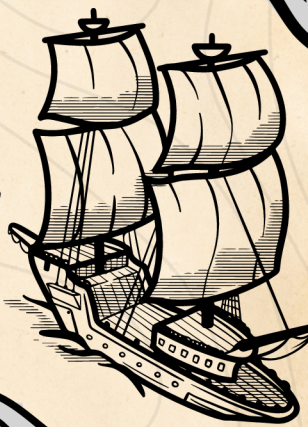


# IT'S A MATTER OF TIME...

A SHORT COLLECTION OF WRITING  
PROMPTS, WITH A FOCUS ON NATURE AND  
HERITAGE, TO MAKE WRITING A PART OF  
YOUR EVERYDAY.



IF YOU ENJOY THESE PROMPTS  
VISIT [MULTIVAXSITE.COM](http://MULTIVAXSITE.COM) TO  
FIND MORE OF OUR PROJECTS



# A MOMENT OF Gratitude



Date: .... / .... / ....

Today I'm grateful for

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The best part of today was

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# A MOMENT OF Gratitude



Date: .... / .... / ....

Today I'm grateful for

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The best part of today was

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




# Roll the dice

## SMALL TALK

PLAY WITH A PARTNER AND TWO DICES. ROLL THE DICES AND ASK THE QUESTION THAT CORRESPONDS. PLAY UNTIL THERE ARE NO MORE QUESTIONS!

						
	WHICH ERA WOULD YOU LOVE TO VISIT AND WHY?	WHAT'S YOUR FAVOURITE GAME TO PLAY?	WHAT'S YOUR FAVOURITE DRINK?	WHAT WAS THE BEST HOLIDAY YOU EVER HAD?	WHAT TRADITION FROM HISTORY FASCINATES YOU?	WHAT'S YOUR FAVOURITE HOBBY?
	DO YOU PLAY AN INSTRUMENT?	WHAT'S SOMETHING THAT YOU DON'T LIKE?	WHAT'S YOUR FAVOURITE STORY?	WHAT FIGURE FROM HISTORY DO YOU ADMIRE?	WHAT SOUND ANNOYS YOU THE MOST?	WHAT'S YOUR FAVOURITE ICE CREAM?
	WHAT'S YOUR FAVOURITE FOOD?	WHO WOULD YOU LIKE TO DINE WITH MOST FROM HISTORY?	WHAT IS THE BEST SURPRISE YOU EVER HAD?	WHAT IS YOUR FAVOURITE SWEET TREAT?	WHAT WOULD YOU LIKE TO GET FROM TODAY?	WHAT MONTH IS YOUR BIRTHDAY?
	WHAT MAKES YOU SMILE?	WHAT'S YOUR BEST FRIEND'S NAME?	WHO IS YOUR FAVOURITE SINGER? WHY?	WHAT SUPERSTITIONS IF ANY, DO YOU BELIEVE?	WHAT DO YOU LIKE FOR BREAKFAST?	HOW DO YOU LIKE TO HAVE FUN?
	WHAT'S YOUR FAVOURITE FAST FOOD?	HOW DO YOU LIKE TO HAVE FUN?	WHAT KIND OF TV SHOWS DO YOU LIKE THE MOST?	WHAT DO YOU LIKE TO DO ON THE WEEKENDS?	WHAT IS YOUR FAVOURITE HERITAGE SITE?	WHAT'S YOUR FAVOURITE GADGET?
	WHAT TYPE OF MOVIES DO YOU LIKE?	WHAT GENRES OF MUSIC DO YOU LIKE?	WHAT FAMILY RECIPE CAN'T YOU LIVE WITHOUT?	WHAT MAKES YOU SMILE?	WHAT DID YOU LAST SEE AT THE CINEMA?	WHAT BOOK DID YOU LAST READ?

CITY MAP

WRITE  
YOURSELF  
*A bedtime story*

HERE





# Travel by train today

HAVING ITS DUAL PURPOSE OF CARRYING BOTH A TRAMWAY AND A HIGH LEVEL LEAT  
ACROSS THE BEAUTIFUL LUXULYAN VALLEY, TREFFRY WAS THE FIRST LARGE CIVIL  
ENGINEERING STRUCTURE OF ITS KIND TO BE BUILT IN CORNWALL.

SADLY, IT NEVER CARRIED PASSENGERS ACROSS ITS STONE BACK.

