SUNDERLAND CULTURE

Free Writing

A classroom resource inspired by creativity

Lesson plan created by Maxwell Golden on behalf of Sunderland Culture.

Arts Centre Washington

National Glass Centre

Northern Gallery for Contemporary Art

SUNDERLAND MUSEUM & WINTER GARDENS

Culture START

Aims:

- To encourage free expression through writing.
- To improve confidence in writing.
- To allow subconscious influence to enrich the written word.
- To bring joy into writing.
- To generate written material that can then be
- edited and polished at a later date.
- To bring fresh perspective to our day-to-day world.

You will need:

- Paper and pen (a pad is good so the quantity of work can be seen building up over time).
- Encouragement and excitement!

Instructions:

1. Get everyone set up with their pad and pen
2. Explain that there is only one rule in free writing: to be constantly writing

until the timer goes off!

3. Set a timer and an achievable goal for how much they will try and write in this time (e.g. 5 minutes for one page).
4. Go!

Sometimes, an introduction line can help. I like to use **“If I could go anywhere in the world, I would go to (insert place of choice). So here I am…”**. Get them to copy this down before you start the timer and then they can write from here.

Feel free to experiment with other intro lines. Some I have used are “As the train pulled out of the station, I realised I had forgotten…”, “As the clock struck thirteen, I realised I was in a brand new world..”

Level 2

Once they are able to do this exercise in it's basic form and enjoying this fact; it's a good opportunity to introduce additional writing techniques, styles and concepts that can help them generate material more easily.

The model I have developed for this purpose uses the acronym ADDET. which breaks down to:

A Action
D Description
D Dialogue
E Emotion
T Thoughts

By jumping from one to the other and back again, moments of drama within writing can be extended and deepened. It is also an ever-available resource to stop the "I don't know what to write.." taking over. There is no need for them to be done in order, although they can be.

Example:

*If I could go anywhere in the world, I would go to the Maldives. So here I am, walking down the beach **[ACTION]**, the white sand stroking my bare feet as I gaze out across the turquoise sea. In the distance, I see a fisherman in a small rowing boat **[DESCRIPTION]**. "That's my brother" says a deep voice **[DIALOGUE]**. The shock explodes within me, like water bursting through a dam **[EMOTION]**, this deep voice, hidden beneath the palm trees to my left **[DESCRIPTION]**. How had I been so unaware of this man? The incorrect belief that I was alone on this beach, making me question if I was even safe here? **[THOUGHTS]**.*

*I turned and looked in the direction of the hidden voice **[ACTION]** and saw a smiling man, sat relaxed, playing with long brown, beads in his ever-moving right hand **[DESCRIPTION]**. "Oh hello, I didn't see you there!" **[DIALOGUE]** I gasp and exhale **[ACTION]**. The flooding shock within me, dispersing moment by moment into the calmness of the turquoise sea to my right **[EMOTION]**.*

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Stay in touch

Want to know more about the artist that designed this resource? Contact us and we'll happily introduce you!

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