

A writing activity from

Grimm & Co

Writing for Wellbeing



Nice, Nice, Nice!

Sometimes we have to make a conscious effort to notice the positive things in life, and the more we take notice of positive things, the more we see. Think of it like flexing a muscle in your brain that helps you to see the nice things in your life and the great things that you do every day.

You will need:

- Something to write with (pen and paper, your phone, laptop, tablet-anything you like), that you will have space to write on every day. You might want to find a notebook if you have one lying around.
- A little time and quiet space to do this activity each day.
- Your senses, to notice the things in your day.

In its most basic form, this activity encourages you to try and write just three nice things down every day. Simple, right? These are split into:

1. **One nice thing that you noticed in the natural world** (weather, animals, plants, seasons)
2. **One nice thing from anywhere else** (something beautiful, a nice interaction between people, it could be another thing from nature or even a nice thought).

3. **One nice thing that you *did*.** This can be something nice you did for yourself or for other people or creatures. It can be a tiny act of kindness, like making someone laugh, or even learning a new skill.

Day One

On day one, just try to write these three things down. Here is an example:

1. I liked the way the trees looked from my window
2. I ate a nice dinner
3. I gave my friend a hug

Day Two

On day two, try to add more detail using descriptive language such as adverbs and adjectives, alliteration and similes. Here's an example:

1. I was gently greeted by my fluffy, friendly, chirruping cat
2. I felt the returning, quietly joyful January sun on my cold face
3. I played lively, upbeat music in my bedroom and wildly danced like an octopus on stilts

Day Three

On day three, try to use descriptive language *and* reflect on how these things made you *feel*. Here is an example

1. I watched a flock of chatty birds swirl in the sky. It reminded me of my nature-loving gran and that made me feel happy and nostalgic
2. I saw a funny floppy dog that looked like a black tufty footstool with eyebrows. It made me giggle quietly as I walked past
3. I picked up my instrument and made time to play my favourite comforting tunes. It made me feel inspired to do more and I felt proud of myself

Keep It Up!

Continue this for a whole week, writing down three nice things every day with lots of description and noting how it made you feel.

At the end of the week, look back over all the nice things you've noticed and done- feel proud that you managed to write every day, that's brilliant all by itself!

Bonus Activity

Now find a day you really liked. Maybe you liked what happened, or the amazing words you used to describe it. We're going to ask you to pick out some key words and phrases from each nice thing you saw that day and arrange them as a haiku.

A haiku is a Japanese form of poetry that has a special structure using syllables. It goes: (first line) five syllables, (second line) seven syllables, (third line) five syllables. Here is a beautiful and poetic example of a haiku:

Five syllables here

Seven syllables go here

Five syllables here

You will need five syllables from your first nice thing (to form the first line), seven syllables from your second nice thing (to form the second line) and five syllables from your final nice thing (for your third line). You could even use a nice pen to highlight the words, like we've done here:

4. I watched a flock of chatty **birds swirl** in the sky. It reminded me of my nature-loving gran and that made me feel happy and **nostalgic**
5. **I** saw a funny floppy dog that looked like a black tufty footstool with eyebrows. It made me **giggle quietly** as I walked **past**
6. I picked up my instrument and made time to play my favourite comforting tunes. It made me feel **inspired** to do more **and** I felt proud of **myself**

See if you can rearrange the words. Can they make a different meaning in a new order? Here's what we made:

Birds swirl, nostalgic

I giggle quietly past

Inspired, and myself

If you enjoyed this, try making it a daily practice. You could even try making a weekly haiku and build up a picture in poems of the nice things you've done or noticed over a few weeks, or months even!

And finally...

Share your writing with us! Do this by taking a photo of your handwritten poem, typing up your work, or even an audio or video recording of you reading it aloud (you could also get someone else to read it aloud for you).

If you're accessing this activity independently, or through your school, we'd still love to share in the amazing work you've created. You can post your writing on social media, tagging us @grimmandco or email your work to info@grimmandco.co.uk.

Happy writing!

