

WARM UP:

Hello exercise (visualizing childhood home, friend's home, grandmother's farm, schoolroom)

-wander through taking stock (Hello ...): 3 mins

-open eyes and jot down the things you saw: 3-5 mins

Hello, rotting teeth in glass of coca-cola - fascination

Hello, brightly coloured abacus - curiosity

Hello, potato bug on the muddy hillside – intrigue/disgust

Hello, substitute teacher, who looks like John Denver, playing guitar – comfort

Go back and attach an EMOTION to the things that you saw.

CHECK IN with yourself around them. Are you amazed at the things that popped into your mind. Did you have an “Oh, I'd forgotten about that” moment?

MOVING IMAGE EXERCISE:

Write out the chart, give 30 seconds for each:

Category	Moving Image / Memory Setting	Emotion
Song	Phil Collins, in the air tonight, convertible San Diego spring 1987	elation
Ritual	Going to Fosters for apple fritters at midnight	freedom
Bully	Jessica slapping my face in middle grade	fear
Escape		
Kiss		
Wish		
Realization		
Betrayal		
Ceremony		
Failure		
Triumph		

SCENE:

Think about someone you knew *kind of* but not intimately. A teacher, a preacher, someone who worked at a place you visited. Something about them stuck with you. A “minor” character in your life. See them in a moment in time. Think about them as a character in a narrative.

IN THAT MOMENT:

In that moment, their worst fear is . . .
In that moment, breaking their heart is . . .
In that moment, their secret is . . .

Put them into one of your memory settings and add an antagonist (someone who pushes or challenges them).

(10 mins)

She walked in the door / got into the car / knocked on the door . . .

SHARE what you’ve done in 3’s (if time) - or just SHARE the experience.

BONUS EXERCISE:

The 10 defining moments the character’s life in TITLES