



Imagination Writing

“MEDITATION” WRITING

What is it?

Putting words on the page is far from the first step of the writing process. First you have to come up with your ideas, but how do you do that?

You think about them. 😊

Let your mind focus on your ideas without any sort of distraction. Here’s how to get started.

Activity

Choose a character, a setting and a situation (plot) from the list. They are not divided up by age group, so simply mix and match however you wish. It’s more fun to print (or write) them out, cut them up, put them in a hat and then pick at random.

- Set a timer for five minutes.
- Lie on your couch or bed. Close your eyes!
- Focus on the three things you chose from the box. Brainstorm in your head how these three elements might work together.
- When the timer beeps, go to your paper or computer.
- Write down what you were thinking. (point form is fine!)
- Repeat as many times as you want.

Modifications

- Expand the time you’re “meditating” on your story. (But don’t fall asleep!)
- Use your own characters or ideas.
- If you’re writing with other people, share your ideas, then for your second or subsequent rounds “meditate” on their contribution to your ideas.
- Come up with your own characters, settings and situations.

“Meditation” Prompts

<i>Character</i>	<i>Setting</i>	<i>Situation (Plot)</i>
Puppy	Rainbow	Skydiving
Evil overlord	Cafeteria	Reading a diary
Fairy princess	Mall	Hacking a computer
Betrayed friend	Distant planet	Doing laundry
Pet rock	Highway	Travelling at light speed
Grandma	Tourist attraction	Meditating
School custodian	Hole in the ground	Walking a tightrope
Kindergartner	Enchanted forest	Climbing on treetops
Alien	Cave	Walking down the street