

THE WORLD OF M/OTHERHOOD

by Rebecca Tantony

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You will need: Journal, pen,
timer. **Timing:** 35 minutes.

TECHNIQUE

1 Free Write (10 mins)

Write down this opening sentence: 'The world of m/otherhood is ...'

At any point during this task try to include all of these words in your writing:

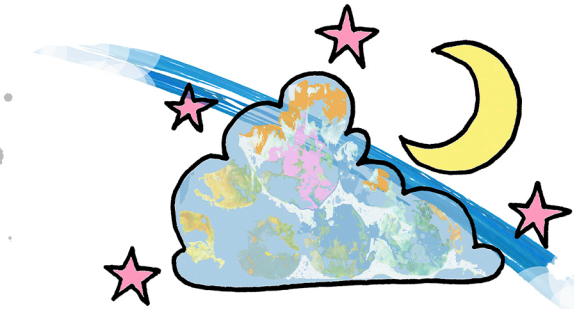
Light
Forgiveness
A park bench
The waiter
A tuna sandwich
Sunlight
My child
Love language



Set the timer and free write ...

Alternative opening sentences to try:
'Today I am...' or 'I see the sun rise...' or
'This home is...'

2 Read through what you have created.
Highlight a sentence that you like from your own work - it might be because it moves you, or it is funny or interesting in some way. (5 minutes)



The purpose of this activity is to access the place beyond logic, the to-do-list and practical thinking and instead let creativity and imagination lead. When freewriting, you try not to remove your pen from the paper, and write as fast as you can, allowing whatever you want to come out, in whatever form. There is no wrong or right, good or bad, there is just you expressing yourself.

3 Write this sentence at the top of a new page - this is the title of your next piece of writing. From here, create a poem or piece of writing which explores the idea, imagery or theme of this title. Just let creativity lead here, whatever you create is good enough. (15 minutes)



4 If journaling alone, find a mirror. Take a deep breath and share both these pieces with yourself. You are a valuable audience member, look into your own eyes and celebrate wildly once finished. If in a group, share with your fellow journalers.



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