

Relax, unwind and refocus your mind

THINK IT, WRITE IT, READ IT



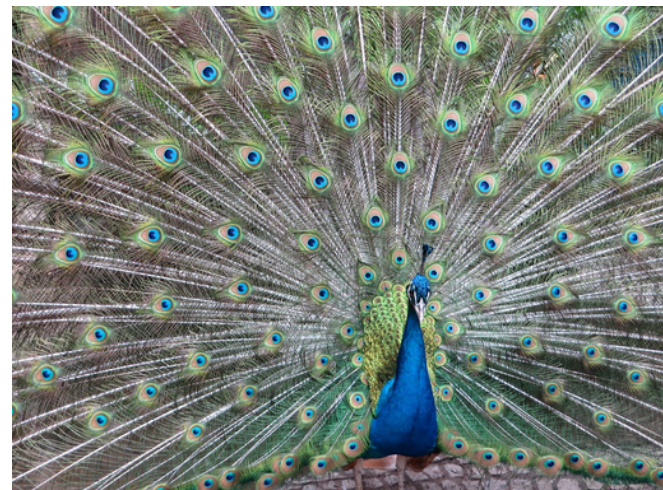
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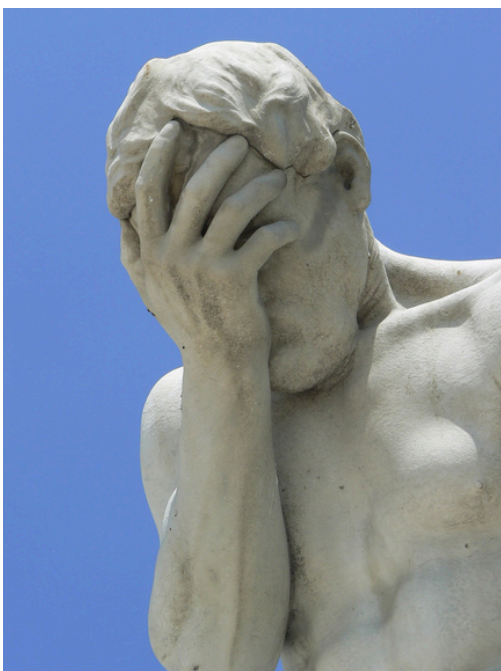
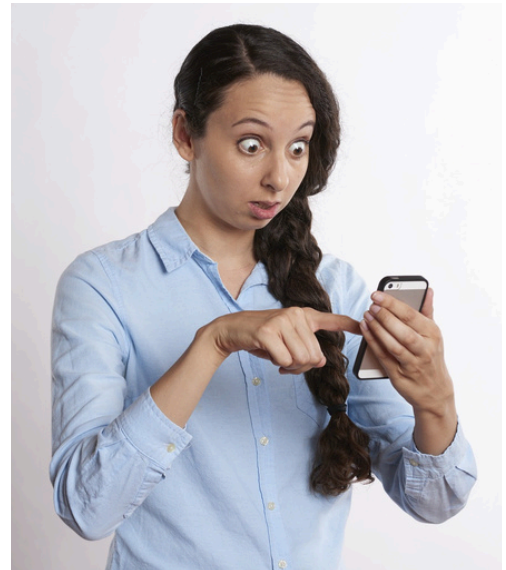
Creative Writing

1. Cut out about 20 different images from an old magazine or travel magazine. Choose a variety of different people, objects, landscapes, vehicles etc.
2. Cut out about 20 different words from an old magazine or travel magazine. Choose a variety of different words, verbs ,adverbs, etc.
3. Put all the cut out images and words in a covered box or bag so you can't see them.
4. Close your eyes and pick out 3 of the pieces of paper from your box or bag.
5. Write a short story or poem using the three images and/or words as a starting place. Your story or poem must include a description of the images or use the words somewhere within the text.
6. Do some line drawings to illustrate your short story or poem.
7. Repeat the creative writing exercise using your non-dominant hand

If you need some help print and cut out the images and words on the following pages.







BEAUTIFUL

GUESS

RACING

BLUE

NERVOUS

WOODLAND

BANK

JOYFUL

BUTTON

SNEEZE

STROLL

BUCKET

WINDSWEPT CALCULATE

ELEPHANT

GRASS

SUNSET

MOUNTAIN