

15 Minute  
Activity  
For  
Everyone

## Free Write

Richard Wagamese was a famous Canadian author, poet and journalist. He has written and published many works throughout his career, sharing his craft and rich stories with countless readers. Richard, along with many other writers, use a writing tool called *Free Writing*. This tool is used to help writers clear their mind and inspire deep-rooted thoughts that can be expressed on paper in unique ways. Free Writing is a tool we can use to strengthen our writing skills as well as deepen our sense of self.

### A Passage from Richard Wagamese book *Embers*:

*“Why? Because stories live in our bodies and we need to feel our fingers moving in the process of creation every day. Your hands are your interpretive tools. They bring your spirit out in words and language.”*



(Image from: <https://commons.wikimedia.org>)

### Reflection Questions:

- Was the activity hard? Why or why not?
- How did it make you feel?
- Where you surprised by the topic you chose to write about? Why?
- What are the impacts you think free writing can have on us?
- What other areas in your everyday life could this writing tool be useful?

### Activity:

Start by finding a quiet spot, free from interruptions and the distraction from technology. Next, take a moment to ground yourself, sit up tall with your feet flat on the ground. Take 5-10 deep breaths, making each consecutive breath longer than the last. Clear your mind of any thoughts.

- **Decide on a topic.** Open your eyes and write down the first word that comes to mind. Write it in the center of a sheet of paper and circle it. *This can be a feeling, a memory, an idea, anything that resonates with you.*
- Once you have selected your writing topic, take 2-5 minutes to brainstorm all the words that you associate with that subject. Write each word out on a sheet of paper surrounding your writing topic. This will create a word cloud.
- On a new sheet of paper, write about your topic without using any of the words listed in your word cloud.

*During this process make sure you can see your word cloud for inspiration but do not use any of the words listed during your free writing.* You can write about how the subject makes you feel, describe how it looks, your relationship with it, etc.

- Write for as long or as short as you want. You have full creative freedom to write what feels best to you.
- When your writing is complete, read it out loud to yourself. Put it up somewhere that you can see it or share it with someone.

### Materials Needed:

- A quiet spot, two sheets of paper, a writing utensil