

Hidden Voices

Collect Song Writing Themes

This activity will help you beat writers' block by timing yourself against the clock! The more you do it, the quicker you'll get a writing song lyrics.



1. Take a piece of paper and pen, set a timer for **6mins**, write down thoughts that come to your head, it doesn't have to make sense, don't stop and don't look back, just keep writing even if it is nonsense.

2. Don't read it back until you've done the same exercise at least **5 times** (you can do it on different days).

3. Look back over your writing and highlight interesting words or sentence that are surprising.



4. Do this with all of your writing and see if any of the words or sentence are similar.

5. If they are, write down a 'theme' word to group them all together.

6. Themes are great starting points for songs. Then think about feeling words, stories about the theme. You could always start your 6 minute writing session with a theme in mind first, but it's actually better to catch words with an open mind!

