Just write!
by Lorna Hill

You will need:
A pen, some paper and your imagination.
In this activity, we will create some writing. It is all about having fun, so be comfortable, enjoy the process and don’t worry about the outcome. There is no wrong or right way to do this - just your way.

1. Look at these pictures and choose your favourite one.

I am a writer, teacher and facilitator. I am the founder of Sharing A Story CIC and deliver creative writing workshops in the community.
2 Close your eyes and imagine you are standing in that image. Use as many of your senses as you can to describe what you see, hear, taste and smell. For example, if you have chosen the beach image you may see the sunset, hear the lapping waves, taste the salty air and so on.

3 Make a list of all the words you associate with the image you have chosen.

4 Perhaps you would like to try some free-writing around the picture? This means writing about whatever comes into your mind. If you need a prompt to start you off have a go with these:

   The beach is a place where I . . .
   When I am in the woods I feel . . .

5 Now you have a list of words and thoughts, perhaps you would like to write a haiku poem.

   Haiku is a Japanese poem which has three lines. The first line has 5 syllables, the next has 7 syllables and the third line has 5 syllables (a syllable is a word or part of a word that has one vowel sound in it). They don’t have to rhyme. Here is my example:

   Blue and pink streaked skies
   White seals perched across the rocks
   The blast of a horn

   Have a go and see how you get on. Good luck!