

WORKSHOP @ PAM : WRITING EXERCISES

WARM-UP

Goal: Develop your observation skills through sensory details.

Moment of meditation: Take a seat somewhere that makes you happy or peaceful. Breathe in, hold it, and exhale on counts of 4. Do 4 to 5 breaths, and then just sit for a second. Now pick up your notebook.

Warm-up writing exercise: Respond to these following prompts:

- 1) *The first thing that catches my eye when I look away from my computer is...*
- 2) *One thing I feel on my arm is...*
- 3) *One thing I've never noticed here before is....*
- 4) *Today I am...*
- 5) *One thing I know about writing is...*

Embodied writing is observational; it uses the full body in space to observe the world around you.

Reflect on the 6 senses: sight, sound, smell, taste, touch, and the “sixth sense” of intuition. Careful observation and sensory detail in writing helps communicate differences, convey experiences, allow empathy, and build worlds!

WRITING IN PLACE

Writing exercise: Use your senses to write about your most vivid memory or experience at PAM. As you do, try to write from an embodied place, putting yourself back in the experience of the museum. Only you have your perspective on this event; this is YOUR story to tell, so tell it from your unique POV. What did you see, smell, hear, taste, touch, feel, and imagine while you were there.

What does the museum or space in the museum look like? How does it smell? Does it have a taste? A feel? What feeling is in your gut here? Why did you pick this place? What do you do or want to do in this place?

Try to use all six of your senses to write the story you want to tell today. If you are struggling to get started, here are prompts:

- *Where in the museum are you?*
- *What do you see?*
- *What do you smell?*
- *Who are you near?*
- *What are you doing there?*
- *How do you feel about what is happening?*

TIPS FOR REVISING YOUR WORK

Writing is a process. Writing is reading. Writing is rewriting.

Here are some tips to helping you develop your pieces further, and any writing you do:

- Give yourself time away from your piece before rereading.
- Read text out loud and jot down notes as you do, if you're compelled to.
- Try reading your work in a different area (inside or outside) from where you wrote it. See how this changes your perspective or invites new ideas.
- Send it to trusted readers for their initial thoughts.
- Take time to revisit and revise your story.
- Repeat until you're ready to share with a wider audience.

When you're ready to submit your story, visit <http://bit.ly/50yearsofPAM>. We look forward to reading your work!