

DAiSY Get Writing Micro-podcast: Week 12 – Blossom and the rhythm of seasons

Hello this is Jackie Wills again. So it's September, we're looking towards autumn and so our theme this week is blossom and the rhythm of the seasons.

You might want to do some research for this piece of writing but you could also use it to write imaginatively and freely about the changes that happen to all of us during a single year.

Start by writing a list of all 12 months from January to December. Leave yourself space under the name of each month to add more writing.

Now go through the year and write down what you associate with each month. Try and mix up natural and very personal things - so January, for example, might be the month of new resolutions as well as dark afternoons, a birthday or anniversary month.

Try and remember (or look up) when particular flowers or blossom come out. Which month do you associate with blackberries or new shoes, conkers, hay fever, swimming and ice-cream?

Do your moods change? Are there months when you see friends and family more often? Are there months that are better for daydreaming or sleeping? Do you associate objects with particular months? Perhaps July is the time you were given a special necklace, or the month you lost something? You can make things up too.

The main thing is to show the differences in the months and through these differences, the rhythms of a year.