

# Leaf in the Wind

by Rebecca D'Souza

## Introduction

### Brief Introduction

In 1997, Kuwait, I was born to a Mauritian mother and an Indian father. I completed my primary education in Kuwait before returning to Mauritius in 2009, where I then completed my secondary education. I earned a bachelor's degree in art history from The Maharaja Sayajirao University of Baroda, Gujarat, India, in May 2021. By the end of 2021, I returned to Mauritius, and as from 2022 I worked as a teacher in primary schools, S.E.N.S. Busy Bees and Hampstead Junior School. Since January 2023 till present, I have been working as Project Lead at The Talent Factory, a public and media relations agency.

I led "Exploring Creativity through Poetry" for children aged 5-9, and teenagers aged 10-15, at Caudan Arts Centre in July and August 2024. Followed by a creative writing workshop for young adults aged 13-25 in February 2025 titled "Halfway down the river", during Caudan Arts Centre's Youth Arts Festival.

I am passionate about life-long learning, and I look forward to sharing my love for creativity and valorising the potential of the human imagination that is found in children and adults.

### "Fostering creativity in individuals through poetry"

My strong urge to foster creativity in individuals through poetry is rooted in the belief that poetry offers an accessible avenue for self-expression, imagination, and emotional exploration. Poetry has the ability to transcend linguistic barriers, allowing individuals to communicate their thoughts and feelings in a way that is both liberating and empowering. Through the possibilities of language and the rhythm of verses, individuals can discover the joy of playing with words, painting vivid images with their thoughts, while expressing their emotions. Poetry, in other words, encourages curiosity, introspection, and a sense of wonder - qualities that are fundamental to a child's development. By engaging with the poetic process, individuals not only enhance their language skills but also cultivate a connection with their own creativity.

## Objectives of the Workshop

1. Encourage self-expression through metaphor and narrative.
2. Foster emotional awareness by exploring internal and external forces of change.
3. Promote connection among participants through a shared creative space.
4. Introduce teenagers to multiple forms of literary writing—prose, poetry, and letter.
5. Support creative freedom while guiding structure and form.

## Workshop Overview

| Time          | Activity                                                                                                                                                                                                                                                  |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 14:00 - 14:10 | <b>Welcome &amp; Introduction</b> <ul style="list-style-type: none"><li>- Meet the teacher and participants</li><li>- Introduction to the theme <i>Leaf in the Wind</i></li></ul>                                                                         |
| 14:10 - 14:30 | <b>Part 1 - Creative Writing Prompt</b><br>“What is the wind like to me?” <ul style="list-style-type: none"><li>- Each participant writes a short story or dialogue between the wind and the leaf.</li></ul>                                              |
| 14:30 - 14:50 | <b>Part 2 - Free Verse Poem</b><br>Turn your scene or emotion into poetic form, exploring rhythm, tone, and imagery. <ul style="list-style-type: none"><li>- Free verse guidelines will be provided.</li></ul>                                            |
| 14:50 - 15:00 | <b>Toilet &amp; Snack Break</b>                                                                                                                                                                                                                           |
| 15:00 - 15:20 | <b>Part 3 - Letter Writing</b><br>Write a letter <i>from the wind to the leaf</i> or <i>from the leaf to the wind</i> —a reflection of support, change, or transformation.                                                                                |
| 15:20 - 16:00 | <b>Part 4 - Story Completion &amp; Sharing</b><br>Each participant writes their story on a part of a <b>unified artwork</b> . <ul style="list-style-type: none"><li>- Optional story sharing.</li><li>- QR code for follow-up with the teacher.</li></ul> |

Note 1 | Number of participants per workshop: 12

Note 2 | Basic materials will be provided to all participants. However, participants are encouraged to bring any additional supplies they feel may enrich the creative process—particularly for illustration—ensuring that they have access to what they need.

Note 3 | During the designated break, it is the participant’s responsibility to bring along a snack.

