

A writing activity from

Grimm & Co



Word Play: Cathexis

You will need:

- Pen and paper or an electrical device to write on
- The ability to 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)

Step one: A cathexis focuses on a writing technique called personification. To personify something is to give something that isn't human, human qualities. For example, when the sun shines brightly, you could say *'the sun is smiling'* - it's not actually smiling, we've just personified it.

Step two: Think of an object that has a purpose. It needs to be an object that can **do** something. It doesn't have to belong inside your house; it can be anything.

Step three: Write down the main purpose of the object. As an example, my object is going to be a remote control and its purpose is to change the channels of the television without making a human get out of their comfy sofa.

Step four: Now, try and write down all the different components that make up your object. For example, a remote control has lots of buttons, each one will result in a different outcome. The remote control also **CONTROLS** the television. And it's operated by battery, when the battery runs out, it won't work anymore

Step five: Hopefully, by writing some of these facts down, you can use them to form clues about your object's personality.

Step six: Now it's time to write as though YOU are the object. You are going to write from the object's point of view but here's the challenge: you cannot let the reader know you're an object. As they read along they must think you're a human. This means your language needs to be ambiguous. If something is ambiguous, it can have more than one interpretation and perhaps doesn't have an obvious meaning.

Step seven: Have a listen to my remote control cathexis so that you get an idea:

I am in control of all. With just the click of a button I transport you into 280 different places. I can speak more than eight languages and ensure you feel comfortable and happy in your surroundings at all times. I'll be there to watch you laugh, to watch you cry and if you don't like it, don't fret, I can make it disappear. You can travel through different landscapes: channels at your fingertips with me as your guide. Worried you might miss an experience? Don't. I can stop time for you. Then you can join at your leisure. But don't lose me. You won't be able to survive without me. Your window to the outside world will be gone. Because I am the remote control.

Re-read this cathexis and see if you can write down any words or phrases that give the reader a clue about what the object is.

Step eight: Share your writing with us! Do this by taking a photo of your handwriting, typing up your work, 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 grimmapotheary@gmail.com. Happy writing!