IN THE MANNER OF WRIGHTS & SITES' MISGUIDES - GIVE THIS SPACE. NEW HISTORY.

WHO USED THIS SPACE?

WHAT DWELLS BENEATH?

WHAT OCCURS WHEN THE SITE  
IS EMPTY OF PEOPLE?

WHAT DIFFERENCES CAN BE FOUND  
ON EITHER END OF THE BRIDGE?

GIVE THE BRIDGE A NEW PURPOSE.

THE RIVER A NEW DRIVE.

THE WOODS A DIFFERENT ATMOSPHERE.

WHAT LIES AT THE TOP OF THE  
BRIDGE?

WHAT DO THE LOCALS SAY?

ARE VISITORS ALLOWED ?

I ONCE HEARD...

For more info on Wrights &  
Sites visit:

<http://www.mis-guide.com>





# Character writing



- 3 **Redemption Arc:** Create a character who has made serious mistakes in their past. Explore their journey toward redemption and the obstacles they face along the way.
- 2 **Crossroads Decision:** Create a character at a major crossroads in their life. What are the choices before them, and how do they decide which path to take?
- 1 **Dual Lives:** Create a character who leads a double life. How do they balance their two identities, and what happens when their secret life is threatened with exposure?



# Character writing



- 3 **Role Reversal:** Imagine a story where a character's role in society or a group is suddenly reversed. How do they handle their new position, and what do they learn from this experience?
- 2 **Second Chances:** Develop a character who is given a second chance at something important in their life. How do they approach this opportunity differently than they did the first time?
- 1 **Underestimated Underdog:** Create a character who is consistently underestimated by others. How do they prove their worth and surprise those around them?





# creative



# WRITING

LET'S WRITE A SHORT STORY!

## Prompt Box

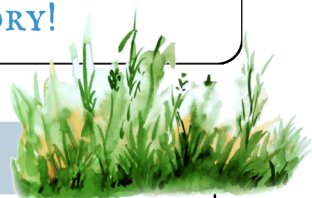
YOUR CHARACTER WAKES UP ON A DESERTED MOORSIDE.  
DESCRIBE THE SETTING. WHAT DO THEY SEE, SMELL, FEEL  
AND HEAR?

AS THEY EXPLORE, THEY BEGIN TO DISCOVER CLUES ABOUT  
WHERE THEY MIGHT BE - IT IS, IN FACT, THE SITE OF AN  
ANCIENT STRUCTURE IN CORNWALL.

A SMALL NOTE TIED IN SOME FOLIAGE TALKS OF AN OLD  
CORNISH STORY.

PICK A LESSER WELL KNOWN CORNISH FOLK TALE AND  
RETELL IT IN YOUR OWN WORDS.

AFTER READING, THERE IS MOVEMENT CLOSER TO THE  
STRUCTURE. YOUR CHARACTER IS WILLED TO MOVE IN ITS  
DIRECTION. WHAT HAPPENS NEXT?





# creative

# WRITING



EXPLORE A CHARACTER!



## Prompt Box



From the previous section, can you put a character fully in the picture?

Why are they exploring these spaces? What is it they are looking for? What emotions stir as they reach these destinations? Are they alone?

What do they look like? Where have they come from? What do they carry with them physically?

When does this take place? Is it a memory?

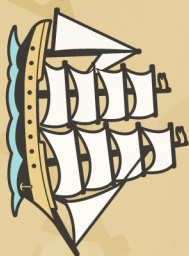
Enjoy spending time with this character, and seeing through their eyes.





How could someone repeat your journey?

What should someone keep an eye out for?



You're a treasure to behold.  
Record a short journey you have gone on.

PLAN A DREAM MEAL FROM HISTORY, MAKE IT ANCIENT, OR MAYBE FROM  
YOUR OWN HISTORY.

DREAM & CO.

# TIME MENU

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STARTER &  
SIDE

MAIN

DESSERT

DRINK

WHOSE RECIPES WILL MAKE THE CUT? WHAT'S THE SETTING?

WILL IT BE FOOD YOU GREW UP WITH, OR THINGS FROM A TIME LONG GONE?



# ROLL AND TELL

TAKE 10 MINUTES TO ROLL A DIE 3 TIMES AND WRITE FROM THE PROMPTS YOU GET - IF YOU FEEL LIKE IT, SHARE SOMETHING YOU WRITE DOWN.



