

simply a moment



tips for describing a moment

keep the focus sharp as if zooming in, taking close-ups, paying attention

make initial notes quickly, without full sentences: you can write them up more fully later

keep details concrete and specific e.g. the blue willow-patterned mug with the flower inside the rim

things you might like to capture

around me: where am I/others in my family/household at this moment?

what's happening: what am I/is each person doing?

the five senses: what am I seeing or looking at, hearing, touching, tasting, smelling?

on my body: clothes, shoes, jewellery, make-up, sunscreen

in my head: what/how am I feeling, what am I thinking, pondering, wondering, planning, asking myself?

outside: the weather/temperature, noises

context: what's just happened

remember

no need to feel you have to come up with something profound: just describing is enough

writing for more than sixty seconds is fine - it still counts!

can be humorous too

just be yourself and write for yourself

afterwards

decide how to write it up, whether as a scrapbook page, diary entry, part of a journal etc.

if liked, add a photo/photos, doodles, artwork, stitching etc.

you might want to incorporate your original notes in a pocket, or hidden in some way, or as part of an art background