

Rediscover your child's eye



St Oswald's
Hospice

To get writing the physical act of seeing is even more vital than the ability to think of a plot or an idea – and it's often neglected.

Remember the first time you saw snow as a child? Magical right?

By the time we reach adulthood, our world is familiar and we don't really see ordinary things anymore. We register what we actually need to know and that's it.

To write we need to rediscover our child's eye.

We need to cultivate an artist's eye, to be aware of all those little details the ordinary person overlooks: the stain of coffee on a sugar lump, the clump of moss growing up through tarmac. These are the things that help to give our writing an illusion of reality.

Exercise

- Find something to look at in your garden
- What you choose is up to you
- It could be a spider's web, a brick wall, a cat, the leaf of a shrub, a flower, a tomato growing
- Be aware of pattern, light and shade
- Sometimes, just looking at things and noticing their peculiarities can give you ideas to write about
- When you have chosen your object, look at it intently for several minutes
- Imagine you're going to paint it
- Now do a word painting!