FIND A SPOT IN NATURE OR AT A HERITAGE SITE WHERE YOU FEEL CONNECTED TO THE LAND. WRITE ABOUT WHAT THIS PLACE MEANS TO YOU AND HOW IT MAKES YOU FEEL. WHAT MEMORIES OR THOUGHTS DOES IT EVOKE?



IMAGINE THE HISTORY OF THE PLACE YOU'RE STANDING. WHAT STORIES MIGHT THE TREES, ROCKS, OR OLD BUILDINGS TELL IF THEY COULD SPEAK? WRITE A SHORT REFLECTION FROM THE PERSPECTIVE OF THE LAND OR AN ANCIENT STRUCTURE.



SPEND A FEW MINUTES LISTENING TO THE SOUNDS AROUND YOU—WIND, BIRDS, FOOTSTEPS, OR WAVES. WRITE ABOUT THE RHYTHMS YOU HEAR. HOW DO THESE SOUNDS CREATE A SENSE OF PEACE OR EXCITEMENT? HOW DO THEY CONNECT YOU TO THE HERITAGE OF THE PLACE?



AS YOU EXPLORE A HERITAGE SITE, IMAGINE THE PEOPLE WHO WALKED THE SAME PATHS LONG AGO. WHAT MIGHT THEIR LIVES HAVE BEEN LIKE? WRITE A LETTER OR JOURNAL ENTRY TO ONE OF THEM, ASKING ABOUT THEIR LIFE AND HOW THEY INTERACTED WITH THE LANDSCAPE.



THINK ABOUT HOW NATURE OR THE HERITAGE SITE YOU'RE VISITING HAS CHANGED OVER TIME. WRITE ABOUT WHAT IT MIGHT HAVE LOOKED LIKE IN THE PAST, AND CONSIDER HOW IT WILL EVOLVE IN THE FUTURE. WHAT ASPECTS OF THIS PLACE SHOULD BE PRESERVED FOR FUTURE GENERATIONS?



TAKE A MOMENT TO SIMPLY BE STILL IN NATURE, WITHOUT DISTRACTIONS. REFLECT ON HOW YOUR BODY FEELS IN THIS MOMENT AND WHAT YOUR MIND FOCUSES ON. WRITE ABOUT YOUR EXPERIENCE OF THIS PAUSE—WHAT INSIGHTS, FEELINGS, OR THOUGHTS ARISE DURING YOUR TIME IN NATURE OR A HERITAGE SITE?

# Create your own standing stone circle

Stop



WHERE DOES IT RESIDE, IS IT  
SOLITARY OR PART OF A LARGER  
NETWORK? DOES THE LANDSCAPE/  
GEOGRAPHY HOLD IMPORTANCE TO  
THE STONES?

WHAT IS IT'S PERCEIVED  
HISTORY? HOW LONG DO WE  
THINK IT'S BEEN HERE. ARE  
THEIR RECORDS OF IT?

Write



WHAT SUPERSTITION IS IT TIED TO IT,  
WHAT PROPERTIES MAKE IT SPECIAL?



Drop

DRAW YOUR CIRCLE, WRITE AN  
ENTRY ABOUT IT - THINK ABOUT  
WRITING FORMATS AND PLAY  
WITH ONE THAT YOU ARE LESS  
CONFIDENT WITH.

A POEM, A DIARY ENTRY, A  
GEOGRAPHIC RECORD/  
STATEMENT ARE SOME IDEAS...



# creative

# WRITING

EXPLORE A SETTING! IMAGES OF CARN EUNY AND DULOE STONE CIRCLE.

## Prompt Box

IMAGINE YOU HAVE NO PRIOR KNOWLEDGE OF THESE SPACES AND EXPLORE THEM, AS IF FOR THE FIRST TIME. TRY TO DO SO WITH A FOCUS ON THE PHYSICAL SPACES YOU CAN SEE, DESCRIBING THEM AS BEST YOU CAN.

DESCRIBE THE TEXTURES FOUND ON THIS SPECTACULAR MONUMENT? WHAT DO YOU FEEL AS YOU CROSS THE THRESHOLD INTO ONE OF THE STRUCTURES? WHAT COULD THIS COVERED ROOM HAVE BEEN USED FOR? HOW DOES THE ATMOSPHERE CHANGE WHEN YOU ENTER THESE SPACES AS OPPOSED TO BEING OUT ON THE HILLSIDE?

