



ROOTS  
AND  
BRANCHES

# Bloom

## Freewriting Prompts

Writing around prompts that ask us to approach a subject or style in different ways can be a wonderful way to explore and expand our own writing, and perhaps surprise ourselves too. It also helps us remove roadblocks around perfectionism and get words down on the page, and can be a nourishing practice for when you're feeling stuck or stagnated.

This list of prompts is here for you to use (or not use) whatever you'd like, whenever you'd like. I find I like freewriting best when I use a journal or notebook, as it keeps me more physically connected to the page.

There's no "right" way to approach these: You may sit down and write for a certain period of time, or just write until you feel done. You may decide to show what you write to others, or you may not.

I encourage you to choose whatever path makes the writing the most fun and the lowest pressure!

## Theme: Repetition

-Try to fill a sentence or paragraph with as many instances of a word as you can (especially if the word has multiple meanings for the same spelling).

-Try to fill a sentence or paragraph with as many homonyms as you can

-Write a sentence or paragraph with a repetitive cadence (for example: one that might sound like the beat of marching or drumbeats if it were read out loud)

## Theme: Nature

-Think of the smallest thing you can in nature: Maybe it's microscopic, or small but still visible. Now think of the largest thing in nature you can imagine. How might each one perceive the world? What does each share in common?

-Imagine you live underwater. Do the things you interact with from the ocean (like seashells) function the same as they do on land? For example, does holding up a shell to your ear sound the same?

-Imagine yourself moving through the world in a different kind of body: Whether with wings, or maybe slithering, or swimming. Write a paragraph describing the physical sensations of movement in this body. How does it feel both to move, and to be, with this shape?

## Theme: Origins

-Write a paragraph 'origin story' for a word you use often but don't know the origin of. Optional: Then look the word up on [Etymy](#) and see its origin. Do you feel inspired to write another story or expand on yours after reading more about your word?

-Write an origin story for a beloved plant, beloved food, or beloved species of animal. How did they evolve into what they are? What might they have been before? How did the travel to get to you, and did that process transform them?

## Theme: Tastes Imagined & Remembered

Write a eulogy to a lost favorite food: Maybe a beloved sandwich but from a city you no longer live in, a lost family recipe, or food from a now-closed restaurant.

What do you remember about it? What would you want other people to most know about its life? What contributions did it make to the world? How do you describe it to someone who's never tasted it, and never will?

What is a food memory so strong you can taste it? Distill the experience of that memory, the emotions, textures, tastes, surrounding environment, everything else you remember into as few sentences as possible (keep it under 3).

Play with format for these prompts below, too: You could write a poem, song lyrics, etc. instead.

Write a love letter to a favorite food: You might approach this by discussing the people the food reminds you of, or the food itself (taste, texture, how it makes you feel, etc.)

Write a love letter to a food you've never tried, but want to: Why does it fascinate you? What feelings are evoked by a food that feels out of reach? What would the experience of eating it be like?

Write a love letter to a least favorite food: Imagine what you might love about it, or why others might enjoy it.

## New Perspectives: Shifting Time

Consider one, or all, of the questions below as you decide what beings and lifespans you want to write about:

How does your view of the world change based on the length of your life?

How is the experience of a fly that lives 24 hours different from a whale that lives 100 years?

How are they the same?

If you are alive hundreds of years, what insights do you have that we don't?

Likewise, if you have to fit your whole life into the span of a couple days, what does that brief and flurried experience feel like?

How you experience time itself, what you do to fill your days, how you experience place and the other beings within it. Are they faster/slower than you? How do their faster and slower lives impact your own (for example, how do multiple generations of woodpeckers interact with an ancient tree?)

What does the sensory experience of food and eating feel like in this timeline, whether eating it as we do or being nourished through roots and leaves like a tree?

Longer time: A star, a Redwood, a blue whale.

Shorter time: A housefly, a squirrel, an annual plant.

## New Perspectives: Shifting Time

- What does an ear of corn notice? Where does it devote its attention, and what does it experience when it does so? How might its senses move it through the world?

(You can substitute your favorite fruit, vegetable, or other plant here).

-Choose an inanimate object, either in your field of vision (a lamp, a book), or not (a piece of gravel on the sidewalk). If you could describe a "day in the life" of an inanimate object, what might it be? If it had senses, what might catch its attention? If it had emotions, how might it feel?

-Base a story around a changing physical space. Where is a place you've been that you've watched change. What were the changes like? How did those changes change you?

## (Un)defining Food

### Defining food

Write a one sentence definition: what is food?

Write another one sentence definition: What is food not?

### Writing about food

Write a paragraph/poem/story/etc without using the word 'food' or the name of dishes or ingredients.

The presence of food here is solely implied, defined by how characters interact with it, for example. We so often talk about food as consumable: What if we talk about it in terms of impact and its shaping of environment? Of us?

## (Un)defining Nature

### Defining nature and wilderness

What is nature? What is nature not?

How do we define "wilderness?" and where does wilderness reside?

### Writing about nature

Write a paragraph, poem, etc. where "nature" is a part of the story, but its presence is wholly implied.

# Redefining and Rediscovering

## Intentionality and tools

Bee Wilson's *Consider the Fork* begins with a beautiful deep dive into the intentionality behind tools: From the choices made in crafting them, to the importance of use to their continued presence.

Choose an object in your kitchen (or elsewhere): What decisions do you think went into its shape? Size? Does it function how it should (and if not, why not)? What do you love about this tool? Or don't love?

## Writing the future

If you could write a meditation, or a love letter, or an affirmation, or a roadmap, for your future self, what would it look like?

If you could write a memoir about your future self as a writer, what would you include?

# Mapping

If you could draw a map of your creative ecosystem, what would it look like? What is in it? What is the landscape like? What connections and paths do you see between things? You might write, draw, or otherwise jot down your thoughts.

You can do the same exercise for individual writing projects too!

# Gratitude

Wrap up with a love note or a note of gratitude to a food, to your creative practice, to your pet dog, whatever brings you joy.

This doesn't have to be long, or coherent to anyone else. Just a stream of consciousness release of gratitude, to yourself and to anything else you'd like.