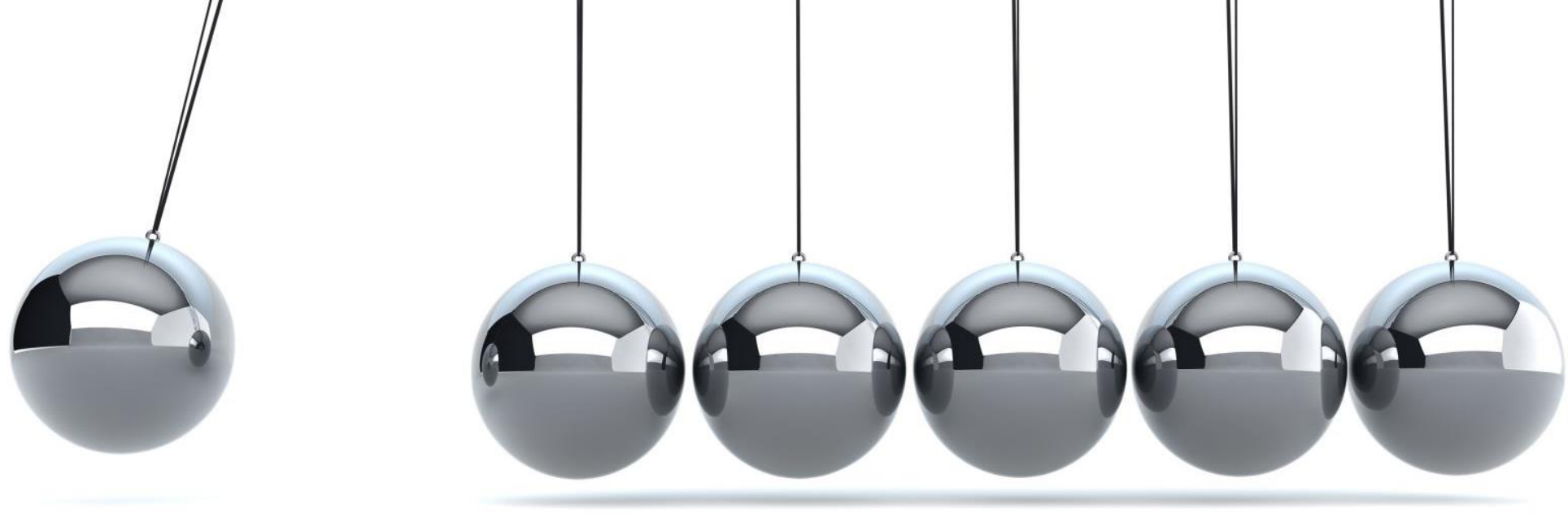




ACTIVITY ONE

10 MINUTE EXERCISE

PART ONE



Set yourself a timer for three minutes.



Then I'd like you to write non-stop about a topic of your choice. It could be anything at all, for example Christmas, studying, holidays etc.



Write for three minutes until your timer goes off.

PART TWO



I'd now like you to circle any key words that come up from that previous piece of writing. Just go through the paragraph and put a circle around anything that feels important.



Then, I'd like you to set a timer for three minutes again.



Now I'd like you to choose one or two of those key words and just write about them. Just the key words.



Write until your timer goes off again.

PART THREE



Finally, I'd like you to circle the key words again, just the ones that stand out for you, from the second paragraph of writing.



Again set a final three minutes on your timer.



Write again about just one or two of those key words.



See what comes up for you.

FINALLY



It can often be surprising what comes up in this activity. You may have started with a fairly straight forward topic, but ended up writing about something that feels very important.



Reflect on this process in your journal, think about how you ended up talking about a different theme and why this might be.