

Stratford Arts Social: At Home

With Nichola from Creative Writes



Creative Writing

Watch Nichola's instructional video here: <https://youtu.be/HgEo3KtSNsA>

Aim of activity

Try these short and relaxed free-flow creative writing exercises to develop and practice your writing skills.

You will need

- Pen/pencil
- Paper or notebook
- Clock, watch or timer

Activity length

30 minutes (10 minutes per exercise, or longer if you feel like it)

Tips for Creative Writing

- Try to write without thinking or worrying too much, and without censoring yourself.
- Try not to edit your work as you go.
- Don't worry about your spelling or grammar during these exercises.
- If you're struggling to get started with an exercise, repeat the title of the exercise on your page or write 'what I really want to say is' until something pops into your head.
- Don't worry if your mind drifts as you're writing - it's natural and happens to all of us.
- Think carefully about who you share your writing with and try not to invite critique as it may be unhelpful and take the focus away from developing your own writing style.

Instructions: Exercise 1

1. Take your pen and paper and write 'I am' at the top of the page.
2. Set your timer for ten minutes.
3. Using 'I am' as your starting point, spend ten minutes writing down whatever pops into your head.
4. Set your writing aside for a little while, and then if you'd like to, return to it and read it aloud to yourself.

Remember to keep in mind the tips above during this exercise.

Instructions: Exercise 2

1. Grab an object that's important to you. It could be sentimental or practical.
2. Set your timer for ten minutes.
3. Write 'I am' at the top of a fresh page, just as you did before.
4. Using 'I am' as your starting point, spend ten minutes writing, but this time, you are writing from the point of view of the object. Your object is now speaking, and your writing is the voice of the object.
5. Set your writing aside for a little while, and then if you'd like to, return to it and read it aloud to yourself.

Remember to keep in mind the tips above during this exercise.

Instructions: Exercise 2

1. Using the same object as before, spend a few minutes looking at and really getting to know your object.
2. Write 'I am looking at' at the top of a fresh page.
3. Imagine you're a camera zooming in, really getting close-up and noticing the details of your object. Describe what you see.
4. After you've noticed and written about the detail of the object, start to zoom out and imagine that the object is elsewhere – wherever your imagination takes you. Start to take in the world around the object – where is it? Who is there? Why is it there? Where is its owner?
5. You could spend ten minutes zooming in, followed by ten minutes zooming out. Or you may prefer to zoom in and out every couple of minutes.

6. Set your writing aside for a little while, and then if you'd like to, return to it and read it aloud to yourself.

Remember to keep in mind the tips above during this exercise.

Take it Further

After you've tried these exercises, you may like to return to your writing about the object after several hours and use a highlighter or coloured pencil to pick out any words or phrases that jump out or particularly interest you.

You may want to use these words and phrases to trigger or inspire a new piece of writing, or you might like to include them in a poem.

We'd love to read what you have created! Tweet us your work @StratfordCircus, tag us on Instagram @stratford_circus or find us on Facebook.

If you'd like to share or discuss your reflections on these exercises, please do email your thoughts or images to Colette via colette@stratford-circus.com.

You can find more Stratford Arts Social: At Home videos at stratford-circus.com