



Creative writing-
Writing Sprint

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Creative Writing Through Visual Thinking

Trainer Activity Sheet

Activity Title

The Parrot and the Open Sky

Duration

30 Minutes

Age Group

8–14 Years

Objective of the Activity

This activity helps students:

- Understand emotions through visual interpretation.
- Develop empathy by imagining another being's feelings.
- Explore themes such as freedom, dreams, hope, courage, and perseverance.
- Strengthen speaking and creative writing skills.
- Learn how a simple image can inspire deeper thinking and storytelling.

This activity encourages students to think beyond what they see and explore what a character might feel, dream, and desire.

Materials Required

- Illustration of a parrot sitting inside a cage while looking at the open sky.
- Notebook or writing sheet.
- Pencil or pen.

Instructions for the Trainer

Display the picture without explaining it.

Allow students to observe quietly.

Tell students:

“Today, we are going to look beyond the picture. We will try to understand what the parrot might be thinking, feeling, and dreaming.”

“There are no right or wrong answers. We are interested in your ideas.”

Part 1: Observation and Speaking (20 Minutes)

Step 1: Silent Observation (2 Minutes)

Ask students to carefully study the picture.

Encourage them to notice every detail.

Do not provide hints.

Step 2: Guided Discussion (18 Minutes)

Allow students to express their thoughts freely.

Ask follow-up questions whenever possible.

Observation Questions

- What do you see in the picture?
- Where is the parrot?
- What is the parrot looking at?
- What do you notice about the sky?
- How does the parrot appear to be feeling?

Feeling Questions

- Do you think the parrot is happy or sad?
- Why might it be looking at the sky?
- What do you think it wishes for?
- What emotions does this picture create in your mind?
- Have you ever wanted something very badly?

Imagination Questions

- What if the cage door suddenly opened?
- Where would the parrot fly first?

- What would it say to the clouds?
- What adventures might it have?
- Who might it meet in the sky?

Symbolic Thinking Questions

- Could the cage represent something other than a real cage?
- What does freedom mean to you?
- What dreams might the parrot have?
- Why do people often dream about flying?
- Can a person have a cage even if there are no bars around them?

Personal Reflection Questions

- Have you ever felt restricted from doing something you wanted?
- What is one dream you hope to achieve someday?
- What helps people keep hoping when things seem difficult?
- Why is it important to keep believing in our dreams?

Trainer Notes

Encourage students to explain their answers.

Use prompts such as:

- Tell me more.
- Why do you think that?
- What happened next?
- How would the parrot feel then?
- Can you imagine another possibility?

Focus on imagination and emotional depth rather than grammar.

Part 2: Preparing for Writing (2 Minutes)

Tell students:

“Now it is your turn to become the author of the parrot’s story.”

“You are not writing to impress anyone.”

“You are writing to understand the thoughts of the parrot.”

“Allow your imagination to guide you.”

Writing Mindset for Students

Ask students to:

- Sit comfortably.
- Focus only on the picture.
- Ignore distractions.
- Trust their thoughts.
- Keep writing even if they are unsure.

Tell them:

“The parrot’s dream is waiting for you to tell its story.”

“Do not stop to find perfect words.”

“Write what feels true in your imagination.”

Part 3: Creative Writing (10 Minutes)

Maintain silence throughout the writing period.

Keep the picture visible.

Students will write:

One Short Story

Guidelines:

- Maximum one page.
- The parrot should be the main character.
- The story may be realistic or magical.

- Include the parrot's dream or hope.
- Focus on one central idea.

Optional Story Starters:

- Every morning, the parrot looked beyond the cage...
- The sky seemed to be calling his name...
- One day, something unexpected happened...
- The parrot had a secret dream...

Extension Challenge (For Advanced Students)

Ask students:

“What if the cage never opens?”

“Can the parrot still remain hopeful?”

This encourages deeper thinking about resilience, patience, and inner freedom.

Closing Reflection

Invite students to share:

- One favourite sentence from their story.
- One feeling they experienced while writing.
- One lesson they learned from the parrot.

Conclude by saying:

“Dreams often begin long before they come true. Just like the parrot looking at the sky, many great journeys begin with hope.”

Key Theme for Trainers

This activity focuses on **longing for freedom, hope, patience, and the courage to keep dreaming even when circumstances are difficult**. This often leads to deeper and more reflective writing from students.

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