

WRITEGIRL PLANET

JOURNALING WORKSHOP
ISSUE NO. 3 • APRIL 13, 2020

SNEAK PEEK AT OUR NEXT WORKSHOP

COMEDY WRITING TIPS THAT
WILL MAKE YOU LAUGH

DIVE INTO YOUR JOURNAL

THREE CREATIVE ACTIVITIES

COLOR YOUR WORLD

A RAINBOW ARRAY OF
COLORFUL WRITING ACTIVITIES



PLUS

YOUR SELF-CARE TOOLKIT

writegirl™
www.writegirl.org



HOW TO USE THIS AT HOME

1 Stretch your arms up to the sky and take some deep breaths!



2 Grab your journal and a pen. (Or a sticky note - any paper works!)



3 If you start missing WriteGirl workshops, here are pictures of some mentees!

4 Browse this **WriteGirl Planet** and find something that intrigues you.

5 Take a break and go for a walk outside - safely physically distant from others, of course!

6 When you feel like you've achieved something, draw a big star on your work! (Or just give yourself a round of applause!)

SNEAK PEEK AT OUR NEXT WORKSHOP: COMEDY

THAT'S RIGHT! OUR NEXT WORKSHOP IS ALL
ABOUT WRITING COMEDY! WE'RE ALREADY
LAUGHING!



**COMEDY WRITING
ACTIVITIES FROM
WRITEGIRL STAFF
MEMBER & COMEDIAN
ALEX MCCALE!**



Having trouble getting your audience to giggle? You can add a comedic touch to your scenes and characters with just a few simple techniques. Since things can be funniest in groups of three, practice your comedy skills with these three simple writing prompts:

1

Write a funny character based on someone you know! Everyone is funny in their own way. Think about what makes your mom, your neighbor or your little sibling weird or unique. Then exaggerate that trait in a character to make it hilarious. Go for it. Take it really far. Does your baby sister think she can do everything by herself? Write an astronaut character who doesn't want anyone's help, because they can go to space "all by themselves!"

2

Write a 'Fish Out of Water' Scene! A "fish out of water" scene is a scene where one character doesn't fit in with the rest. This always provides a ton of comedy potential. Try putting a super clean, buttoned-up character in a scene with a room full of slobs, or put a tiny alien at a birthday party for pro basketball players. Explore all the ways that the character clashes with everyone else.

3

Write a scene with a big SURPRISE! Comedy is all about surprise. When crafting a comedic scene or story, look for places to surprise yourself and your characters. Does someone enter the scene with long blue hair that everyone thought was actually bald? GASP! Does your goofy character end up accidentally solving world hunger? WHAT?!

DIVE INTO YOUR JOURNAL

DEDICATION PAGE

- Open your journal to any page.
- Think about someone you care about and write their name somewhere on the page.
- Write some words on the page that describe them.
- Write down one physical characteristic about them. (Do they squint? Do they bounce when they walk?)
- Write one sentence about why you care about them or a sentence to thank them for how they inspire you.
- Is there a piece of advice they often give you? Write that down.
- Enhance the page - you can draw, add circles or lines or patterns to the page.
- Make it a fun dedication page to this person in your life.

MYSTERY PAGE

- Find another page in your journal.
- Do anything to the page except write on it! You could fold it, scrunch it up, tear it, poke holes in it, or a combination of all of those things.
- Try to do something to it that nobody else would do to their page...make it your own Mysterious Mystery page!

WRITING TIP

Always explore using your senses! Think about smells and colors too!

AFFIRMATION PAGE

- Pick another page anywhere in your journal!
- Write a short note to yourself. Give yourself a pep talk.
- Tell yourself something positive about yourself. Give yourself some good advice.
- Pretend that you are your own best friend - what advice do you want to give to yourself?
- Be kind. Tell yourself something warm, something supportive, something encouraging.
- Decorate the page, if you want to.

WRITING TIP

Don't be afraid to hype yourself up! You are your own hype person!

COLOR YOUR WORLD!

● Did you know that color can affect your state of mind and your emotions?

- Green is believed to help you feel calm and relaxed.
- Purple can inspire creativity.
- Yellow may make you happy.

- Did you know that color is so powerful that people have a harder time remembering things that are presented in black and white, as opposed to in color? Can you imagine if the **WriteGirl Planet** was in black and white? What if everything in your world was in black and white?

FLAMINGO PINK

SMOOTHIE ORANGE

SUNRISE PEACH

VINTAGE FADED GREEN

1. The Sense of Colors

Use this template to write a poem inspired by the colors above.

(Color) looks like...
It sounds like...

(Color) smells like...
It tastes like...

(Color) feels like...

Now, remove all the words that we provided in the template: "looks like" and "It sounds like" etc. Re-arrange all the words you have left into a color sensory poem. It doesn't have to make sense. It can just feel right! Trust your instincts.

WRITING TIP

It's okay to start over as many times as you want!
Writing is messy and we love that!

- A few WriteGirl staff members took a break from spreadsheets and emails to write a few sample poems for you, based on this writing activity. Here they are!

Remember When

By Lilliana Winkworth


Vintage Faded Green
Echoes in an auditorium
My worn out high school uniform
Vintage faded green
Toasted strawberry pop tart burns my tongue
Wet grass and muddy footprints
Glistening through a classroom window
Vintage Faded Green

Abuelita

By Andrea Ohlsen-Esparza

Vintage Faded Green
My abuelita's cardigan
Pearls of her necklace rubbing on her skin
Vintage Faded Green
Rosewater, Time and Oatmeal Cookies
Vintage faded green
A warm antique hug

Escape

By Sonya Singh 

Flamingo pink,
a tropical breeze
by the sea.

