

## The Bubbling Pot (Notes, March 28th 2022)

### Things to remember

- There is no right or wrong
- Be comfortable – this might mean lying down or walking about while you're doing these exercises
- These are just sparks, so if you find yourself on a different thread, follow it and don't look back
- Try to hold a sense of 'playing' rather than trying to make a 'finished' thing. These exercises are designed to help with the 'bubbling' bit of the creative process.
- Try to step around or move faster than your critical brain so that it can't get in your way.
- Setting a timer can really help if you're doing these exercises independently.
- Take a few seconds to come back to your body between exercises. Feel your breath. Wiggle your fingers and toes. Stretch.

### Grounding in the Body (5 minutes)

Close your eyes and feel the ground beneath you, whether you're sitting, standing or lying down. Use your breath to guide you and take a short body scan to connect with your body. Be kind to the bits that feel sore. Be gentle with yourself.

### Scribbling (3 minutes)

Think of this as a loosening up of the brain. Of a rubbing out of the critical voice we all have lurking somewhere. Just scribble. Maybe the lines make shapes, maybe they make words. It doesn't matter. Just let yourself follow the pen nib. If your brain is niggling, make a wee box in the corner of the page to drop 'to do' things or shopping lists so they can stop trying to draw your attention. Return to the flow. Use colours if you want to.

### Random Word Triplets (9 mins)

- One column – 20 things you can see (2 mins)
- One column 20 things you can't see (2 mins)
- One column – 20 Sensory words (2 mins)
- Pair two words from the columns and write a line or a couplet. As many as you can. (3 mins)

### Dancing (6 minutes)

- Begin a sentence 'when I dance it feels like...' and keep writing. When you run out of words, write 'when I dance it feels like...' again and keep writing. (3 mins)
- Begin a sentence 'when I see you dance...' and keep writing. When you run out of words, write 'when I see you dance...' again and keep writing. (3 mins)

### Drone (5 mins)

- Listen to the drone and let a melody emerge. Try to start with one note and let it slowly move along to the next note. Slow yourself down and enjoy the sound and feeling of the notes. You don't need to rush it. The melody doesn't have to be the same every time, just let it float around for a while. If you find something you like, record it.

### Three Beat – listening (10 mins)

- Make three big marks on your page to represent the beat.
- Listen to the beat and draw some different shaped patterns along the top.
- Start to sing from the sparks the shapes of your drawn melodic lines.

### Four Beat - sounding (10 mins)

- Listen to the beat and start off by clapping or sounding along with the rhythm.
- Choose a word from your dancing writing and start saying it along with the beat. Try lots of different rhythms.
- Let the rhythm of the word slowly expand into melody, and then start to let other words join in if they want to.