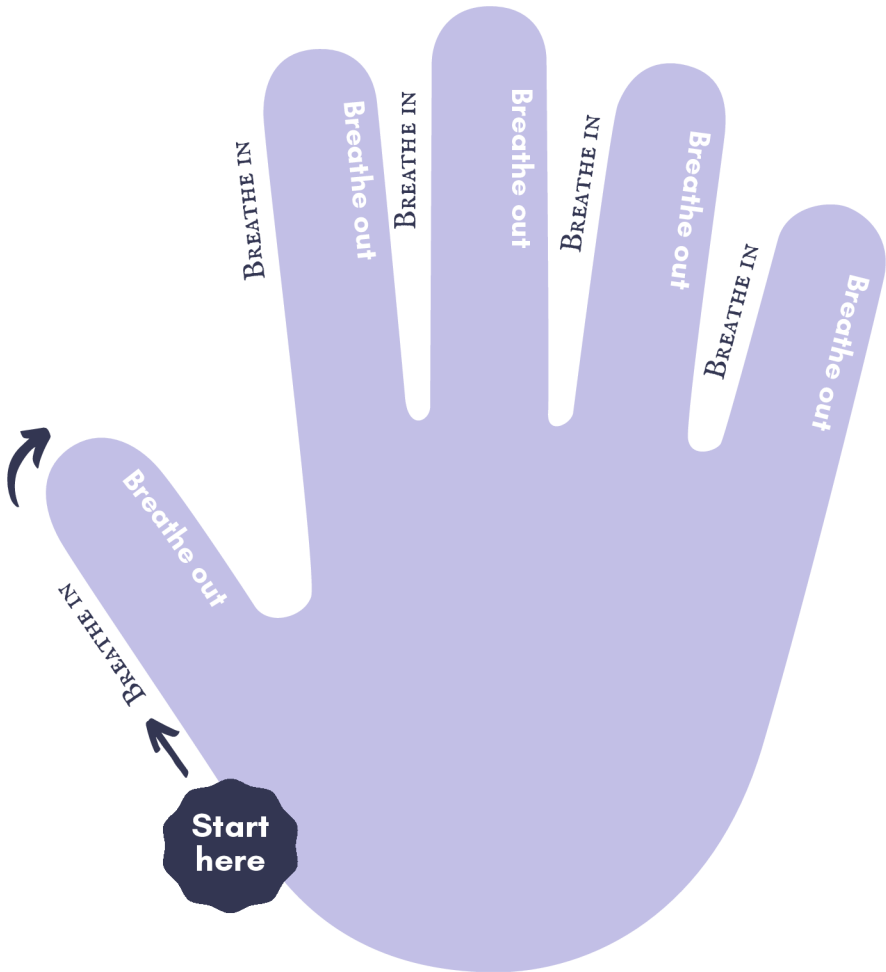
THE STONES HAVE CLEARLY STOOD FOR A VERY LONG TIME IN SITUE, WHAT DO THEY FEEL LIKE? IS THERE ANY OTHER SOUND IN THE SPACE? WHAT COULD THEIR PURPOSE HAVE BEEN? WHAT MYTH, STORY OR FANTASY DO YOU THINK IS TIED TO THESE MYSTERIOUS RELICS? EXPLORE THE COLOURS, IS THERE LIGHT OR DARKNESS HERE?







# CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK

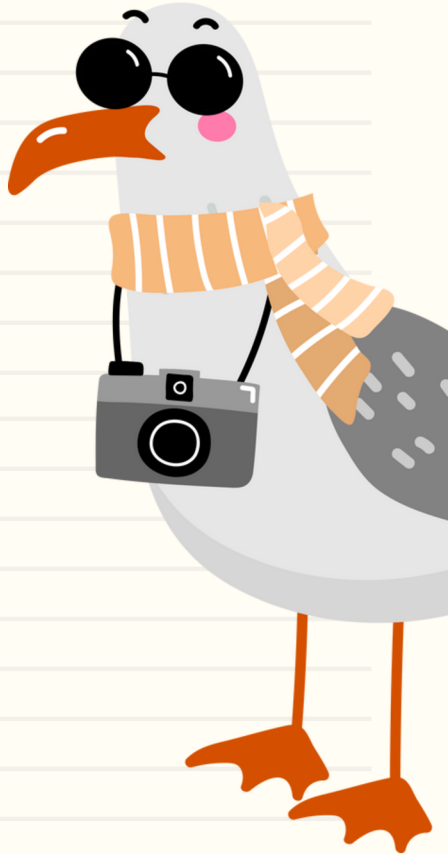


SLOWLY TRACE THE OUTSIDE OF YOUR HAND WITH THE INDEX FINGER, BREATHING IN WHEN YOU TRACE UP A FINGER AND BREATHING OUT WHEN YOU TRACE DOWN. LIKEWISE, IF YOU ARE OUT AND ABOUT, CLOSE ONE EYE AND POINT AT AN OBJECT WITH A CLEAR OUTLINE. AS YOU DRAW UP, BREATHE IN, AS YOU DRAW DOWN OR ACROSS, BREATHE OUT. PLEASE BREATHE RESPONSIBLY!

# ANIMAL ANTICS

## CREATE A CHARACTER PROFILE

WRITE DOWN INITIAL CHARACTERISTICS FOR THIS ANIMAL. NAME, AGE, LIKES AND DISLIKES. THOUGHTS ON THE WORLD. THINK AARDMAN'S CREATURE COMFORTS AND GET SILLY.





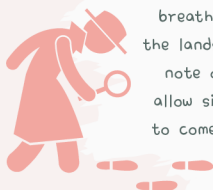
# Pen walk!

On sections of your walk, consider and observe each sense individually and take your pen for a walk!

1

With the sight  
of x, I feel ...

For 6 minutes, take some deep breaths and concentrate on the landscape around you. Take note of what you can see, allow single words or phrases to come to mind and describe it.



2

When I hear  
x I believe ...

For 5 minutes, listen to the sounds of the space. What do you hear? List words that best describe the sounds. It is best to list sources of the sounds and words to describe the sounds themselves.



4

Have you ever  
thought the  
smell of x ...

What smells do you experience in this space? Take 3 minutes to slow down and explore. Jot down the source and the smell, but add words of emotion that are tied to the sensation.



3

When I touched  
the ...

Being wary of what you touch, take 4 minutes to gently touch/hold things in this space. List words that describe these textures in detail. Draw a small diagram of the thing you touched/held afterwards.



5

The taste of x  
made us ...

Take 2 minutes. Does food or drink taste differently here?

Never eat something you cannot identify. Describe the sensation, taste and emotion when tasting something in this space.



6

When I am here  
time feels...

Contemplate for 1 minute on the matter of time in this space. Write down a sentence or 2 about how time feels when you are here. Does it move quickly, can you slow down here? Would everything you experienced here today be the same 100 years ago?





