



NEW WRITING
NORTH
YOUNG WRITERS



Creative Writing for Mindfulness (Week 2)

Warm Up:

Objects:

Find an object in your home that you use or look at regularly: this could be a coffee cup, a candle, an ornament, the laundry basket – anything! Now really look at it! For the next five minutes, describe this object in as much detail as possible. Try not to take your pen off the page and just let your stream of thoughts lead you. This might just be five minutes of describing this object in exact detail, or it might take you somewhere unexpected. The only restriction is to try and keep the object at the forefront.

Get Inspired:

Gratitude:

Gratitude is essential in mindfulness practice. It helps us stay rooted and humble, as well as being more content with what we have, rather than always searching for more – which can often create more anxiety than we need. Simple gratitude practice can come in all shapes and sizes. A daily practice is to write down three things that you are grateful for from that day. Try this for a week and, if you can, be as specific as possible. For example, rather than just '*I am grateful for my family*', you could have: '*Today I am grateful for the Facetime conversation with my Mam; we laughed at a programme we have both been watching, and it was good to hear her voice when I can't physically see her*'. Again, these don't have to be big things. You could be grateful for the sound of the birds tweeting, or a quiet cup of tea.

Give it a Try:

My Home:

This activity is an extension of your gratitude practice and allows you to reflect on your current circumstances, as well as tapping into any pleasant memories. Try to avoid rooms that may spark unpleasant memories, or, if you would rather, choose a home or a building that may bring you happier stories.

Step One: Draw the outline of your house (or chosen home/place you would like to write about). This only needs to be done using line drawings and basic shapes, so that you can write inside each room – for example the whole house as a square separated into smaller squares for the number of rooms, a triangle roof, etc.

Step Two: In each room, begin by noting down your favourite things in it and about it. Describe it in as much detail as you can. What do you do in this room?

Step Three: Memories. On a separate page, write down a strong memory from this room that you are grateful for.

Challenge Yourself:

A mindful cup of tea. Take 5 minutes to drink a cup of tea. As you do this, jot down anything you notice. The smell, taste, sensation, how it makes you feel, anything that comes to your mind during this five minutes of peace. Why are you grateful for this cup of tea?

Explore Further:

Download the Calm App or the Simple Habit app, for meditation practices and articles.

This workshop was devised by Danielle Burn for New Writing North Young Writers.



I am a children's playwright, theatre maker and facilitator living and working in the North East. I am also a new mother to my little girl, Iris, a lover of coffee, yoga and the seaside. My passion lies within the wonderful world of children's theatre and this is where I have been extending and expanding my practice since leaving Northumbria University almost 10 years ago. Over these years I have built up a portfolio of work with local communities and young people for organisations such as Northern Stage, New Writing North, Live Theatre, Bait (creative people and places) to name a few.

My first play, MELVA is currently touring schools and local venues after successful run of sold-out public performances over Christmas 2017 ,the production is now a creative tool to support children (and the adults who support them) to understand more about worries and anxieties and learn tools for self-care. This supports the mandate set out in the 2017 Green Paper Transforming Children and Young People's Mental Health Provision. Melva has teamed up with Children North East and Public Health and is produced by Mortal fools I am currently working with The Customs House South Shields and The Word, as part of winning their script submission competition for WRITE FESTIVAL in 2019 to produce a show around Mental Health for a younger audience, 3-6 year olds, called Peggy Pearpot about the world's inside of a little girls tear drops.

New Writing North Young Writers is a programme for young people aged 12-19. We run creative writing groups, masterclasses and programmes in schools across the North East. We support young people to express their ideas, to work with professional writers and artists, to create and share new work, and to meet other young writers.

We would love to read your writing! Share it with us on social media using #writingfromhome or by emailing youngwriters@newwritingnorth.com. Search for New Writing North Young Writers on Instagram, Facebook or Twitter, where we will also be sharing regular writing prompts. Each week we will select a Young Writer of the Week whose work will be shared on our channels.

Find other writing workshops and much more on our website www.newwritingnorth.com

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