

Write to One Another – Postcards

A reflective writing exercise that invites participants to pause, express their thoughts and strengthen group connections through anonymous postcard exchanges.

Objectives

- Strengthen group cohesion and transmission.
- Encourage individual and collective reflection.
- Develop reflexivity throughout the creative process.
- Foster interpersonal communication.

Context of use : At the end of the first week of a residency or collective project, followed by a second session at the beginning of the following week.

Target group / Age range : 10 years and over.

Number of participants : 10–20 participants.

Duration : First week 15–30 minutes / Second week: Approximately 30 minutes.

Materials needed : Blank postcards, pens or pencils, optional creative materials (markers, paint, coloured pencils, collage materials, etc.).

Step-by-step process

First week

1. Invite each participant to write an anonymous postcard to another member of the group.
2. Encourage them to describe how they experienced the week, a memorable moment or something they would like to share.
3. Participants may also draw or decorate their postcard.

Between the two sessions

4. Randomly distribute the postcards so that each participant receives one.
5. Invite everyone to write a reply before the next session.

Second week

6. Gather the group in a circle.
7. One by one, participants step into the centre and share one idea, sentence or feeling from the postcard exchange that they would like to carry into the second week.
8. Display the postcards in the working space so participants can discover the group's different voices and experiences.
9. At the end of the project, each participant keeps a postcard as a personal memory of the experience.

Key points / Things to pay attention to

- Make sure everyone writes a reply and brings it back for the second session.
- Before inviting participants to read or share excerpts, check that everyone feels comfortable doing so.
- Emphasise that honesty and respect are more important than writing skills.

What it creates / Why it works : Writing creates a moment of reflection and helps participants take a step back from the creative process. The postcard becomes both a symbolic exchange and a lasting memory of the group's shared experience.

Possible variations : Invite participants to write a postcard to every member of the group. - Ask participants to write a postcard to their future selves, describing their goals or hopes, and send it back to them a few months later.

Keywords / Themes : Reflection, Group cohesion, Creative writing, Interpersonal communication, Collective memory

Reference person / Credits : Developed and tested during the Places Publiques 2026 programme by Emilie Perron and Nicolas Debaive.