

TIPS AND IDEAS



WILDWRITING!

WITH SARAH ACTON/ BLACK VEN POETRY

Welcome to the **wildwriting! at home** series...you can try these easy and fun creative writing activities in your garden, through your window, or out on a walk, using nature and the 'wild' outdoors for inspiration...for all ages.

All you need is a pen and paper.

Wildwriting! is writing outdoors - to connect to nature, for wellbeing, to get curious and creative...and to see what happens! We'd love to read your wildwriting! so please send us your poems and stories to share...



We'd love to hear from you! You can email us: wildwriting@activateperformingarts.org.uk or write to us: Wildwriting! Activate 7-9 The Little Keep, Barrack Road, Dorchester, Dorset, DT1 1SQ

in partnership with  Stepping into nature

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"Sometimes I
need only to
stand wherever I
am to be
blessed."

Mary Oliver

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WILDWRITING!

ACTIVITY (20 mins)

PLANTS, FLOWERS AND INSECTS

- Sit outside or next to an open window for a few minutes with your eyes closed, breathe...
- Open your eyes and write a list of everything you can see and hear
- Focus on one plant, flower or insect and really look at it, **what is it like to see the world from another point of view?**
- Write for 5 minutes non-stop in the voice of the plant/flower/insect
- [Click here to listen to the audio clip](#)
- Now write a 6 line poem or story starting with the words "Here come(s)..."

TIP: don't worry about what you write - just go with ideas as they come....

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"...to dwellers in a wood, almost every species of tree has its voice as well as its feature."

Thomas Hardy

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ACTIVITY (10 mins): TREES

- Sit outside or next to an open window for a few minutes with your eyes closed, breathe...
- Click [here](#) to listen to the audio clip
- Can you hear or see any trees? Make a list of tree memories or stories/ any associations of trees in your life
- Write about a tree you know or have known, one you love/hate/fear/feel strongly about...
- See if your writing wants to be a poem or a story. Read aloud to help make cuts, write with all of your senses to awaken your reader's senses.

TIP: try not to judge or censor yourself, the aim is to put pen to paper, making and creating...

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"We met under
a shower of
bird-notes..."

R.S Thomas

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ACTIVITY (15 mins): **BIRDS**

- Sit outside or next to an open window, can you hear any birdsong?
- Pick a bird you know and like, and list everything you know about it (facts and myth)
- Now make another list of things you don't know but would like to know, then use your imagination to make up the answers
- Click [here to listen to the audio clip](#)
- **What can birds teach us?**
- **Use** your bird as the title to a short 100 word story about a bird meeting another character. Include details from both lists and let at least one character speak. Let your bird help the other character deal with a real or imaginary dilemma.
- Finish with your answer to the prompt question.

TIP: be specific with details



"If you will stay close to nature, to its simplicity, to the small things hardly noticeable, those things can unexpectedly become great and immeasurable."
Rainer Maria Rilke

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[CLICK HERE TO LISTEN TO THE AUDIO CLIP](#)

ACTIVITY (10 mins): WEATHER

- Sit outside or next to an open window, or go for a walk...
- **How does weather affect the mood of the place where you are?** Show us in words..use your senses to feel the answer.
- Make a list of different types of weather and different shades of colour then pair these at random e.g lime green and rain.
- Write 7 lines as a poem or short story using the colour and weather you picked. Set it in the place you are sitting now then show us what is happening inside and outside the mind of a character.

TIP: creativity is playful exploration...it doesn't have to be perfect

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"There are no unsacred places; there are only sacred places and desecrated places."

Wendell Berry

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[Click here to listen to audio clip](#)

ACTIVITY (10 mins): SEASONS

- Sit outside, next to an open window, or go for a walk...
- **What is your favourite season, why?**
- Write about your garden or view, focusing on one season. Use all of your senses.
- Cross out repetitions of 'I feel' 'I see' 'I hear,' but stay in the present tense and weave the fragments together.
- Now imagine this place in other seasons. Pick out key details, try to use surprising imagery e.g using kitchen utensils, artist colour palettes or human characteristics to describe how it feels to be there.

TIP: to play with imagery, make word associations from using your memory, experiences and observations

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[Click here to listen to the audio clip](#)



"Those who dwell among the beauties and mysteries of the earth are never alone or weary of life."

Rachel Carson

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ACTIVITY (20 mins): DAY AND NIGHT

- Sit outside or next to an open window, or go for a walk...
- **How does this time of day make you feel?** Use all of your senses plus your sense of being in the shared world to answer...look around, listen then stop and write notes every few minutes.
- What would this place feel at night? Write down anything that comes to mind.
- Now think about dawn, write a morning love song to celebrate the rising sun and include someone you love who might be separated from you. Use a repeat phrase from your earlier notes to frame the start or end of each verse.

TIP: let yourself be drawn into the unknown...

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