

Choice Board: Narrative Quick Writes

<p>1 Choose a strong emotion (fear, worry, excitement, joy). Think about a time you felt that way and write about that memory or a story connected to that feeling.</p>	<p>2 Find an object. Examine it closely and look at each part of it. Describe it using all of your senses, comparing to other things, and how it makes you feel. What memories or stories do you have that connect to the object?</p>	<p>3 Look at a picture. Try to re-experience the moment the picture was taken, thinking about all of your senses (see, hear, feel, smell...). Write about that moment just as you remember it, using as much detail as you can.</p>
<p>4 Draw a large heart and fill it with names, topics, places, and sketch pictures of things that are close to your heart.</p>	<p>5 Brainstorm a list of people in your life who matter to you. Then, list memories you have with people from your list. Choose an important memory and write about it in detail.</p>	<p>6 Start at a place in your home. Write a slow tour of your home, including lots of details about what you see and what memories each spot brings up for you.</p>
<p>7 Think about a place that makes you feel good: school, a grandparent's home, the park, etc. Describe it using all of your senses, comparing to other places, and how it makes you feel. What memories or stories do you have that connect to this place?</p>	<p>8 What is your VERY first memory in your whole entire life? Describe this memory in every detail that you can remember. Answer the questions: Where were you? Who was there with you? What did you see, hear, touch, smell around you? Add details if you can't remember some things.</p>	<p>9 Go outside. Find a piece of nature: blade of grass, flower, leaf, etc. Examine it closely and look at each part of it. Describe it using all of your senses, comparing to other things, and how it makes you feel. What memories or stories do you have that connect to the object?</p>