Like sorbet on a hot day,
flamingo pink
escape with me.

First Day

By Megan Bennett 

Sunrise Peach, sherbet melting in the heat
A fresh smoothie of tropical fruit
Sunrise Peach, subtle sweetness mixed with ocean spray
The soft rustling of sheer curtains in a beach bungalow
Sunrise Peach, the first day of summer break

Poolside Party

By Alex McCale 

Flamingo Pink
My favorite polka-dotted bikini and a big beach towel,
The laughs, the slurps of lemonade, the POP of a firework,
Freshly cut grass at my feet, the smell of chlorine in my nose,
And crisp juicy watermelon between my teeth.
Endless possibilities of a summer day!



SEND US
YOUR
WRITING

We want to read it! We will be launching a new WriteGirl blog (at some point, not tomorrow, but sometime soon!) and we want to publish your writing! Submit your work on the [Clubhouse Page!](#)





2 ● Fancy Schmancy Colors

Ever notice how many fancy names there are for blue?
Sky, turquoise, navy, azure, peacock...

Look around you. **Pick a color of an object, wall, or piece of clothing, and write a list of as many different names for that color as you can think of.**

Online shopping sites are a good source for descriptive names for things, but no, don't go shopping right now... keep writing!

A list is often a great way to start to write a poem. Just make a big long list, and then use the words in your list to write your poem.

You can write poems in ANY style you want! Keep writing lists, write upside down or write in one word sentences.

WRITING TIP
You can write poems in ANY style you want! Keep writing lists, write upside down or write in one word sentences.

3 ● Challenge: No Orange For You!

Write a poem about the color orange that never actually uses the word "orange."

4 ● Color Story Mashup!

Use all of the paint chip color names we gave you to create a short story using no more than five sentences.

THE WORLD AT YOUR FINGERTIPS!

Use these digital resources to explore the world from your room!

The Broad Museum's Infinity Room

You no longer have to wait in a long line to see this! [The Infinity mirrored room](#) from The Broad Museum in downtown LA is now available to view online!

Music to Your Ears

When the Chino Hills High School found out that their choral festival was canceled, they decided to perform their own virtual concert! Get inspired by these singers who found harmony at home. Watch the [Chino Valley Choir](#) perform "Somewhere Over the Rainbow!"

Better than Candy Crushing!

Coloring can be therapeutic! Here is a free printable coloring book created by Liz Climo - [A Little Coloring Book](#). It's part-cartoon and part-cute-funny-adventure.

Draw Where You Are!

Want to learn how to draw? Elle Luna, world-renowned artist, author, and creator of #The100DayProject is hosting free [drawing classes](#) via *Instagram Live*. Challenge yourself to create something visual every day. Keren Taylor is participating in the 100 Day Project this year - you can see her daily artworks on Instagram at [@kerentay](#).



SELF-CARE TOOLKIT

We hope you are all getting lots of rest, drinking plenty of water and taking shelter in your journals. Your journal is a great place to process your feelings, clear your head and spark new inspiration. Not sure what to write? Let these wellness-focused prompts stir up a new story!

During times of uncertainty, saying positive affirmations can help reframe your negative thinking. Try saying this mantra 10 times: "I choose to react positively to the situation I'm given." **Then write a scene with a character who lives by these words!**

Knock knock! Who's there? A joke...sort of! We may not be comedians, but laughter is the best medicine in times of stress. **Pretend you're a stand-up comedian and try to write a few jokes about your life.** As long as you make yourself laugh, it's a winner! Ahem... make sure the jokes are about you! We don't want to start some family feud, y'all!

Revisiting an old book can be a great way to find comfort when your current situation is unfamiliar. Next time you're reading a book you love, pick out a quote. **Write it down as the first line of a new poem and watch art inspire art!**

WHAT'S NEXT?



WriteGirl Comedy Writing Online Workshop

Ever wonder how a great sitcom makes everyone LOL? We'll help you find your funny at our upcoming online Comedy Writing Workshop. You bring your pen, your journal and your unique perspective. We'll bring the experts, the humorous writing activities and the ever-hilarious hostess, Clare Sera. Now that's a recipe for COMEDY!

Saturday, April 18th

11 AM - 12:30 PM

Via Zoom - watch your email for the link.

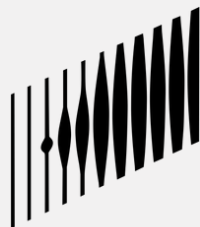


Note from Keren: We have refilled the chordittes, re-calibrated the whimperwickers and threaded the zimps through the pzorks to bring you a technologically-smooth experience for our next workshop, fingers crossed! Our last online workshop was a frazzled mess, due to the internet being swamped and some outages that day (not our fault, not that it matters, but darn it - it wasn't us!).

So, do-dee-do-do, do-dee-do-do (waving my hands up and down like I'm erasing your brain) let's just forget that day ever happened! Ok? See you on April 18th!



**SPECIAL
THANKS
TO:**



**SONY
PICTURES**



DEPARTMENT OF CULTURAL AFFAIRS
City of Los Angeles



SEND YOUR WRITING TO US!

We want to read it. We will be launching a new WriteGirl blog (at some point, not tomorrow, but sometime soon!) and we want to publish your writing! Submit your work on the [Clubhouse Page!](#)



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We're here
for you!



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