

Writing for Wellbeing: 'On Hidden Treasure'

Whirlow Spirituality Centre, Sheffield

Wednesday 3rd November (Online) &

Saturday 6th November (In situ)



What is Writing for Wellbeing?

It offers an opportunity to write in response to a range of creative prompts in a safe and comfortable space

It also offers the opportunity for you to share your responses, listen to others, and respectively give and receive feedback

Nobody is obliged to share their work. If you would rather not, then just say 'pass'.

It is different to traditional Creative Writing workshops in that the emphasis is NOT on producing a polished piece of writing for publication, but on engagement and participation



WRITING WITH THE FIVE SENSES

Warming up ...

A few short 'thirty second' warm up activities to fire up our imaginations and prepare us to write...



The treasure of taste...

Think of a treasured taste or a
particular recipe or meal.

What memories does this evoke?



Treasured scents...

Think of a treasured smell.

What memories does this evoke?





Treasured Sounds

Think of a treasured sound. What memories does this evoke?



Treasured texture

Think of a treasured texture. What memories does this evoke?

5 Minute Writing Activities...

These activities are deliberately short, so that your inner critic doesn't have time to be heard. Try not to overthink them, just enjoy relaxing and writing in response.



Starting to dig

Write something promoted by this image
- perhaps you are the gardener, the spade,
or something else? What happens next?

Try and use the five senses if you can



The Gemstones

Which of these gemstones might represent significant person, place or event on your pandemic journey?

Or write whatever you feel drawn to in response to this image – perhaps in gratitude, perhaps in perplexity?

Try and use as many of the five senses as you can in your writing





The Pearl of Great Price...

Write something prompted by this picture.

Try and include the word GRATITUDE or GRATEFUL

Two Butterflies

- Imagine you are one of these butterflies
- Write about this encounter
- Try and use the five senses
- Try and include the word TREASURE



Treasure in the Desert?

Write or journal something prompted by this image

You might want to write from the viewpoint of the flower, or perhaps the person who has discovered the flower?

Try and use the five senses





The Bright Field by R.S.Thomas

I have seen the sun break through
to illuminate a small field
for a while, and gone my way
and forgotten it. But that was the pearl
of great price, the one field that had
the treasure in it. I realise now
that I must give all that I have
to possess it. Life is not hurrying

on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.