**Penned By A Prisoner – Daily Writing Challenge**

**Budding writer or got something to say?**

#PennedByAPrisoner is a writing project that helps you stay in touch with the community outside. It gives you the opportunity to share your thoughts, stories and poems with the world beyond the prison walls.

To take part in the **Penned By A Prisoner daily** **writing challenge**, set aside time each day to write and follow the themes below. All you need is a pen, paper and imagination!

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| **Day 21** | **Theme: Food****Definition:** *Something that people or animals eat, or plants absorb, to keep them alive.* **Writing tips:** Think about your favourite dish and write the recipe to make it. Tell the story - why do you enjoy it? Do you associate it with a particular person or time in your life? Food plays an important role in cultural identity – does this dish give a sense of belonging to a community? If you like creative writing, write a poem in celebration of your favourite food. It can be humorous – have fun with it!  |
| **Day 22** | **Theme: Build** **Definition:** *1. Construct something by putting parts or material together.* *2. Make or become stronger or more intense e.g. “We built up confidence in our abilities”.* **Writing tips:** You are a shipbuilder. Design your ship (you may wish to accompany your writing with drawings). Is it big or small? Does it have a sail and masts? What does below deck look like? Is there a kitchen and cabins? What kind of journeys is the ship designed for – long or short? Where will the ship take you?If you like creative writing, write a story about a singer or musician who had to build up the confidence to perform on stage.  |
| **Day 23** | **Theme: Family** **Definition:** *A group of people - usually parent(s), children, aunties, uncles, grandparents, cousins - who may or may not be biologically related and may or may not live in the same household.***Writing tips:** Write to a family member, friend or loved one on the outside. Remember to use your free weekly letter! Many of us don’t write letters anymore, so it may be a challenge to think about what to say on paper. PACT, a charity that support people in prison and their families, have shared some tips for things to write about: * Introduce yourself (as the person you are now, if you haven’t spoken recently).
* Talk about a positive, shared experience.
* If you have been in regular contact, discuss something positive that has happened to them recently (job role, education, training, fitness).
* Mention a mutual family member/loved one/acquaintance – perhaps ask how they are doing.
* Discuss a book you are reading.

**If you have loved ones on the outside, they can contact PACT on the national family helpline - 0808 808 2003.** If you like creative writing or would prefer not to write to someone outside, write a letter to someone you admire in history. Why do you like them? Perhaps they are a famous musician, artist or civil rights activist. Tell them how they have inspired you. If you could ask them three questions what would they be?  |
|  | **Theme: Shadow** **Definition:** *1. Observe someone in a workplace to learn about their job.**2. A dark shape produced by a body coming between rays of light and a surface e.g. “The trees cast long shadows”.* **Writing tips:** Job shadowing is when you follow someone in their workplace to learn about their job and what they do. If you could shadow any job in the world, which one would you choose and why? Next, write down the steps you need to take to get that job. How will you start the journey necessary to help get you there? If you like creative writing, write a story about a shadow that escapes from its owner. Where does it go and does the owner find their shadow in the end?  |
| **Day 25** | **Theme: Adventure** **Definition:** *An unusual and exciting experience.***Writing tips:** If you are a parent, write a letter to your child. What would you like to say to them? Perhaps try and write an adventure story with your child featuring as a character. It should be a fun story with lots of twists and turns! PACT, a charity that support people in prison and their families outside, have shared some advice for writing and talking to your child: * Short is good – A great letter might be just a few paragraphs.
* Be positive – Celebrate the positive and lift the child up.
* Be honest, be vulnerable – Don’t shy away from being strong in expressing your feelings for them.
* Use the words ‘I love you’ and ‘I’m proud of you’ – These are two phrases children want to hear. This way they know that no matter what happens, you’ll always love them.

**If you have loved ones on the outside, they can contact PACT on the national family helpline - 0808 808 2003.** If you like writing and don’t have a child, think about what you would like to do if you could design your own adventure. Where would you go and why?  |
| **Day 26** | **Theme: Invention** **Definition:** *The action of creating something new, typically a process or device.* **Writing tips:** Design an advert for a new invention that you think would solve a problem. Think widely – this may be a physical invention e.g. a hoover that removes carpet stains at the same time. You could also invent a new way of thinking about things to address problems or inequalities in society. How would you explain and communicate your new idea? What is the issue that it solves? If you like creative writing, write a story or poem about a scientist who invents a way to time travel.  |
| **Day 27** | **Theme: Robot** **Definition:** *A machine that resembles a living creature in being capable of moving independently (as by walking or rolling on wheels) and performing complex actions (such as grasping and moving objects).***Writing tips:** Technology is a big part of life on the outside. People spend a lot of time on their phones, using the internet and on social media sites like Facebook and Instagram. If you have experienced life outside while social media has existed, write about the impact it has had on us as individuals. Do we spend too much time ‘living online’? Has maintaining a digital identity on social media impacted how we live our lives in the real world? If you like creative writing, imagine you are living 500 years in the future (year 2520) and everyone has their own personal robot who helps them with daily tasks. Write about a week in the life of the robot, from the robot’s perspective. |
| **Day 28** | **Theme: Sound** **Definition:** *Vibrations that travel through the air or another medium and can be heard when they reach a person’s or animal’s ear.* **Writing tips:** Write a song or rap that include the lyrics “I’m ready to start a new chapter in my life”. Through the song lyrics, tell the story of why things need to change and start anew. If you like creative writing, write a poem about the sounds you can hear right now. Pause, and listen to your surroundings for five minutes. What can you hear and how does it make you feel?  |
| **Day 29**  | **Theme: Hand** **Definition:** *1. The end part of a person's arm beyond the wrist, including the palm, fingers, and thumb.**2. A pointer on a clock or watch indicating the passing of units of time.***Writing tips:** Think about the phrase “a dab hand at…” – it means when someone is good at something. For example, “I’m a dab hand at painting”. What are your talents and strengths? Write about something you are good at. What is your advice for other people who might like to get good at it too? If you like creative writing, write a story about someone who lends a helping hand to another person. What was the situation and how did they help?  |
| **Day 30** | **Theme: Create** **Definition:** *To bring something into existence.* **Writing tips:** Well done! You have reached day 30 of the Penned By A Prisoner writing challenge. Today, try and create your own theme – you have been writing for a month and likely have started to have ideas about other things you could write about. Explore them! If you get stuck, use the theme to write about a time you created something from scratch. Maybe it was a meal, perhaps it was a drawing or maybe you made up a new game – it simply needs to be something you created yourself. Perhaps you could create paper flowers and animals to include in letters to loved ones on the outside?  |

**There will be more Penned By A Prisoner daily writing challenges created so if you like them, please ask the member of staff who gave you this for the next ones! Happy writing ☺**