

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...

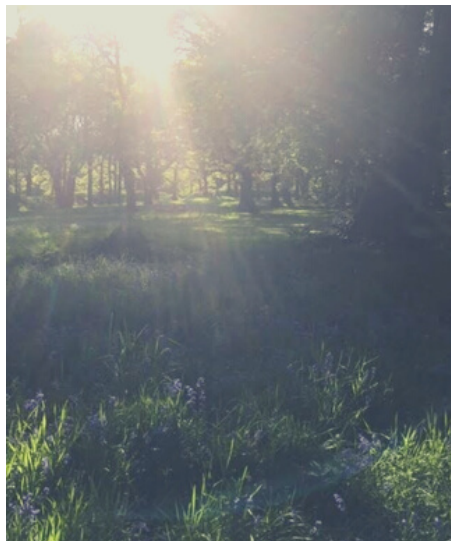


We'd love to hear from you! You can email us: wildwriting@activateperformingarts.org.uk or write to us: Wildwriting! Activate 7-9 The Little Keep, Barrack Road, Dorchester, Dorset, DT1 1SQ

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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...

activate



Stepping
into
nature

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