

## **Creative writing and media workshop**

With Alexandra Juhasz

Tuesday March 20th

Aim:

Explore our presence on social media and the contestation  
of fake/hegemonic news through creative means.

Time	Topic/aim	Key contents/ questions	Method	Resource	Facilitator
7pm 20m	1. Intro to workshop	<ul style="list-style-type: none"> <li>Alex and her history working with this</li> <li>Aim: Explore our presence on social media and the contestation of fake/hegemonic news through creative means.</li> <li>Basic programme logic and steps and time of finishing.</li> </ul>	<b>Everyone sitting in a circle:</b> <ol style="list-style-type: none"> <li>round of names</li> <li>Alex introduces herself and ideas</li> <li>Intro to this DDN workshop (aim, logic of embodied to virtual, and steps during the evening from the topics column)</li> <li>Apologies from Helen (please).</li> </ol>	2 copies of workshop plan	Alex Claudia
7:20 15m	2. Check in	Ground ourselves in our feelings and express them	<b>In a circle standing with everyone facing outwards:</b> <ol style="list-style-type: none"> <li>Think of a word that describes how you're feeling right now</li> <li>Think about your body from toes up, to your head and out to your fingers. Try to make a movement that expresses the word you thought of. Practice it once for yourself and turn when you're ready.</li> <li>In a flowing round each presents their movement and says their word if they wish.</li> </ol>		Claudia

<p>7:35 30m</p>	<p>3. Free fall embodied writing</p>	<p>Ground ourselves in our bodies</p>	<ul style="list-style-type: none"> <li>• Everyone finds a space on the floor and lies down, placing a notebook and pen next to them.</li> <li>• Emphasise that nothing they write afterwards will be seen or heard by anyone unless they decide to share</li> <li>• Eyes closed and hands by their sides (unless physical problems or other pain).</li> <li>• <b>Speaking slowly, calmly and softly the facilitator starts by:</b> <ol style="list-style-type: none"> <li>a) Getting people to be aware of the sounds in the room (1m)</li> <li>b) Then focus on own breathing and heart, take a few deep breath into the lungs and torso (1m)</li> <li>c) Then feel the weight of gravity pulling down (slowly read each part and count ten seconds each time) feet, calves, thighs, torso, chest shoulders, neck, head arms, hands (2m)</li> <li>d) Ask participants to focus on how their body feels, where there is tension, or tingling or aches, if this is connected to an emotion (2m)</li> <li>e) After those two minutes, gradually open eyes, sit up slowly or roll over and write those bodily sensations in the notebook. (5m)</li> </ol> </li> </ul>	<p>Notebooks Pens</p>	
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Time	Topic/aim	Key contents/ questions	Method	Resource	Facilitator
8:05  40m	4. Work on virtual reality	<ul style="list-style-type: none"> <li>• Think about how your body is located/ performed in virtual reality</li> <li>• Think about how embodied creativity might contest manipulations of social media</li> </ul>	<p><b>Work from the body into virtual media or how your traces shape the online space in one of the following ways (or others if people want):</b></p> <ul style="list-style-type: none"> <li>• Visual collage/texts about the in-between of embodied and virtual spaces,</li> <li>• Combinations of embodied writing and online writing</li> <li>• Poetry “news” or “truthpomes” in relation to news items or fake news</li> <li>• Rearrange the same words of a manipulative (fake/ hegemonic version) news item to create a contesting text (prose/poetry/ with or without image)</li> <li>• Creative reflections on your own presence/ performance on social media (twitter, fb, instagram etc)</li> <li>• Film or video script to counter official or fake news</li> <li>• Group spoken word performance as collective textual creation (using embodied writing and social media writing?)</li> </ul>	<ul style="list-style-type: none"> <li>• Laptops: online texts</li> <li>• Printed versions of selected online texts (news/ fake news items)</li> <li>• Notebooks and pen</li> <li>• Old magazines/ newspapers</li> <li>• Coloured pens</li> <li>• Pastel and/or wax crayons</li> <li>• Glue sticks</li> </ul>	
8:45  10m	Break	Maybe people could bring their own snacks and a drink?	Put work in a “gallery” on walls or pinboards around the room (or place on floor) so everyone can see what’s been done	Masking tape or pins Water, biscuit, coffee or tea?	
8:55  50m		Include any other questions or issues Alex wants to flag up	<p><b>Final plenary discussion</b></p> <ol style="list-style-type: none"> <li>1. How was the process of moving from (or between) embodiment to virtual?</li> <li>2. What did it provoke?</li> <li>3. What reflections did you have about your presence/ performance on social media?</li> <li>4. What strategies did you explore in contesting fake or official versions of news?</li> <li>5. How can creative writing or multi/media work function as a way to establish space for our “truths” versus dominant thinking around patriarchy, heteronormativity, racism, classism, capitalist colonialism etc.</li> </ol>		

<b>9:45</b>	<b>Evaluation of workshop</b>	Get feedback for future events	<b>Individual sheets</b>	Evaluation sheets Pens	
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