16 August

## Leaf in the Wind

### A Creative Writing Workshop for Teenagers

**Date:** Saturday 16 August 2025

**Time:** 2-4 p.m.

**For:** Teenagers aged 11-16

#### Workshop Content

In this 2-hour creative writing session, teenagers are invited to explore identity, emotion, and imagination through the metaphor of a **leaf carried by the wind**. Here, **the leaf represents the teenager**, while the **wind becomes a figure of movement and influence**—it can take the form of a person, a memory, a feeling, or a situation.

Participants are encouraged to become **storytellers through creation**, using writing as a tool for connection, expression, and discovery. This workshop provides a space where each voice matters and where storytelling becomes a pathway to understanding one's own journey.

#### Workshop Structure

Each writing exercise represents one part of a creative process, explored through three forms of writing: creative prose, free verse poetry, and letter writing, culminating in the completion and optional sharing of each participant's work. Inspired by the metaphor of the *leaf and the wind*, the leaf represents the teenager—light, searching, and in motion—while the wind embodies the forces, people, or moments that shape their direction and experience.

Across the three exercises, participants are guided by sensory prompts—a situation, a colour, an emotion, a word, and a sound—which they may choose to weave into their writing. The goal is for each participant to create a layered narrative that follows the leaf's journey through changing winds, reflecting on how they respond to movement, resistance, guidance, and transformation.

## Part 1: Creative Writing Prompt

Each participant writes a short story or dialogue between the wind and the leaf, addressing questions such as “What is the wind like to me?”, “Where is the wind taking me?”, and so on.

## Part 2: Free Verse Poem

In this part of the workshop, participants will take the scene, idea, or emotion they explored during their creative writing and translate it into a **free verse poem**. This is an opportunity to move away from structured storytelling and embrace a more fluid, expressive form. Participants will be encouraged to focus on **rhythm, tone, and imagery**—how the words sound, what they feel like, and the pictures they paint in the reader’s mind.

Poems can be addressed to the wind, from the wind, or simply observe the world from the leaf’s perspective.

✦ *Free verse guidelines will be introduced to guide participants, highlighting key principles such as flexible line lengths, natural speech patterns, and the use of vivid imagery and emotion.*

### Free Verse Guidelines:

No fixed meter or rhyme scheme

Free verse poems do not follow a set rhythm or rhyme pattern. Unlike traditional poetry, there is no need for lines to rhyme or follow a specific beat—allowing the writer to focus more on meaning and mood than on structure.

Flexible line lengths

Lines in free verse can be as short or as long as needed. This flexibility allows writers to match the natural rhythm of thought or speech, and to emphasise particular ideas or emotions.

Natural speech patterns

Free verse often sounds like everyday conversation. It allows the writer to use their own voice, making the poem feel more authentic, relatable, and emotionally honest.

Creative use of punctuation & line breaks

Poets are encouraged to use punctuation and line breaks in unique ways. These choices can influence how the reader experiences the flow, pause, and meaning of the poem, adding depth and intentionality.

### Emphasis on imagery & emotion

Free verse relies heavily on vivid images and strong emotional expression. Writers are encouraged to paint pictures with words and explore how they feel, focusing on sensory details, metaphors, and personal experiences.

## Part 3: Letter Writing

Here, participants write a letter *from the wind to the leaf* or *from the leaf to the wind*—a reflection of support, change, or transformation.

## Part 4: Story Completion & Sharing

Each participant writes their story on a part of a **unified artwork** they help create.

- Optional story sharing.
- QR code for follow-up with the teacher.

## Takeaway

Each participant will leave with a piece of a unified visual artwork that contains their written creation—a small part of a larger story, symbolising that we each hold a place in the world and that every voice has meaning and a role to play within the greater whole.

## End of workshop

## Note

The workshop concludes with participants being encouraged to share their work which aims at encouraging interaction amongst participants, and fostering an inclusive learning environment.

## Bring along

- Water / drinks
- Snacks
- Writing and illustration materials

END OF DOCUMENT