

I know my place...



St Oswald's
Hospice

Explanation:

This exercise is a great way to use metaphor to explore our self-awareness

Excercise

Free flow write on the theme "I know my place....."

If you were a place what place would you be?

This could be a country, a continent, a building, a city, village etc.

Free flow write about the place.

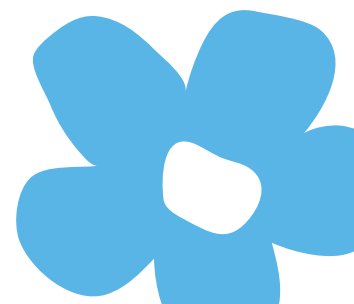
Is it busy? Quiet? Hot? Cold?

What goes on there?

Are you a happy/sad place?

Why do people visit you?

Begin with the statement "I am the Tyne Bridge....." or the name of your chosen place.



Example

I am Weston Super Mare, seaside resort
Tide coming in and out, salt smell in the air
Wide expanse of sandy beach, hot on little toes
Donkeys giving squealing children rides up and down the beach
Ice cream and candy floss stalls looking delicious
Smell of fish and chips fills my nostrils with tasty morsels
Sun shining for the holiday makers
Candy rock and “kiss me quick” hats
Couples walk along the prom.....
.....dodging skateboarders!
Little ones paddling in the waters edge, jumping the waves
A few little boats on the horizon
End of day.....
Donkeys and families go home
Stalls put to bed for the night
Sunset amazing
Red glowing sky
Best sunset I’ve ever seen
Time for bed now
Good night

