

## Concept Note

Research shows that the human brain processes information better when putting pen to paper, rather than typing. Writing is linked to improved creativity, critical thinking and problem solving skills. However since the advent of the Internet and computer technology, more and more people prefer typing to writing.

With the way things are going now, it is important to bring to light the benefits of writing, and have people see for themselves how different and therapeutic the experience of writing can be.

When I think of writing, I go back to my school days when we learned to write in cursive writing books, where alphabets were written in dotted letters and we were to follow the dots and connect them to make words. With this as my inspiration, my final product is a writing workbook with different exercises and activities designed to get your hands moving and your thoughts flow.