Moment of mindfulness
• Close eyes, recognize how you are feeling right now and sit with it
• Take deep breath in, then out

Question Series
• These series of questions are meant to stimulate different ideas
• Short answer (1-3 lines) – can go literal or metaphorical. Can respond with your personal answers or those of a character you’ve been working with
• Keep these to yourself; you will use them in the next part of the prompt.

Questions
• Where are you now? Are you sitting, standing?
• What is outside your window or the space where you are writing?
• Name an object in the room with you.
• Describe the object using 3 sensory details.
• Name an object that you can’t see right now but that is important to you.
• Describe it using 3 sensory details.
• Describe a gift you gave to someone.
• Describe a gift someone gave you.
• Share something that a friend told you recently.
• What is the last thing you told someone before going to bed last night?
• Tell me a secret.
• Tell me something that surprised you (in a good or bad way).
• Tell me about something that made you happy recently.
• Tell me about a meal you shared with someone.
• Tell me a place that you love.
• Describe a place where you or someone you love has lived.
• Name a song you listened to recently.

Free write
—Take the answers to at least two (2) of these prompts and then weave them into your writing in any genre. You can use more if you’d like. (15 minutes)
—There is a moment when light or another element (darkness, water, fire) comes into the room. What happens in that moment? (Additional 5 minutes)