

# Wandering with Words: Autumn Encounters 2

## A Warm Welcome



### Instructions:

**The Guide Prompts:** Choose an **Indoor** or **Outdoor Autumn Encounter**.

### Self- Care & Responsibilities:

**Walking & Wandering:** If you are planning a walk or wander outside, particularly if you are going somewhere new, on your own, remember to let a family or friend know where you are. Prepare for the weather & conditions and wear suitable clothing and footwear. If wandering with friends or family

members – adhere to current guidelines about social distancing and recommended 'social bubble' groups.

**Multi-sensory Prompts:** Words, images & connecting with your surroundings can be powerful experiences. **Treat yourself with care and compassion and steer way from topics that might feel a little overwhelming or a trigger for past trauma.** You can write, sketch, collect, collage, take photos or record in any way that is meaningful to you in response to the guided prompts.



*Sue Emm*

*Creative Writing, Wandering & Wellbeing Facilitator*

I look forward to meeting you soon. I run classes, groups and workshops at adult education centres, libraries, community spaces and online.

Wandering with Words is a project that I am developing to build creative writing connections & community with each other and our surroundings. I have always used writing & wandering as a tool for my own wellbeing as well as an inspiration for stories and poetry. It is my pleasure to connect with you this afternoon and share our words, wanderings and creations.

MA Creative Writing: Prose Fiction  
Diploma in Education & Training  
Mental Health First Aid Certificate  
Connect with me:

<https://sueemm.mystrikingly.com/blog/ponderings-on-wanderings>

**Facebook:** @suewritinghaven

**Instagram:** @suewritinghaven

# Indoor Autumn Encounter

“Everything is waiting for you...” David Whyte

Choose a room in your home to have a close encounter with

**e.g. bathroom - kitchen - living room - study**

Select 2-3 items from your chosen room. (e.g. soap & towel)

Ask your items the questions below & write down answers without judgment and a good deal of playfulness.

## Part One

1. How do you enable/support me in my daily life?
2. Do you belong here?
3. What do you dream about?
4. Choose one item and describe the smell, taste, touch, colour, and sound of your item.

## Part Two

**Choose one from:**

hallway, stairs, landing, door, walls, window

Carry out an investigation. Write down the answer without judgement and a good deal of playfulness

1. How are you feeling today?
2. What is your function in my home?
3. What do you need from me?
4. Describe patterns, textures, colours and shapes of this area of your home

*NB: You can also take photographs, make a collage, an art journal entry, doodle, draw in addition to responding in words*

# Outdoor Connections

Theme: Colour, Texture, Pattern

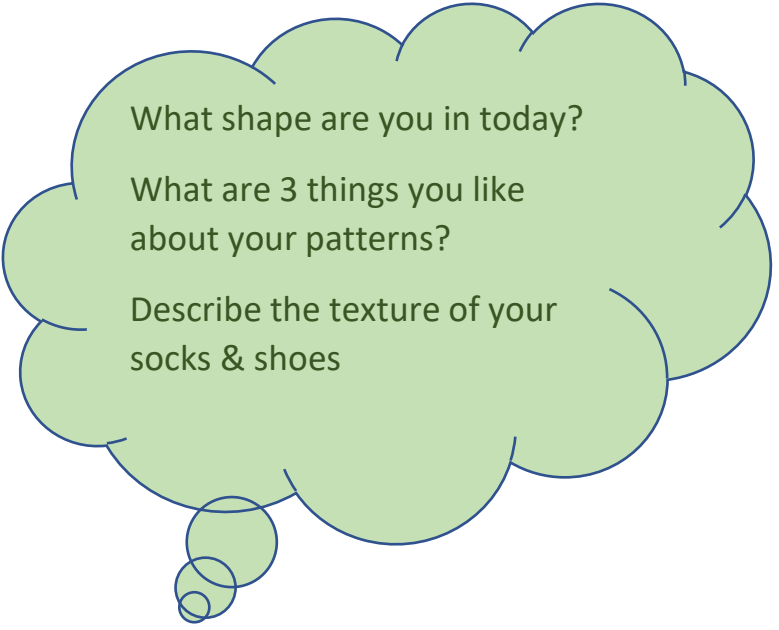
1. Choose **two** colours to focus on:

Colour: **BROWN GREEN YELLOW RED**

- Write or doodle in response to these colour words – whatever comes up – words, phrases, places, feelings, shapes, patterns. This is an exercise in *freewriting* – you cannot get this wrong. (5 mins) **\*self-care reminder**

Wherever you choose to wander, walk and explore - take care to follow the self-care guidance.

1. As you walk and wander, pause at various points to rest, notice and tune in to your surroundings. Remember to focus on your chosen colours around you in landscape, buildings, coastline, street or countryside – wherever you are.
2. Take photographs, collect a few items if appropriate, and find somewhere to sit and write or record by doodling and sketching all the shades, textures, shapes and patterns of your colours that you notice.
3. **Journal Reflection:** What is drawing your attention? – a door, a plant, a tree, a leaf, grass – a piece of rubbish?



What shape are you in today?

What are 3 things you like about your patterns?

Describe the texture of your socks & shoes