

# Building Writing Stamina

Short Burst  
Writing



# What Would You Like to Do?

## Warm-Up

Before any good workout, you need to warm up your writing muscles.

Warm Up

## Training Course 1



Day 1



Day 2

## Training Course 2



Day 3



Day 4



Day 5



Day 6



Day 7

## Training Course 3



Day 8



Day 9

## Final Challenge

Are You Ready for the Final Challenge?

Day 10

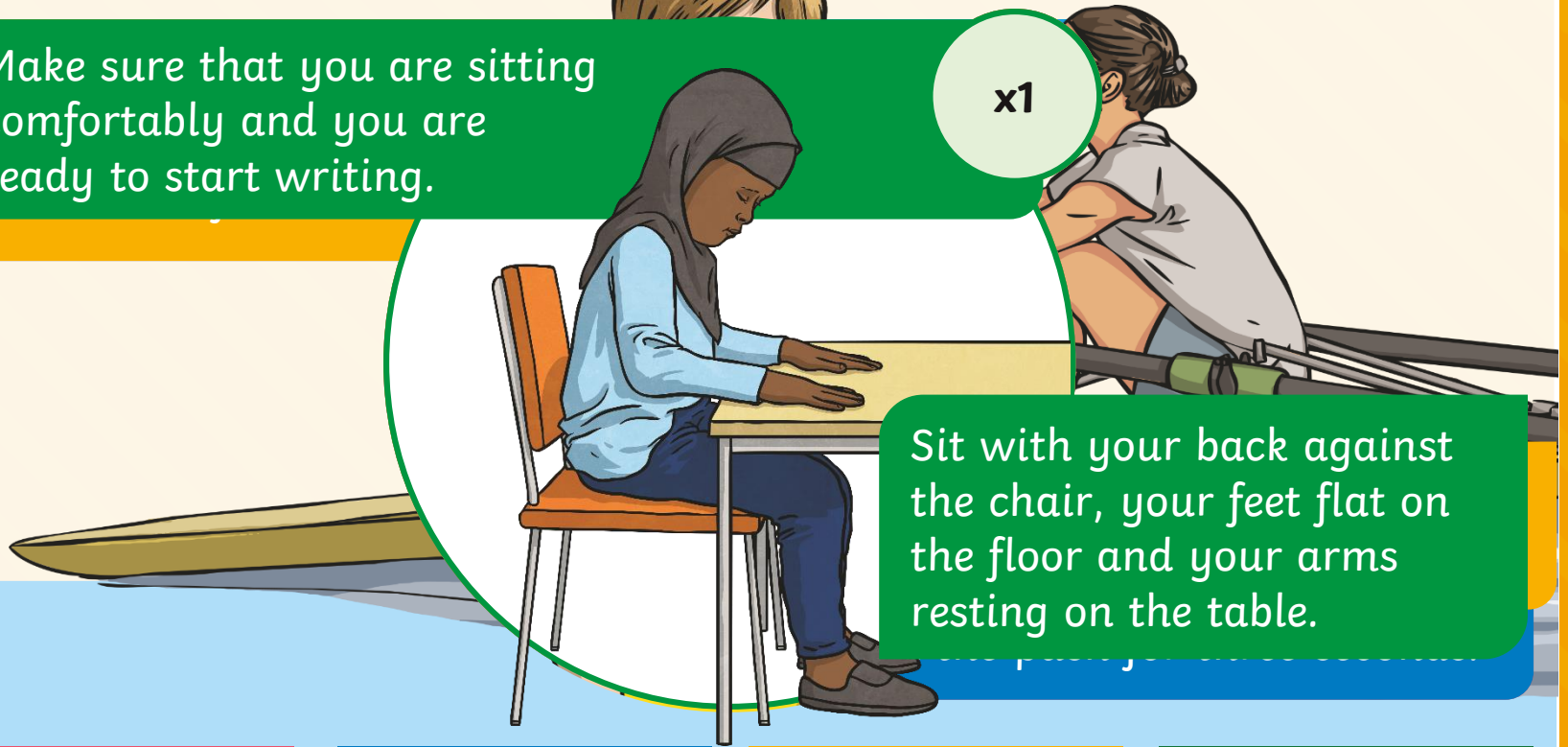


# Exercise Your Writing Muscles

Just like an athlete needs to warm up their muscles before a big race, we're going to warm up our writing muscles before we begin writing.

Make sure that you are sitting comfortably and you are ready to start writing.

x1



Sit with your back against the chair, your feet flat on the floor and your arms resting on the table.

Fingers

Hands and Arms

Shoulders

Posture





# The Word Generator

Choose **one** letter of the alphabet.

You will have until the red light shows to write down as many words as you can think of that begin with that letter.

Try to pick a letter that you can think of lots of words for straight away.

