*The Meaning of a day* by Nikita Gill\*

Each new dawn brings with it

15 new reasons for laughs,

100 000 new heartbeats in your chests,

your lifeblood voyages 168,000,00 miles.

And each new morning on this earth translates

7200 earthquakes in the upcoming 24 hours.

More than 18,000 thunderstorms,

our planet is struck by lightning 8.6 million times.

And in space?

The passing of a day means the wondrous birth of

approximately 275 billion stars.

This is why everyday

is an opportunity for rebirth.

This is why no matter what they say,

You must never underestimate your own worth.

**PART 2**

1. Start by researching the term – “Stream of consciousness”
2. Grab your text

Remove the highlighted part of the text. Now, you have the following updated text:

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This is why everyday is an opportunity for……………

1. Read the text calmly from the beginning and when you arrive to the fourth paragraph, complete the sentence with the first work which comes to mind:

EG: This is why everyday is an opportunity for LAUGHTER

1. Set a timer. Start short so you do not get overwhelmed. Maybe 2 minutes (more if you feel like it)

Grab a piece of paper and a pen.

Start writing, without stopping and try NOT TO THINK about or JUDGE what you are writing.

When the timer ring put your pen down.

Close your book and get on with your day…

1. Repeat the same exercise with a different word always starting with reading the text and letting the first that comes to mind inspire your creative writing task.

Day 1, 2, 3,4, 5, 6 (increase your writing time a bit everyday if you are up for it; it would be good to reach 5 mins or even 10 mins of writing – but again, go at your own pace).

*TIP: You can keep on doing this type of exercise with other texts you might like so you build your creative writing ability over time.*

*After you have done this task everyday for 6 days… (on average)*

1. DAY 7 On the seventh day, take a new page and write down the 6 words you have.
2. Read the texts you have written carefully. They are your source of inspiration for writing a short dialogue or monologue (up to you) 2 or 3 minute using your 6 words (subject matters, mood, these words can inform the personality of your character/s) and the different texts you have been writing as material/source of inspiration.
3. You can choose to share your writings with me. This will inspire our next task.

Send your writings to Ian and he will forward them onto me.

I will offer feedback if you wish.

OPTIONAL: If you would like to push the exercise further, you can build your writing as if it was a script for an actor. It will make this more structured and give you a goal.

Think about your character/s: who they are, where they are and what they are doing.

GOOD LUCK

Cloé