DO YOU REMEMBER THOSE STORIES WE  
WERE TOLD AS CHILDREN

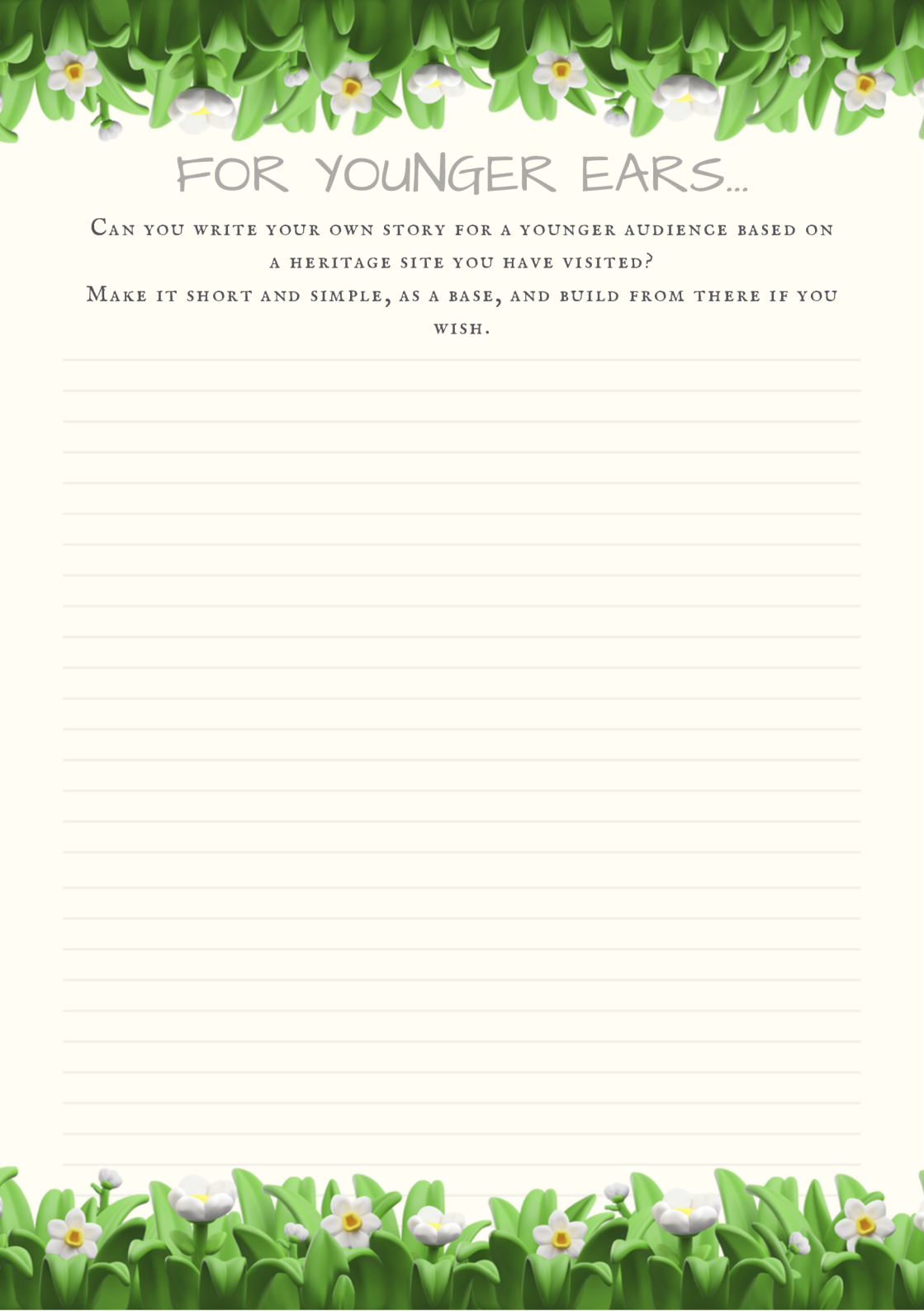
See if you can remember a very short story you were told, or told yourself, from when you were younger. Write it here. Let the narrative inspire you to create joy in your own writing.





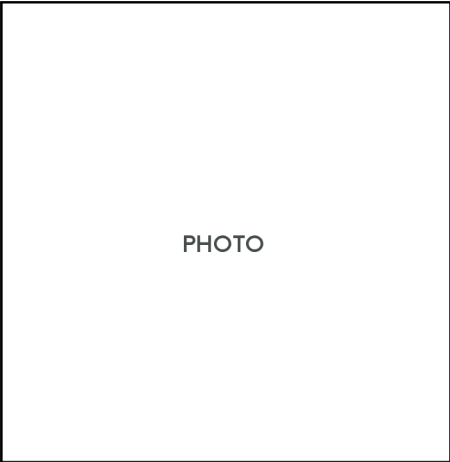


MAKE IT SHORT AND SIMPLE, AS A BASE, AND BUILD FROM THERE IF YOU WISH.



# Recipe Card

NAME OF DISH :		
SERVES :	PREP TIME :	COOK TIME :



INGREDIENTS

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DIRECTIONS

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NOTE
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# MODERN Myth

CAN YOU WRITE A MODERN MYTH? DO THEY  
EXIST?

WHAT INSPIRATION CAN WE TAKE FROM A TALE ALREADY TOLD AND RETRO FIT  
FOR AN AUDIENCE TODAY? KING ARTHUR'S HUNTING LODGE WAS SUPPOSEDLY  
FOUND AT CASTLE AN DINAS - RETELL A SECTION OF THE ARTHURIAN  
LEGEND WITH A MODERN TWIST.





# BULLET JOURNAL

TRY TO WRITE SOMETHING EACH DAY THIS MONTH - NO MATTER HOW MUCH, OR HOW LITTLE.



MONTH: \_\_\_\_\_

WEEK: \_\_\_\_\_

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## THINGS TO REMEMBER



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## HABITS

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## NOTES TO SELF





# BULLET JOURNAL

TRY TO WRITE SOMETHING EACH DAY THIS MONTH - NO MATTER HOW MUCH, OR HOW LITTLE.