Next

F

A

G

E

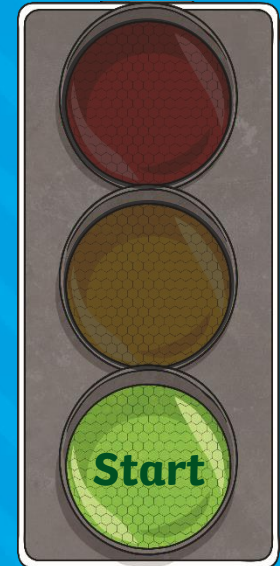
D

C

B

Letters like x and z don't come at the beginning of many words so these would be more challenging.

Click on the **green light** when you are ready to begin writing.



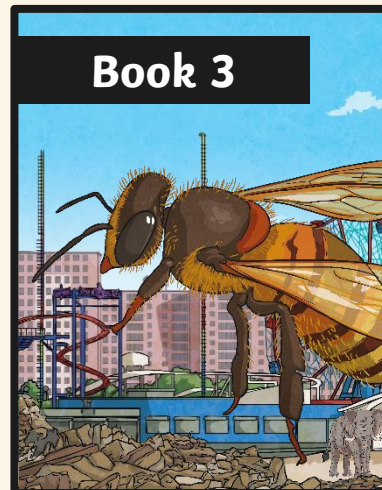
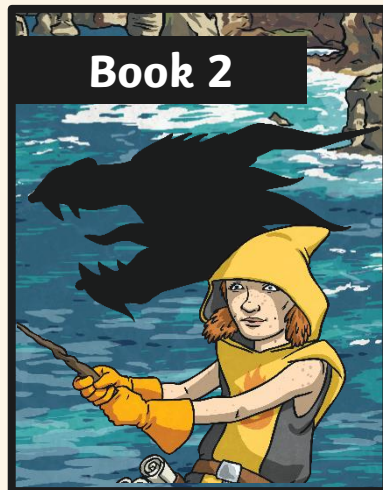
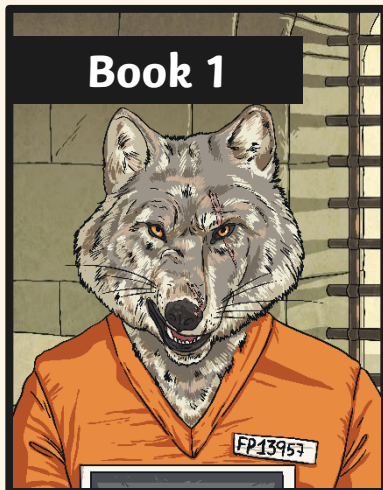
The **amber light** will show when you have used half of your time.

The **red** light will show when it's time to stop writing.



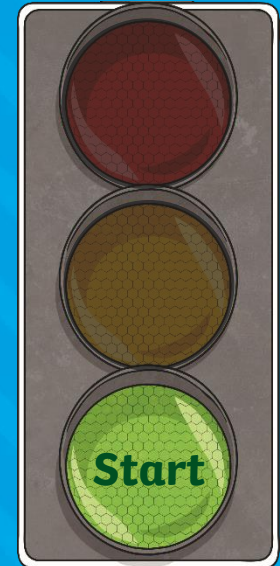
# Vital Titles

Choose **one** of the book covers below.  
Write down different titles that the book could be called based on the images on the front cover.



Think about the different types of stories that the book might contain and what they could be called.

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# Dear Me

Imagine that you are in the future.

You find a postbox that can send letters to any time or place. Write a postcard that you can send to your past self.

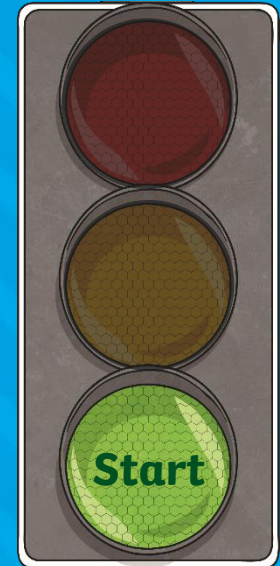
Next

You might want to write about:

- where you are living;
- the exciting job that you have;
- an interesting invention that you own;
- what the world is like now.



Click on the **green light** when you are ready to begin writing.



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## Past, Present or Future?

Look carefully at the picture. Imagine that it is a photograph that you have just taken.



Choose **one** of the options below.

### 1 Past

Make a list of things that might have happened just **before** you took the photo.

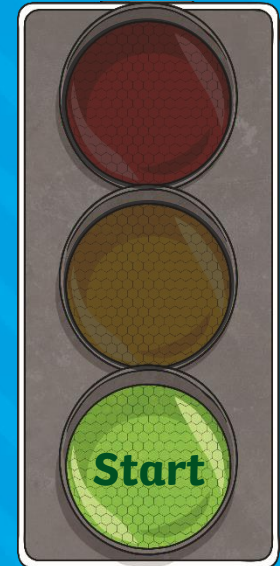
### 2 Present

Make a list of things that might have been happening **while** you were taking the photo.

