

Sensory Overload Writing Prompts

WRITING 1

Write about one of the five senses in your life: taste, touch, sight, sound, smell.

Do you have a hobby or something you find yourself drawn toward? Is there a hobby you've wanted to have? Write about it.

Write about a pet peeve or something that annoys you. Consider writing a letter directly to that annoyance.

WRITING 2

Write about breaking things. Or about fixing things.

Who do you love? Who loves you?

WRITING 3

Write about hope: finding it, losing it, giving it.

Write about something in your city or region that is unjust or needs to be corrected. Describe the problem. Suggest how to fix it. What part might you play?

