

Inkshedding – Stream of consciousness writing

Inkshedding is a form of freewriting, also known as stream of consciousness writing. It was invented by Canadians!

For this activity, you are being asked to write with pen and paper, rather than type (if you can), and respond to one of the prompts provided. Try to write for 10 minutes (set a timer) without lifting your pen, avoid censoring yourself, correcting your spelling, grammar, or mechanics.

Anything you share will be shared in confidence and will not be shared with other students.

This activity can be completed multiple times. Remember to include your Virtual Homeroom teacher when you submit your writing.

Prompts:

1. Describe the back of your hand. Include every detail.
2. Write a letter to your friend without using the letter H.
3. Change the lyrics to your favourite song and write it down.
4. Choose five words at random by flipping through a book and putting your finger down on the page. Use these five words to write a five sentence poem with each word starting each of the five lines.
5. Create a “composite character.” Describe 2-3 details of three friends and combine these details to create a dynamic story character. Add a unique name that suits the character.
6. Describe the room you are sitting in using 4 of your senses, how does it look, smell, sound, and feel. Use as much descriptive language as you can. (Please do not taste the room you are in!)
7. Describe your relationship with a meaningful object, this might be your phone, a teddy bear, or your bike, to name a few examples.
8. Rewrite the ending of your favourite story.
9. Do you believe in reincarnation? Why or why not?

10. Is medical care a right or a privilege? Why do you believe what you believe?
11. What is the most surreal experience you've ever had?
12. Tell your audience about something you know you should do but haven't. What's holding you back?
13. Describe the last time someone told you they were proud of you? Who was it and how did it make you feel, describe these feelings in depth.
14. Review your weekend as if you are a film/literary/music critic. Give your weekend a rating at the end (A, B, C or D/ Thumbs up or down/ 1-5 stars).
15. Murphy's Law states that "Anything that can go wrong will go wrong." Write about a time everything did. **Fictional stories encouraged.**

A completed submission will contain the following:

- Your name at the top
- A title
- The prompt you chose (the number is enough i.e. prompt 1)
- Your completed composition

Compositions will be returned with feedback or can be workshopped via phone.