

your update

Issue 3

For all people in prison / March 2020



Let your words out!

Are you a budding writer, or have you 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!



Day 1

Theme: **Space**

Definition

1. A continuous area or expanse which is free, available or unoccupied.
2. The physical universe beyond Earth's atmosphere i.e. outer space!

Writing tips:

- How do you find mental space?
- Perhaps you enjoy meditation, reading or yoga?
- Maybe you escape into a book?
- Write about your favourite ways to relax.
- If you like creative writing, tell a story or write a poem based in outer space!



Day 2

Theme: **Journeys**

Definition

1. To travel somewhere, either physically, mentally, emotionally or spiritually.

Writing tips:

- What journeys have you taken – perhaps you've been on a personal journey of change
- Maybe you've taken a musical journey – has your taste in music changed or developed over your lifetime?
- Who are the artists and bands that everyone should listen to and why?
- If you like creative writing, tell a story or write a poem about a journey to the shops that turns into an adventure!



Next

If you have a pen, pencil and some paper, then you are ready to get creating. If you don't have these, then just put in a polite request with your Prison Officer when they next check on you.



Day 3
Theme: **Identity**

Definition

The characteristics determining who or what a person or thing is.

Writing tips:

- What are the elements that make you 'you'?
- Do you like certain foods or sports teams?
- Is identity based on your appearance or where you grew up?
- What makes you feel that you belong and are a part of a community?
- If you like creative writing, tell a story or write a poem about a case of mistaken identity!



Day 4
Theme: **Direction**

Definition

A course along which someone or something moves.

Writing tips:

- What direction do you want to go in on release?
- What direction led you to prison?
- Share your experiences and hopes for the future.
- If you like creative writing, tell a story or write a poem about a person, animal or thing getting lost in a maze.
- How did they get there and do they find their way back?



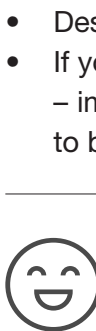
Day 5
Theme: **Music**

Definition

Vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion.

Writing tips:

- Do you play an instrument?
- How do you feel when you play?
- Imagine yourself playing an invisible instrument – what does it sound like?
- Is the instrument well-known, like a guitar, or one you have invented?



Day 6
Theme: **Humour**

Definition

The quality of being amusing or comic.

Writing tips:

- Share your funniest memory - what happened and why did it make you smile?
- If you like creative writing, tell a story or write a poem about a cat that could not stop laughing.



Day 7
Theme: **Countries**

Definition

A nation with its own government.

Writing tips:

- What country would you most like to visit and why?
- If you like creative writing, tell a story or write a poem about travelling to faraway lands.
- It doesn't have to be on Earth – it could be a country on another planet!



Day 8
Theme: **Inspiration**

Definition

The process of being mentally stimulated to do or feel something, especially to do something creative.

Writing tips:

- Describe the things that give you ideas and where you recommend others find inspiration.
- What is the most inspirational quote you've ever been told?
- If you like creative writing, tell a story or write a poem about an artist who couldn't think of what to paint
- Did they find inspiration in the end – what gave it to them?



Day 9

Theme: **Hats**

Definition

A shaped covering for the head, usually with a crown and brim, especially for wear outdoors.

Writing tips:

- What kind of hats do you wear?
- Think of all the different hats you 'wear' – maybe you are a mother, father, sister or brother?
- You might also be a baker, chef, hairdresser or painter? Maybe you like sports – are you a swimmer, runner or football player? Write about your favourite 'hat'.
- If you like creative writing, write a story or tell a poem about a hat that was blown away. Whose head was it on?
- Why were they wearing it? Was it a special hat and did they manage to catch it?
- Did they face challenges in getting their hat back? Who did they meet along the way?



Day 10

Theme: **Sentence**

Definition

A group of words that expresses a thought in the form of a statement, question, instruction or exclamation and starts with a capital letter when written.

Writing tips

- Try and be very creative today – write a two page story that finishes with the line 'The robin looked at me, chirped happily, and flew off into the sunrise'.

**Share your work
with a member
of staff so that it
can be part of the
#PennedByAPrisoner
project.**

