



"There is no greater agony than bearing
an untold story inside you."
- Maya Angelou

Expressive Writing

This work sheet includes a number of writing tasks
which aim to help you express yourself.
You can write in whatever style you like and you're
welcome to change the tasks to suit you - they are
there to inspire you to write and express yourself
creatively!



Time

How does the concept of time inspire you?
Write from a personal or imaginary standpoint about the past,
present or future, or the idea of time itself!

- Write about your earliest or most significant memory
- Write an exciting story about time travel
- Write a poem about everyday life
- Write a wish for the future
- Write about how you're feeling or what you're experiencing right now

Weather

How does the weather affect or reflect how you feel?
Write about the weather to capture the nuances of your
emotions or of an imaginary character.

- Write a story about being caught in a storm
- Write about a day when you enjoyed the weather
- Write a poem about walking through the rain
- Write a letter to the sun
- Write about how the different seasons affect your mood or outlook on life

Animals

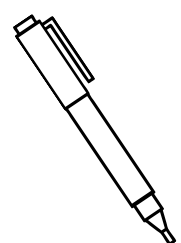
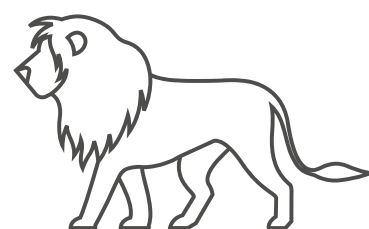
How do animals reflect certain qualities and characteristics?
Write about an animal or use animalistic imagery and adjectives
to create a more vivid piece of writing.

- Write about a time when you were courageous like a lion
- Write a poem about an animal you love
- Write a letter to your pet or an animal in the wild
- Write a story from the point of view of a whale or eagle
- Write about how a particular part of yourself reminds you of a certain animal

Travel

How does travelling help you ponder your experiences?
Write about a real or imagined journey on any mode of
transport, describing your thoughts and perspective.

- Write about a walk you had around your neighbourhood
- Write a story about travelling around another country
- Write a poem about being on a bus or train
- Write a letter to yourself imagining you're flying abroad
- Write about your usual journey to work or school and what you often think or feel



Writing is a fun and healthy way to express your thoughts, ideas, opinions, feelings and experiences.
Expressing yourself through writing can help you get to know yourself better, understand and process
your feelings and experiences, and communicate more easily with others.

