

A dark grey chalkboard background featuring two paper airplanes. A yellow airplane is at the top right, and a grey one is on the left. White chalk lines trace paths from each airplane, looping and crossing in a complex, abstract pattern across the board. A dark grey horizontal bar is positioned at the bottom, containing the title and subtitle.

DIALOGICAL WRITING

ACTIVITY FIVE

INSTRUCTIONS

- Within this activity I'd like you to think about a recent experience you have had. I'd then like you to write this out, however I'd like you to write it out as if you are re-telling the story to a friend.
- The twist to this activity is that I'd like you to hand-write it with both your right and left hand!
- I would like you to use your dominant hand to ask questions, and your non-dominant hand to answer!
- See the next page for an example of the types of questions that can be asked.

QUESTIONS YOU MIGHT LIKE TO ASK..

- What happened?
- Who was there?
- Can you describe the environment?
- When did it happen?
- What were your feelings during the event?
- How did you feel physically?
- What do you feel like now?
- What have you learned from this?



DIFFERENT PROCESS?

- How was it to write with your non-dominant hand?
- Many people find that they when they write with their non-dominant hand it can bring out a lot of unexpected emotion? Did you find this to be the case?
- Another method for dialogical writing is to consider the dominant hand as your 'parent' voice and the non-dominant hand as the 'child's' voice. Writing an exercise that explores your childhood, using these two voices can always be very interesting!