

Living Words Creative Writing Workshop Exercise

"Comfort Rituals"

Introductions (5 minutes)

Have the workshop mediator introduce him- or herself, give information about the Living Words program, then introduce the guest writer.

Icebreakers (20 minutes)

The guest writer should begin by asking the group to remember times that they have felt frustrated, overwhelmed, or upset. What made them feel this way? Do they feel this way often?

Writer introduces the topic (3-4 minutes)

The guest writer should then introduce the writing topic by asking the participants to think about what they do when they felt this way. Do they have busy themselves with another favorite activity, talk to a friend, or have another ritual that comforts them?

Writing (10 minutes)

Have the writer go around the room, asking each individual about his or her writing, offering encouragement and guidance.

Sharing (15-20 minutes)

The guest writer should begin the sharing period by asking, "Who would like to share something they've written?" Feedback should be positive, and conversation between participants in response to a reading is encouraged.

Thanks/ Goodbye (1-2 minutes)

Have the mediator thank the participants and guest writer, and encourage the participants to return the next week.