



NEW WRITING  
NORTH  
YOUNG WRITERS



## Creative Writing for Mindfulness (Week 1)

### Warm Up:

#### **'I notice':**

For five minutes, write non-stop, without taking your pen off the paper. Use the starting sentence 'I notice'. Mindfulness is all about being present, so tap into your senses. What can you see in the room where you are? Smell? Hear? What are you feeling physically and emotionally? If your mind wanders whilst trying to think of something to write, just repeat the word from beforehand over and over, until something pops into your mind.

### Get Inspired:

#### **Breathing and meditation:**

Even if you are new to practicing mindfulness, this is an easy exercise to get you into a clear mindset and ready to write. Listen to the suggested music below, and follow the instructions for the breathing exercise. P.S. if your mind wanders, just bring your attention back to the sound and feel of your breathing.

1. Sit somewhere quiet and relaxing.
2. Tell yourself you are just going to sit and focus for five minutes.
3. Take a deep breath, in through your nose, and out through your mouth.
4. Focus on the sensation of your breath moving around your body.
5. Take 108 breaths in this fashion.
6. Notice how you are now very relaxed and focused.

<https://www.youtube.com/watch?v=PIWmKZZ33SA>

Now take five minutes to write again without stopping, beginning with the sentence 'The light touches'. Look around you and notice where the natural or non-natural light hits. Describe it in as much detail as possible: the shape of the light, its movement, where it is hitting, how it makes you feel.

## Give it a Try:

**Poetry:** This is a beautiful, reflective and easy way to create a poem using mindfulness.

**Step 1:** Draw around your hand onto a piece of paper and write the title 'This is the hand that'.

**Step 2:** Think about all of the things your hands do on a daily basis, or have done (big or small), and list these in or around your palm drawing. For now just focus on the actual task without too much description, for example, This is the hand that... writes stories, pets my dog, brushes my child's hair, cooks tea, throws snowballs, presses the remote buttons etc.

**Step 3:** Develop your list: Now go into more personal detail about these actions, e.g. This is the hand that... throws fluffy snowballs on family trips to the French mountains, brushes the small, gentle hairs on my child's head every night after bathtime, cooks mushroom risotto and burns the bottom of the pan... etc.

**Step 4:** Edit. Read through your poem, tweak and edit sections to make it flow more nicely. Most importantly, it should be personal and unique to you.

## Challenge Yourself:

**Journal:** Writing is a form of meditation and mindfulness on its own. In these tough times, try to keep a good writing routine in place, even if it is just five minutes a day to 'check in' with yourself. Try taking a notebook out on your daily walk, into your garden, or a different room, and like the warm-up exercise, tap into your emotions and senses and write these down. Have a mindful drink and write about the experience of it in as much detail as possible.

## Explore Further:

**Podcast suggestion:** The Mindful Kind

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](mailto: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](http://www.newwritingnorth.com)

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