### 3 Future

Make a list of things that might happen **after** you have taken the photo.

Click on the **green light** when you are ready to begin writing.



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# Choose Three

Choose **three** of the pictures below.

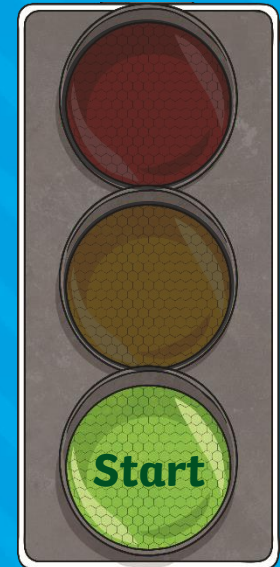
Imagine that you are going to write a story that includes all three of those things in it.

Write a short summary of what would happen in the story.



Next

Click on the **green light** when you are ready to begin writing.



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# How Did That Happen?

Choose **one** of the options below and write an answer to that question. Your answer doesn't have to be right and it can be as ridiculous and imaginative as you like!

Option 1

Next



How did the lion get its roar?

Option 2



How did the hedgehog get its spikes?

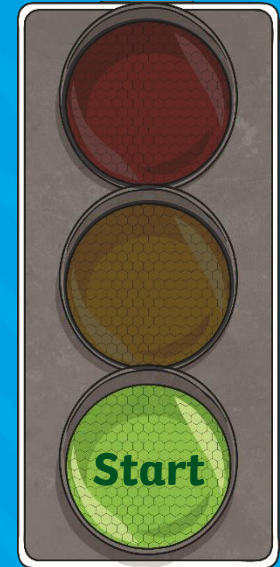
Option 3



How did the skunk get its smell?

Maybe the animal won a difficult competition, found something in an unusual place or something else entirely. Whatever your answer is, try to include lots of details.

Click on the **green light** when you are ready to begin writing.



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# Disgusting Recipes

Choose **one** of the options below. Write a set of instructions that tells someone how to make that thing.

The more disgusting your recipe sounds, the better!



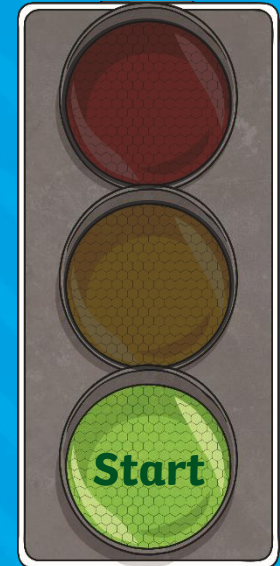
Next

1 The world's most disgusting **sandwich**.

2 The world's most disgusting **cake**.

3 The world's most disgusting **drink**.

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# For Sale!

Choose **one** of the options below.

**1** Option 1: Your classroom

Option 2: Your bedroom

**2**

**3** Option 3: Your school's playground

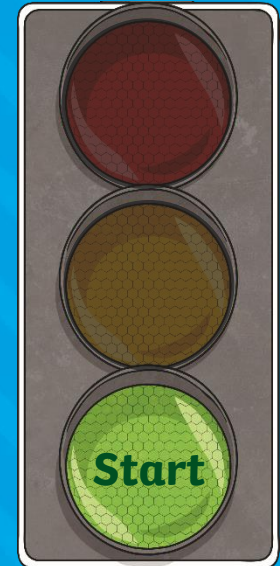


## You might want to write about:

- the things that your choice comes with;
- all of the things that somebody could do with the place that you're selling;
- what makes your place so special.

Back

Click on the **green light** when you are ready to begin writing.



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# My New Creature

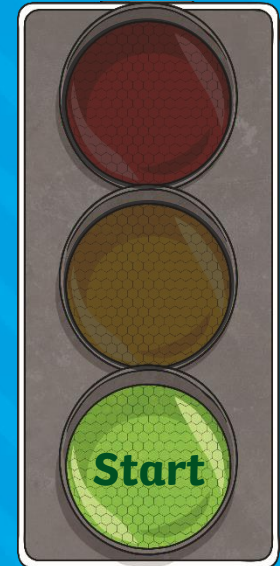
It's time to invent a brand new creature.

It can be a mixture of animals that already exist or a completely new animal – it's up to you.

Create an exciting fact file that tells people all about your new creature.



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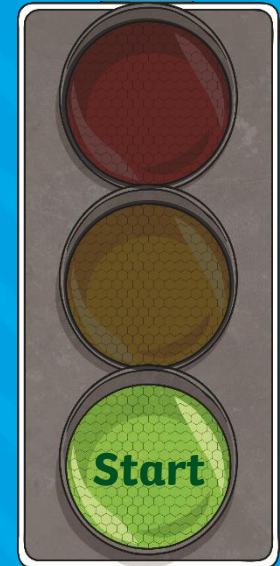


# What Happens Next?



Look carefully at this picture. Write a short story based on what you think is going to happen next.

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