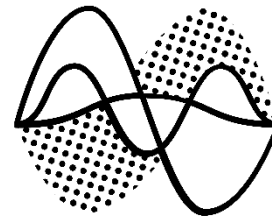


SCREE ROUTE INSTRUCTIONS:

ROUTE: A THROW OF THE DICE

**KESWICK-THRELKELD RAILWAY
PATH**

WRITING PROMPTS V.1



Scree

Reimagining the
Lake District Fells

Smile, and say hello to every passerby for the length of the next leg, and at the end note down people's different responses.

Complete the following three phrases with the first thing that comes to mind: I hope... I believe... I know...

Spin around on the spot for the next 30 seconds, and then write down everything you can remember seeing (without looking up).

Find an object, and describe it as if it were the most extraordinary thing you'd ever found.

Look around you. What's the significance of what you can see? (you can either focus on one thing, or the bigger picture. And if you don't think there is any significance, then this is interesting too!)

Find an object on the ground, within 2 metres of where you stand, and free-write about it for 1 minute.

Write down the first memory that comes into your head.

Stop and listen. Write down one sound that you hadn't previously been aware of.

Every day we change in some way. How do you think you have changed most today?

Choose two things – one which we wouldn't usually think of as beautiful, and the other which is conventionally beautiful. Try and describe the 'ugly' thing as beautiful, and the 'beautiful' thing as ugly.

Write down two things that you can hear, and then note down how they relate to each other / sound in combination.

Look as far into the distance as you can, and describe what you can see.

Either remain standing, or sit down beside the path, and focus on your points of contact with the ground. Write down how these sensations of 'grounding' make themselves felt.

Try and find the most 'natural' thing in your immediate surroundings, and explain your choice (this will be harder or easier depending on what you think is 'natural'!)

Pick up a nearby object, and describe it in as much detail as possible without naming it.

Focus on your breathing for a minute, and try and describe all of the sensations that you notice.

Choose five things in your immediate surroundings: one that you can see, hear, touch, taste and smell. Now find a simile for each of them.

Travel as fast as you possibly can for the next leg, and at the end of it note down whether you noticed more or less while moving fast!

Take in your surroundings for a minute. Then write down one thing that you don't know about them (eg where the river originates, or when the last train travelled along the railway, or...)

Write down three associations with the number of minutes that you just walked.

Finish the following sentences with the first things that come into your head. The world is... Now I am...

Choose one passerby from those you pass on the next leg who most interests you. Describe them, and try and imagine who they are / what they are doing there today.

Write down one word for how you feel right now. And why.

Look around you for a few minutes, and see whether you spot any animals or birds. Note down what you see, and what they are 'doing'.

Can you see any fells (hills, or indeed buildings) at the moment? Name them, and reflect on the relationship between their name and how / what they are.

Find an object in your surroundings that you can hold in one hand (it can be far bigger or smaller than your hand). Write about the relationship between this object and your hand.

Note down three observations about the current weather.

Stop and try and 'feel' the current weather. How is it making itself *felt* upon your body?

Pick a tree from any of those that you can see, and imagine it spoke to you. What would it say?

At the end of this leg, take your pulse for 1 minute, and then free-write for 1 minute non-stop.

Imagine back to 1865 when the railway opened. How might what passengers saw then differ from what you can see today? (try and think about this both in terms of the railway in general, and also this specific spot).

Imagine forward to 2065. How will this railway line (and this spot) look then? And 2165?

Look down at your feet and describe what you can see. Now look up at the sky and write down what you can see.

Do a quick body scan, and note down three sensations that you hadn't previously been aware of.

Over the course of the next leg, write down any fragments of overheard conversation you hear along the way.

Over the course of the next leg, collect some 'found language' (ie words that you find en route, written on signs, benches, wrappers etc)

Find a nearby piece of greenery, and smell it! Try and describe how it smells first of all without using metaphors / similes. Then try and find a metaphor / simile for it.

At the end of the next leg, turn to your right and observe the scene. What does it remind you of, and why?

Choose three things that you can see, and imagine how they would taste if you licked them! (you can *actually* lick them if you like, but I wouldn't recommend it!)

Find a leaf, or a flower, or a blade of grass in your surroundings, and study it in detail. Write down anything you discover that you hadn't noticed previously.

Close your eyes for 20 seconds or so, and then open them, and write down the first thing that you 'see'.

The last train travelled down this line in 1972. Write down a memory from this year (or if you weren't born, write down something you *know* about this year, and if you don't *know* anything then do a quick google and write three things down).

Write down a list of everything that you can see that is white. Now do the same for red, then green.

Try and spot an object for all of the following colours: blue, red, white, green yellow, black, brown, orange, purple, pink.

Imagine you were able to have an eagle's eye perspective on the current scene you're in. What would the eagle see from very far away, from the middle distance, from just above your head?

Look at the scene ahead of you and, in turn, describe the far distance, the middle distance, close up.

Imagine you have eyes on the back of your head, and write down what they'd be able to see (without looking). Then turn around and see what's there. How do they compare? Which is more interesting? Now write down what you would most like to have seen!

If you were to remember one thing about today, then what would it be?

Find a metaphor to capture the scene in your immediate foreground.

Turn to your left, and write down one thing that you hadn't expected to see.

Stop and imagine you are a passerby. Describe how *they* would see *you*! Who do they think you are, and what are you doing here?

Stop and smell your surroundings. What can you smell? You might need to really focus, and take your time over this...is there any one over-riding smell, or is there just one big coalesced smell?!

Choose three things from your immediate surroundings and 'name' them. Reflect upon whether there is any resemblance between this thing and its name.