

DAY 25

DAYDREAM BELIEVER



Koestler Arts is a charity that encourages people in the UK's criminal justice system to participate in the arts. During the Covid 19 lockdown they've been publishing weekly Art Aid inspiration. Each Art Aid sheet has activities, and every activity can be done in a prison cell, with very limited materials and space.

Do

Think of a walk you can remember very clearly. Take some time to sit and think about it. Then write the most vivid and detailed description you can, taking the reader on a walk with you. It might be down the corridor, down the street or up a mountain. A walk through the countryside, along a beach, or through a town... Try to include description that involves all your senses – what can you see, hear, smell, feel and even taste in the air?

If you have more time...

Take a look at some of the entries Koestler receive from people in criminal justice settings across the UK. Be inspired by what people can achieve with limited materials and space and try more of their activities www.koestlerarts.org.uk/artforms/

Think

How clearly could you picture the walk in your mind?

How did details help you describe it in words?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



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Resources

Something to write with, and something to write on.