

Living Words Creative Writing Workshop Exercise

"Growing Up"

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 talking about some of the responsibilities he or she has had to take on as an adult. The writer can then ask the participants to name some of the responsibilities they have now that they did not when they were a child. They can discuss how they felt about taking on those responsibilities, and perhaps times they've wished they didn't have those responsibilities.

Writer introduces the topic (3-4 minutes)

The guest writer should then introduce the writing topic by asking the participants to think of a time when they first felt that they were "grown up." This would be a time when they felt they no longer fit in the "child" role in their family, or felt new independence from their parents. They should write not only about the circumstances, but about their feelings at the time. They might reflect on whether or not they were truly "grown up" at that time.

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.