



Freewriting

Freewriting is a form of stream-of-consciousness writing. It involves setting a timer — often ranging from 5 to 20 minutes — and writing without stopping until the time is up. The technique was popularised by Peter Elbow in his book *Writing Without Teachers* (1998) and has since become an important tool to writers, academics and professionals seeking to enhance creative thinking.

Instruct the students:

- We will be writing for 7 minutes – I will set a timer for exactly 7 minutes.
- This time is just for you. Simply begin writing and don't stop until the timer rings. Remember, there is no right or wrong way to do this – the only rule is to keep writing about whatever comes up after hearing the story.
- If you do feel like you are getting stuck, keep your pen moving, and let your thoughts flow without judgment. If you find yourself pausing, just write the first word that comes to mind and see where it takes you. It may also help to repeat some of the reflective questions that were in the story.