

DAiSY: Get Writing Micro-podcast: Week 5 - Humans and animals

Hello it's Jackie Wills here with another writing exercise for DAiSY. I want you to think about when you were a child and what animal you imagined yourself to be. Did you gallop around the playground as a horse? Did you roar from under the table, believing you were a lion? Did you stretch out your arms when it was windy as if they were wings and you were a bird?

We tell children to be quiet as mice, we divide ourselves into cat or dog people. The myths of people changing into animals have existed throughout history and everywhere in the world. Many cultures believe we have our own spirit animals.

So the writing exercise this week is about pretending to be an animal, believing you are an animal or communicating with your spirit animal. You can approach it from any of those viewpoints or make up your own.

Most importantly enjoy the feeling of play as you write, of creatively dressing up. Choose an animal that makes you feel great, get into the conversation you have with that animal and the freedom it gives you to communicate with other animals.

Describe the sounds you make, the movements, what you smell and how you look.

And then is there a moment when you switch back to being human? Describe that moment.