

By Annie Higgins

Creative Journaling Prompts

Writing our thoughts gets ideas out of our heads and into a new context. It becomes far easier to play around with these thoughts, see them for what they are and make new creative connections between them. At first, it can be difficult, we often associate creativity with an end product and feel pressure to write something 'good' or 'original' which can make us avoid even starting. However, creativity is play and can be about exploring our thoughts and opinions without worrying about presenting a finished piece to other people. Ask yourself how you connect with nature and queerness, use these prompts as a starting point and allow yourself to follow the ideas that interest you. There are no rules here!

Materials

Pens
Pencils
Paper or journal

OPTIONAL:
Stickers
Washi Tape

1

FREE WRITING

Set a timer for 5 minutes and start writing whatever comes to mind.

Break through any blank-page anxiety and just start writing. If it helps, try starting the page with a big scribble or just introduce yourself – anything to get your pen moving on paper. Then spend five minutes putting down any thoughts as they come. Try not to judge what you write, it's all about warming up and getting used to writing while you think.



2

COLLAGE POEM

Read through what you've just written. Highlight any lines that stand out to you and list them on a new page.

What happens when you rearrange these ideas? Can you change the meaning? Can you bring together two unrelated thoughts into a new idea?

Try to create a poem using only what you've already written. Make a note of anything that comes to mind or interests you while you play with these words.

3

CREATIVE RESPONSE

Find a piece of writing, image, or video that made you think about nature or queerness – or both! It can be positive or negative.

Look at this piece of media again and ask yourself what it means. What is it saying? What language or imagery does it use? How does it make you feel?

Now write a response to this piece – it could be a letter, a song or poem. Focus on how you feel and what you would like to say to whoever created the piece in front of you.


4

SENSORY WRITING

Write a description or poem of an experience of being in nature.

Play with perspective – what would your garden or local park look like if you were 5cm tall? How would it feel to be a tree in the middle of a city? Does your queer identity affect how you feel in nature?

Try to be as specific and descriptive as possible, use all of your senses, and look back to any words or ideas you've gathered in your other writing if you get stuck!





5

GATHERING WORDS

If you're struggling to find a starting point, or for inspiration, you can generate a list of words to incorporate into your writing.

To help you focus on Queer Nature try this:

Write down 15 words you associate with climate change and 15 words you associate with Queer identity.

Create a poem that includes at least 3 words from each list.

To challenge yourself to think creatively and make new connections try this:

Flip through a book and choose a random word from a page. Repeat until you have 10 random words.

Challenge yourself to make these random words seem like they belong – you may be surprised at the connections you can make!

6

FOCUSSED WRITING

Read over all the writing you've gathered so far. Notice what you've focussed on. Are there any ideas or words that keep coming up? Have you made any connections between queerness and nature? Why/why not?

Make a note of anything that you notice and repeat the free writing exercise from prompt one.

This time, try to focus on Queer Nature. Hopefully, your head is now full of thoughts and ideas inspired by the previous prompts.

It's easy to forget that our ideas have value. If your perspective is often ignored or silenced then you may feel ashamed of recording your thoughts, or pressured to create something 'worthwhile.' Journaling can be playful and relaxing but it can also help you reclaim and organise your ideas.

Celebrate the writing you have in front of you now – it may be scrappy and unfinished but it's all yours! Whether you use your writing to inspire larger creative projects, or just to get to know yourself better, the more you allow yourself to release your thoughts onto a page, the more comfortable you'll become with seeing and engaging with your ideas out in the world.

Self-knowledge and expression is a powerful thing.