Recovery Pathways Service

Why not try

Creative Writing.

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Creative writing can be good for your well-being. It can help in the following ways:

- helps to relieve stress and anxiety
- is relaxing and helps you find a sense of peace
- helps to clarify and organise thoughts
- puts thoughts and feelings into words
- helps to free up the mind
- helps achieve calmness and mindfulness

Anyone can do it. If you can write, you can write creatively.

During an exercise there is no need to worry about your handwriting, spelling, or punctuation. You are writing for yourselves and there is no right or wrong way of doing so.

It is not about a finished product but the calming process of just the writing itself, which allows you to find clarity, space and a moment of relaxation.

The only materials you need are a pen/pencil and some paper. If you run out of paper, don’t worry there are spaces in this resource you can use to keep all your work and ideas together.
Exercise One
A view from a window

Imagine a view or look out of a window.

Describe what you see.
What do you see straight ahead of you? What is on the left?
Something is different today – What is it?
What else can you see?
Mention the five senses in your writing i.e. what you can see, smell, touch, taste and hear.
What time of day is it?
Look Harder: Mention two more details one of them in the distance that you can hardly see.
Describe the scenery in Autumn and Winter. Observe the seasonal changes and write about them in detail.

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My View from a window

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Exercise Two
Write a concrete poem

WHAT IS A CONCRETE POEM?
Concrete poetry—sometimes also called shape poetry, is poetry whose visual appearance matches the topic of the poem. The words form shapes which illustrate the poem’s subject as a picture, as well as through their literal meaning.

Choose an object to be the subject for your poem. Good suggestions could be favorite animals, flowers, trees or favorite foods. Draw a simple outline of its shape on paper with a pencil and use words describing the image to form around the lines then write these in pen when finished rub out your pencil drawing and you have your own concrete poem.

Other ideas could be:
Home
A present in a gift box
A Cactus
A book
The Sun
A butterfly
A Cloud
A Star

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My Concrete Poem

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Improving Lives
Exercise Three
Create a Character
Use a button as a starting point to create a fictional character

First select a button you feel drawn to from the following, or if you have a selection of buttons at home you could choose one of those.
Exercise Three
Create a Character
Use a button as a starting point to create a fictional character

Once you have selected your button, study it and describe the garment the button is from. Then describe what sort of person wore this garment. Once you have done that, then answer the following questions. Feel free to add any other questions you want to ask your character that’s not on the list.

- What is your character’s name? Does your character have a nickname?
- What is your character’s hair colour, hairstyle, eye colour?
- How old is your character?
- Where was your character born?
- Where do they live?
- Where have they lived?
- What are your character’s favourite hobbies?
- What’s their favourite food?
- What’s their favourite drink?
- Who are your character’s friends and family? Who do they surround themselves with?
- Do they have any pets?
- What is their most treasured possession?
- What is their favourite journey?
- What is their greatest achievement?
- What is their favourite day and why?
- What do they keep in their purse, wallet, pocket or bag?
- Do they have a job?
- Are they in a relationship?
- What are their ambitions?
- Do they have a secret?
- What is the most beautiful thing they have ever seen?
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Create a Character
Now you have got to know your character you can create a character timeline for the main events in your character's life.

My Character's life events.

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Create a Character

Complete a short piece of description of your fictional character in any setting. Maybe take them on their favourite journey how do they react?

My Character in a setting

You can really go on and on developing your character in many different ways. If you have enjoyed this exercise carry on writing about your character

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Exercise Four
Bring an object to life

Read the poem by Peter Samson on the next page. Write from the perspective of an object, if they could talk what would it say, what does it see, how does it feel. What is its story? Write from the point of view of the object.
You can write this in the form of a short story or a poem.

Think of your own or you can use some of the ideas below;

- A vacuum cleaner in a shop window
- A stained-glass window in a derelict church.
- A bus shelter at midnight
- A lost teddy bear
- A loose button on an overcoat
- A pebble on a beach
- A star in a perfect night sky
- A teapot
- A painting in a stately home
- A paintbrush in a jar of turps
- A daffodil
- An armchair
- A pair of football boots

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A stone in a drystone wall

I have lived so long in this wall
I might have been born here
My family sit around me, hold me in, and hold me up, fallen once, built back.
At night the cold and often the rain.
I can feel it, it's not pure
Part of me is gone, worn away
For the sake of the boundary
For the sake of keeping one man’s sheep
From another man’s grass: a little more
Than scrubland that after all
Would be stronger for cropping.

It is still night. I am aware of the stars
As I am of the seasons, though only for a moment
Over the line of forest from my crammed in angle do I ever see a star.
I cannot imagine which constellation it belongs to.
It is dimmed and flickers
But never quite disappears
Mostly I remember a time there was daylight,
The sun coming up like a promised honored
And being warmed by it.

Peter Samson
My object brought to life.

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Exercise Four
Imagery
Choose an image from the selection below and describe the image using the six senses

- Write about what you see in the image.
- What can you hear in the image?
- What can you taste in the image?
- What can you smell in the image?
- What textures can you sense in the image.

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My chosen image was...

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Exercise Five
Create a found poem

Found poetry is a type of poetry created by taking words, phrases, and sometimes whole passages from other sources and reframing them (a literary equivalent of a collage) by making changes in spacing and lines, or by adding or deleting text, giving a new meaning.

For this exercise you need some old newspapers, magazines, books and some glue and scissors.

Think of a theme and look through the newspapers and magazines cutting out words, phrases, sentences that relate to your chosen theme. Then collage the words together to create a found poem. You can also create doodles and sketches as well as images to compliment your poem.
My Found Poem
Put on a piece of music at random. **Classical music or music with no lyrics works best for this exercise.**

Then just start automatic writing, just listen to the music and see where it takes you. Just write words and sentences that come into your head, don’t worry about spelling, punctuation or grammar. just write.

Using the music as inspiration:

What characters come to mind?
What location do you visualise?
How does the music make you feel?
Writing to Music

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Exercise Seven
Write an Acrostic Poem

In an Acrostic Poem the first letters of each line spell out the subject of the poem. Usually, the first letter of each line is capitalized. This makes it easier to see the word spelled out vertically down the page. Acrostics are easy to write because they don’t need to rhyme.

Each line can be as long or as short as you want it to be.

Think again about the senses of touch, taste, sound, texture when your forming your poem.

Decide what to write about.
Write your word down vertically.
Think about words or phrases that describe your idea.
Place your words or phrases on the lines that begin with the same letters.
Fill in the rest of the lines to create a poem.
Write an Acrostic Poem

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Recovery Pathways

We really hope you have enjoyed the Creative Writing exercises in this resource.

If you would like to do more creative writing, feel free to go back to the beginning and look through a different window, create another character or write a different poem.

Remember there is no right or wrong way, just enjoy being creative.

Please check out www.start2.co.uk for more creative wellbeing projects you could try.