



Imaginairng opens the imagination. Flow Writing captures raw thoughts quickly, without overthinking. Together, they can be used across any subject, science, history, creative writing, problem-solving, or reflection, to spark original thinking and rich discussion.

Imaginairng – Step by Step

1. **Get Comfortable**
 - Sit quietly, feet still, eyes closed.
 2. **Imagine**
 - Think about the topic or idea.
 - Picture it clearly in your mind. Use all your senses, *what can you see, hear, smell, feel, taste?*
 - Add as much detail as possible.
 3. **One Minute Silence**
 - Sit perfectly still for exactly one minute.
 - No talking, no moving, just imagining.
 4. **Share**
 - A few students share what they imagined.
 - Teacher prompts with questions like: *"What else did you notice? What details would you add?"*
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Flow Writing – Step by Step

1. **Get Ready**
 - Open your notebook, pencil in hand.
 - Rule: *Keep the pencil moving the whole time.*
 2. **Write Without Stopping**
 - Write everything that comes to mind about the topic or idea.
 - Don't worry about spelling, grammar, or neatness.
 - No talking, no drawing, no rereading, no erasing.
 3. **Timed Task**
 - Write for exactly seven minutes. (adjust to 5-10mins depending age and ability)
 - Keep the words flowing, don't stop until the time is up.
 4. **Share & Extend**
 - 2–3 students read parts of their writing aloud.
 - Others can ask questions or suggest extra details to build on the ideas.
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Teacher Note: *Flow Writing can be used as a basis for a published piece of writing later. Keep a folder with all flow writing and ask kids to select their favourite to publish. Once kids are comfortable with this technique, encourage them to do this on an individual basis at home as well.*