



FREE WRITING

OBJECTIVES:

- The aim is to help the inmate to start the process of writing his own texts about his situation.

CHALLENGES&TIPS:

Challenges can be that this is new and foreign to some inmates.

PRESENTATION

This is an example of a text that came out of a poem writing class by inmates at Romerike prison. The text is not written in rap form, but it is the result of a writing course, and we want to present it in the project.

The methodology used was to challenge the participants to free writing.

Free writing means sitting down at the computer or taking out the notebook. To limit the writing session, the student can set the stopwatch on e.g., 10 minutes. The point is to write without stopping, so as not to let the critic get away. When the student attends a writing course, he will meet this metaphor: When we write, there is a bird on each shoulder. One bird grumbles and nags that what you're doing isn't good enough: That sentence is bad, and what you just wrote is a cliché, the grammar doesn't measure up, etc. etc. It's the critical bird. The other bird tries to calm down, so that intuition and creative ideas can find their way down to paper. It is the creative bird.

In the initial stages of a writing project, it is important to free yourself from that one bird, the critic. The critic is necessary but must wait until you have printed some of the raw material.

To write is to think. Of course, we think without writing, but it can sharpen our thinking, it can help us see new patterns, discover new aspects of ourselves.

PARTICIPANTS: Writing teachers and students

SPACE: Classroom

DURATION: Different periods can be used for the technique. E.g. 4 x 90 min.

MATERIAL NEEDED: A computer and a program for writing (For example. World)