



**BACK
FROM THE
BRINK**

**Spring isn't
cancelled!**

Creative writing activities
to connect with nature

Linden Katherine McMahon

Spring isn't cancelled!

At the moment we all need to stay at home to take care of each other, protect the people most vulnerable to the pandemic, and take as much pressure as we can off our amazing NHS.

But spring is here, and connecting with nature is great for your wellbeing! I've adapted some of the creative writing activities I use so you can do them from your garden, balcony, or even your windowsill. If you're able to get to a nearby park or nature reserve safely that's a great place to do them too.

You can print off this booklet or do the activities in a notebook.

The activities are suitable for both children and adults (children under 8 might need a bit more help from an adult). You can also draw if you like!

If you'd like some inspiration, you can have a look at some of the writing we've done as part of the project... We have three free publications for you to download: [*Fans of the Forest*](#) (a fanzine for Rockingham Forest), [*We Are A Many Bodied Singing Thing*](#) (an anthology of speculative fiction and poetry inspired by Back from the Brink Projects), and [*Hold Fast*](#) (some of the poems I

wrote during my time working with Back from the Brink).

Don't worry about making your writing perfect, or even other people seeing it. This can be just for you!

If you do feel like sharing what you've written, we would love to see it - please tag us on social media: @naturebftb

Linden Katherine McMahon
Back from the Brink artist in residence

Use Your Senses

Write a sentence about something you can experience with each of your senses right now: sight, sound, smell, taste, touch. Add in how you feel. What appeals to you? Why? Is there anything less pleasant? Why is it less appealing?

Use what you write here to add to the later exercises – sensory descriptions can really help your writing to come alive.

Dear Diary

Have a look at the animals, plants, and fungi around you. Choose one of them and write a diary entry from their point of view...

You might like to think about some of these questions... Where do they live? What would they see? What would they hear? What do they like and dislike? Do they have any hobbies? Who are their friends?

Flowers in your mind

Write about a memory that you have involving flowers in the wild. Where did you see them? What were you doing? What did you feel? What did the flowers look, smell, feel, sound like? If they had a taste, what do you imagine it would be?

**To see a World in a Grain of Sand And a Heaven
in a Wild Flower (William Blake)**

Look at a flower, seed, or patch of moss or lichen under a magnifying glass (or a microscope if you have one!). Describe what you see as if it was a landscape – is it on Earth? An alien landscape? Does it have any inhabitants?

Pen Pals

Write a letter to an animal, plant, or fungi you see often in this spot. What would you like to say to them? What questions would you like to ask them?

Once you've done that, write their reply!

Number 1 Fan

Interview an animal, plant, or fungi as if you were a journalist interviewing a famous band or other celebrity. What do the fans want to know?

Wood Wide Web

We're finding out more all the time about how trees communicate with each other: through fungi that live underground, and through chemicals that they release into the air. If you can see some trees where you are, write some dialogue between them - what do you think they are saying to each other? What do they have to say about the things they see around them?

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