

## Creative Writing Prompts

### A picture is worth a thousand words

Pictures are powerful tools to help trigger emotions and memories. Looking at visuals allow us to imagine what is happening in the photo, and begin to unravel the story that the picture holds.

Choose one of the images shared, and think about what is happening in the picture. Think about who the people are, or what may be happening in the photo.

You can choose to work with your own picture. The picture you choose can be of someone who carries strength within them, or a place where you feel strong, or a moment where you had to be strong.





### **Responding to inspirational quotes**

Read the quotes below and respond creatively to it. You can take a line out which inspires you most and continue writing, or use it as a theme for your poem.

***"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."*** – Christopher Reeve

***"With the new day comes new strength and new thoughts."*** Eleanor Roosevelt

***"In the middle of a difficulty lies opportunity."*** Albert Einstein

***"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."*** Maya Angelou

***"Sometimes life will be awesome. Sometimes, life will look blurry. Along the way in the journey of life, sometimes, life will be colder than warmer and sometimes warmer than colder but in all things we must remember that it is never over for a purposeful journey of life until the journey of life is over. Be it rough or smooth, good or bad, we must accomplish the task. It shall always not be good and it shall always not be bad; we only have to work hard."***

Ernest Agyemang Yeboah

***"A crisis creates the opportunity to dip deep into the reservoirs of our very being, to rise to levels of confidence, strength, and resolve that otherwise we didn't think we possessed."*** - Jon M. Huntsman Sr.

***"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."*** Elisabeth Kübler-Ross.

***"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"*** Mary Anne Radmacher

### **Complete the sentences**

Sometimes it can be difficult to start a poem, especially when it is on such a broad topic. However, to help you brainstorm and get started, we have prepared a few sentences which you can complete.

Once you have completed these sentences, you can dwell on which ones draw you closer and begin to write based on that; or use your sentences within your poem, or as a starter sentence.

1. Strength is...
2. I felt strong when...
3. Someone who is strong in my eyes is..
4. When I want to feel strong, I ..
5. A time when I didn't feel so strong was when..
6. To help someone else feel strong, you can..
7. Inner strength is..

### **Free writing**

Reflect the word strength, in relation to the pandemic.

- Think about how you were strong, or how you witnessed strength in someone close to you.
- Think of a time when it was difficult to be strong, and what kept you going.
- Think of a place, or a person who defines strength to you
- Think about inner strength and what means to you
- Think of an action that you may do that makes you feel courageous and strong.

**Reflect** on these questions for a while, and then **write for 3 minutes**.

*Do not stop*, continue to write whatever comes to your head. Do not focus on sentence structure or grammar, but more about getting everything down that comes to your head. Some thoughts may be random, and related to the topic, write those down too.

Now read back what you wrote, think about how that made you feel. Use this piece of writing as inspiration or choose some sentences from the poem to work with.

### **Writing prompts for under 12's**

1. **Rhyming words:** Write a list of words that rhyme with strong. Now try to use these rhymes within the body of a poem.
2. **Strong person:** Write a list of 5 of the strongest people you know. Now write about one of them. Why is that person strong? What do they mean to you? How have they shown their strength to you?
3. **Acrostic poem:** Write the word strong vertically down the left side of the page, with each letter underneath each other. Write each sentence using the first letter of the word.

S  
T  
R  
O  
N  
G

### **Writing prompts for 12 – 18**

1. **Line prompt:** Choose a random book, open it at a random page and point your finger at a sentence. Use this sentence as the first line of your poem.
2. **Inner strength:** Think of a time when you felt strong internally. What does inner strength mean to you? How do you gain inner strength? Think about it, and begin to note down your thoughts. From that piece of writing, choose one as the title of your poem.
3. **Haiku:** Choose to write a poem following the structure of a haiku. The first sentence should have 5 syllables, followed by 7, and once again 5 in the last. You can write more than haiku, and collate them under one title.