

## FIVE MINUTES WRITING



### MAIN FEATURES

Reinforced skills (TASC Cluster)	AIM
Suitable for	Teachers, Students
Difficulty level	Low
Setting	Individual, Group
Minimum number of participants	1
Average time length	15 minutes
Special material	No
Online version	Yes



## 1. DESCRIPTION

5-minute writing is one of the best ways to reflect on one's own experience or work on hypotheses as well as to improve writing -- and reading -- skills. Setting aside 5 minutes for a daily writing exercise is an excellent way to ensure that participants will get writing practice each and every day. This is a quick, simple and fun 5-minute writing activity.

It can be about ANY topic or it can be related to a SPECIFIC situation regarding the classroom climate. It's also a great exercise to stimulate empathy, imagination and creativity.

## 2. AIM / BENEFITS

Participants will

- respond to a daily writing prompt in less than 5 minutes.
- to reflect their own experience.
- learn to gather and form thoughts, clarify their goals and expectations under time pressure;
- develop time management skills.
- improve writing skills (over time).

## 3. RELATED COMPETENCIES CLUSTER(s)

TASC CLUSTER: AIM

### *Why*

The exercise is perfect to reflect on participants' experience or work on hypotheses ("Suppose that..."). It helps to clarify participants goals and expectations which can consequently help them identify what action can be taken, at classroom climate and/or at teaching/learning level, to reach such goals.

## 4. HOW TO DO THE EXERCISE

### *Step 1 / Preparation (5 min)*

- Tell the storyline: for 5 minutes you're going to write about whatever you want.
- Tell the participants (e.g., students) that the goal is to write as many ideas as possible. Spelling is not the focus in this activity. This increases their confidence levels and encourages them to keep on trying.
- Ask the participants to fix their mind on one general topic. It could be something that's been troubling you, or it could be a part of your identity that you're figuring out. It doesn't matter what you pick, just that you pick something.



- The easiest way to conduct this activity is to ask the participants to write down their emotions, thoughts, feelings considering one or another topic/accident which took place recently in the classroom.
- Or another option is to ask participants to write about the specific topic/accident from a different person's perspective or to clarify their feelings and thoughts on a hypothetical situation. When a student is allowed to choose his own goal, he is more likely to be motivated to work and accomplish it (Schunk, 1996). Choices provide the student with feelings of ownership and a deeper sense of personal responsibility and pride in his work.
- Now, give your participants a blank piece of paper.

### Step 2/ Application (5 min)

Set the timer for 5 minutes and let participants use that time to respond to the question/writing prompt of the day.

### Step 3 / Evaluation (5 min)

Let the participants present their thoughts and feelings. Writing is an exploration and freedom. It delves deep into a person's thoughts and feelings.

## 5. DEBRIEF

Taking 5-10 minutes, the facilitator asks the participants to share their experience in plenary. Through writing, participants (e.g., students) observe their thoughts, sit with their emotions, and offer themselves and each other compassion and sharing about their struggles. They realise that nobody is perfect and nobody's life is perfect. In this kind of classroom community, they can take the necessary risks in order to learn, and they become more resilient when they stumble. Creating a safe, respectful environment in which students' stories matter, invites the disengaged, the hopeless, and the numb to open up.

## 6. SPECIFIC MATERIALS

- A timer (It can be an old-fashioned timer or you might project on a screen this Online Stopwatch.)
- Some writing prompts.
- A pen or pencil and a piece of paper or a computer with a functioning keyboard.

## 7. TIPS AND TRICKS

Some variations to use as a starter for younger learners:

- I like



Teachers And Students improving  
School Climate together



Co-funded by the  
Erasmus+ Programme  
of the European Union

- 
- I remember
  - I hate
  - I can
  - I love
  - I want
  - I will
  - I can't

Substitute your own.

## 8. ON-LINE VERSION

The website [www.spatial.chat](http://www.spatial.chat) can be an alternative online platform to be used in running this exercise.

## 9. REFERENCES

- [5-Minute Writing: A Daily Activity](#)
- [The 5-Minute Writing Technique To Feel Better Now](#)
- [This 5 Minute Writing Exercise Will Make You A Better Writer For The Rest Of Your Life](#)
- [5 Minute Writing Activity-Descriptive Lists](#)