

Getting Started Activity #1

Take a piece of paper and, when you hear the prompt about one particular memory – write it down quickly – and then, after you complete the list of “memories of...” – pick ONE memory and write about it for a minute.

- Write a memory of a smell.
- Write a memory of a relative.
- Write a memory of a color.
- Write a memory of a haircut.
- Write a memory of a sound.
- Write a memory of cold.
- Write a memory of a taste you hate.

You could also ask students to write a memory of an article that they had read that had ‘touched’ them.

Or, write a memory of a book that “haunts” them.

Or, write a memory of a class that “pushed” or “challenged” them.

Now – after you have compiled your list of memories and the “quick writes” you have done on each of them, go ahead and CHOOSE one from all of these memories – and write about this ONE memory a bit longer – perhaps for 3 – 5 minutes.

Here, we are simply helping the students “loosen up” the writing muscles – which rely heavily on our memory – since we write, always, from our life experiences, from our memories.