

Pre Writing Exercise 1: Free Writing

Free writing begins as simply as can be, with a paper and pen. For the next five minutes, you will write down whatever comes into your head without concerning yourself with complete thoughts, whole sentences, or correct spelling or punctuation. Don't even be concerned about making sense in the writing. Just concentrate on recording your thoughts and **filling as much space as possible** before the five minutes slip away. **If you can't think of anything to write, just write "don't know don't know"** until you have other thoughts. If you think that this exercise is stupid, then write "this is stupid this is stupid" **until you have other thoughts**. Remember, the purpose of free writing is to fill as much space with as many words as possible in the five minutes of writing time. After the first five minutes, we will rest a minute and read over what has been written, and then we will continue another five minutes.