MONTH: \_\_\_\_\_  
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INSPIRATION

THINGS TO REMEMBER

HABITS

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NOTES TO SELF



# BULLET JOURNAL

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## HABITS

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## NOTES TO SELF





# BULLET JOURNAL

TRY TO WRITE SOMETHING EACH DAY THIS MONTH - NO MATTER HOW MUCH, OR HOW LITTLE.



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## INSPIRATION

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## THINGS TO REMEMBER



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## HABITS


S M T W T F S


## NOTES TO SELF



## **\*DAILY TIPS\***

To introduce some creativity into your day and not feel overwhelmed.



**Write Morning Pages:** Inspired by Julia Cameron's "The Artist's Way," write three pages of stream-of-consciousness thoughts first thing in the morning. This practice can clear your mind and jumpstart your creativity.

**Set a Specific Time:** Choose a dedicated time each day for writing, whether it's first thing in the morning, during your lunch break, or before bed. Consistency in timing helps establish a habit.

**Embrace Free-writing:** Set a timer for 3-5 minutes and write continuously without worrying about grammar or coherence. Free-writing can help you break through mental blocks and generate new ideas.

**Set Goals:** Define clear, achievable writing goals, such as completing a certain number of pages per week or finishing a chapter by a specific date. Goals provide direction and motivation.

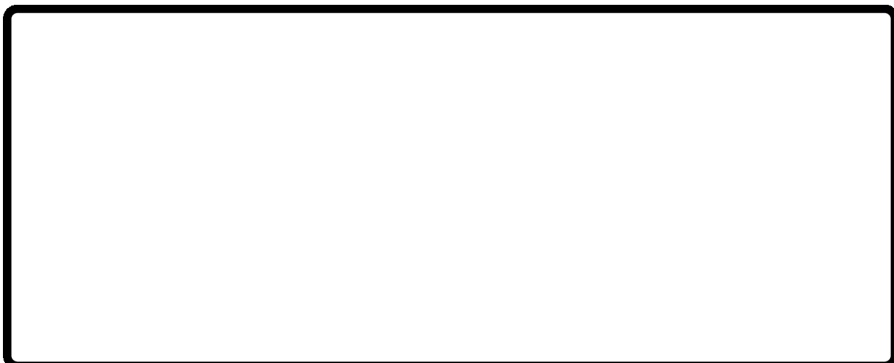
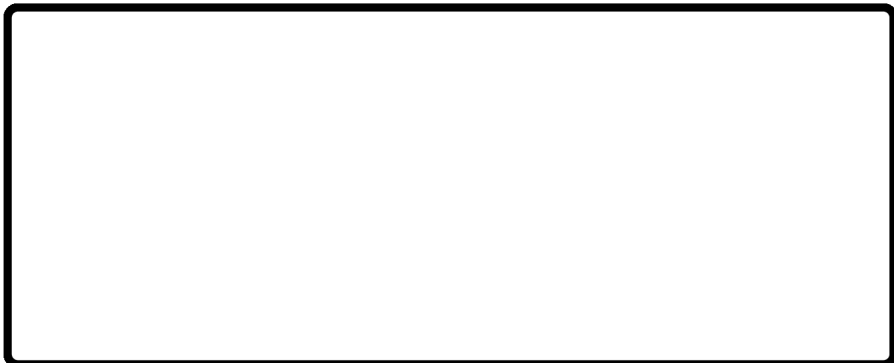
**Incorporate Writing into Daily Activities:** Find opportunities to write during routine activities, such as jotting down ideas while commuting or making notes on your phone while waiting in line.



# FREE WRITE



THINK OUTSIDE THE BOX FOR THIS ONE. IN THE MODERN DAY, WE ARE OFTEN SHOWN MORE  
SHORT FORM STORIES ONLINE - CAN YOU MAKE ONE NOW?



CAN YOU WEAVE A TALE IN THESE 3  
PANELS?



CORNISH EDITION



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writing prompts has been made possible thanks to Cornwall Heritage  
Trust's Community Grant, funded by the UK Government through the UK  
Shared Prosperity Fund.

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MAKE A MAP OF PLACES  
YOU ARE YET TO VISIT BUT  
ARE DEFINITELY ON YOUR LIST