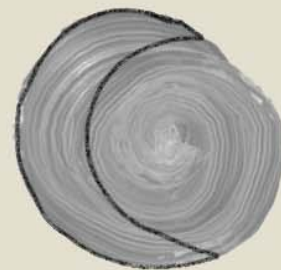
**Day Sixteen:** A daily photograph. Document something, anything about your day in the form of a photograph. Continue this for the next two weeks.

**Day Seventeen:** Using the photograph you captured yesterday, document this moment in time in the form of writing. That moment will never happen again, describe it, add detail and document its passing. Try and complete this for all the daily photographs you take.

**Day Eighteen:** Using a piece of paper and a pencil, follow these directions:

1. Choose a starting point.
2. Draw a straight line in any direction; stop before you get to the edge of the page.
3. Draw a jagged line in the opposite direction.
4. Add a shape of your choice, colour it in.
5. From one of the corners of the shape, draw a dotted line at a diagonal whilst counting to five. Stop at five.





6. At the end of the dotted line, draw a circle.
7. Inside the circle, write down the name of the last person you had a conversation with.
8. From the circle, draw a line to a corner of the page.
9. Fold the corner down and colour it in.
10. From that corner, draw a wiggly line to the middle of the page.
11. Draw the sun OR moon here.
12. Write your signature here

Each element on the page represents a different one of your emotions. Take us on the journey of your emotions by writing about what each element symbolises.

**Day Nineteen:** Choose a picture that is framed within your house. Cover part of the picture in, some way, with a different design, without damaging the original picture. Leave it for one week, see if anyone notices. Name this new piece of artwork.

**Day Twenty:** Choose three characters from film, literature or television who you most identify with. These can be real or fictional, human or anything else. Explain your choices.

**Day Twenty-one:** Write a chain letter and send it to a friend or family member. See how far it will go. Document its journey in some way.

As these sessions are focused on writing for wellbeing, there is no pressure at all to share your writing with us. However, if you would like to, we would love to hear from you.

You could take a photo, type up your work, or use any form you like. 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, 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 [grimmapotheary@gmail.com](mailto:grimmapotheary@gmail.com).

