



# Let out of the box!

Write an original audio recording with radio producer Kirran Shah

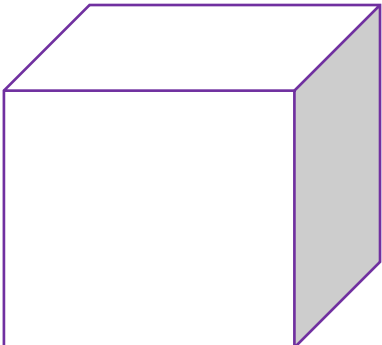
Break away from screens with writing activities from radio producer Kirran Shah. Create an original piece of writing, then learn to produce your own audio recording of your writing.

## Inside the box – creative visualisation warm-up

Draw a box on a piece of paper. Now imagine that you are inside this box.

- How big is it?
- What is it made of?
- What does it smell like inside?
- What does it feel like to touch?
- Which words below describe the feeling of being inside this box?

Hidden

Excited	Intrigued		Hopeful	Uncertain
	Safe			Contained
	Confused			
Frustrated	Worried			
	Surprised		Curious	Protected

**Can you think of any other words?**

## Let out of the box – main writing activity

Listen to the audio recording from Kirran Shah. To complete the exercises you will need a timer, a pen and some paper.

### **Narration from Kirran Shah's audio piece**

Imagine you are in a box, there is no lock, and you can move freely around inside the box. What do you see, hear, smell, touch, feel? What are the shapes, the sounds, the textures?

Write freely for 2 minutes.

Now, there is an opening in the box. What do you see, hear, smell, touch, feel? What are the shapes, the sounds, the textures? Do you have a hope or feeling about the future you would like to write down?

Write freely for 3 minutes.

Suddenly, you are OUT of the box! What do you see, hear, smell, touch, feel? What are the shapes, the sounds, the textures? Who is there with you? Who can you reach out to and connect with?

Write for 3 minutes.

You now have a choice. You might stay outside the box and explore. You might decide to stay in the box, or stay inside and keep the lid open...

Write freely about your choice for 2 minutes.

## Take it further: what boxes do you live in?

Perhaps you are living in a small space, or sharing space with lots of other people. Or perhaps you can only connect and speak with friends and family via phone calls or video calls. Perhaps the world has become a digital box – and you are learning online for many hours a day.

### **Activity: write a word burst of all the boxes that you live in**

A word burst means writing as many words as you can without stopping to think! Time yourself for one minute and try not to stop writing... Can you fill the minute with words?

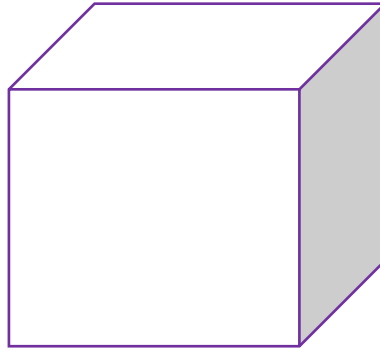
## What would it be like to freely emerge? To be let out of the box?

You will need your timer for this activity.

Take 10 minutes. Using the word bank below, try to write about the feeling of being let out of one of these boxes.

Try to keep your pen moving and don't worry too much about the final outcome. Just follow your mind, follow your hand.

contained, cocooned,  
held, safe, open, visible,  
isolated, anticipatory,  
waiting, discovering, hidden,  
surfacing, slowing,  
reaching, restricted,



agitated, frustrated,  
anxious, powerless,  
calm, connected,  
curious, grateful,  
included, protected,  
surprised, hopeful

Please don't refer to your phone or the internet for ideas or inspiration from others including writers or authors you admire – these exercises are about exploring your own thoughts and feelings and letting yourself release them.

**Take a break! Before you carry on, put down your pen, and take some time to relax. Perhaps look out of the window. What can you see?**

### Personal review

**The piece of writing you have created is for you. It's your creation and it's about your personal process. You may wish to edit it and turn it in to a more structured piece of writing or a poem. You may wish to leave it as it is. You may wish to simply let it go.**

Take some time to review your writing. You can use the following questions to guide your review:

- What did it mean to you?
- What did you feel?
- Would you like to go back and edit or change your piece of writing?
- Does it need a title?
- Does a title change the meaning or structure of the piece?
- What did you like about your creation?
- What would you do differently next time?

## Follow-up activity: turn your writing into audio!

Transform your writing into an audio recording. This is the chance to turn your writing into spoken word and listen back to your own creation.

Practise reading your writing out loud.

Does it change the meaning or context of your writing when you say the words out loud?

Does it help you to visualise your experience? To further explore and get curious about being **inside** and **outside** your box?

Can speaking your words help you to feel yourself freely emerging from your box?

Will you add to your piece or perhaps improvise during recording?

### Instructions for recording:

- You can use a smartphone inbuilt voice note / recorder. There are also free apps available for simple voice recording
- Please ensure you get the permission of the person who owns the smartphone if you are using another device that is not your own
- If possible, record yourself speaking in a quiet room
- Close windows and doors to limit background noise
- Hold the device steady or place it close to you, on a table in front of you
- Take a breath in and out before you press 'record'

### Tips for recording:

- Try thinking back to what you felt when you were writing. What did you want to express, to let out?
- Will you include the title (if you have one) of your piece of writing at the start of the audio, or perhaps experiment with the order of words? Or add more words?
- Speak slowly and take your time. Try to take a pause in between sentences
- Record for a maximum of 5 minutes so you can listen back with ease
- It doesn't need to be perfect! Have fun and express yourself

### Sharing your audio

Thinking about sharing your audio with friends and family?

If you decide to share your audio, please think about the best way to do so.

**Remember, your words are precious and belong to you. Share your words safely, and remind others to do the same.**