

Frey **SIDESHEETS** Landing Zones for Responses

Words * Images * Symbols * Sensations

Anything simple always interests me.

~ David Hockney

SIDESHEETS are basic tools for writers (and other creators) during creative process:

- ☐ to cultivate openness, curiosity, spontaneity and nonjudgment
- ☐ to record ideas, images, symbols and sensations

SIDESHEETS can be used spontaneously for quicksilver creativity or routinely:

- ☐ to generate fresh writing (or other expressive forms)
- ☐ for observational or responsive note-taking
- ☐ to aid reading/rereading* of one's writing or another's
- ☐ with choice of colour(s) and in any chosen fashion

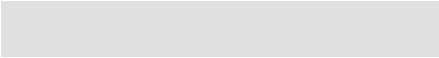
They include:

- SIDESHEET #1** Open space for uncensored free writing or brainstorming an idea, image, symbol, sensation
- SIDESHEET #2** Dialogue space for two characters, concepts, contrasts or pairs of words, images, symbols, sensations or any combo
- SIDESHEET #3** Juxtaposition of three, e.g., genres of writing, themes or any combo of options above
- SIDESHEET #4** Cluster around one to four elements from options above, whether interrelated or not

How to proceed: Preplan or spontaneously choose any **SIDESHEET(S)** as your creativity unfolds. They provide a record of your process, with date in grey blank.

*This creativity tool was offered when introducing Responsive Rereading conceived by Connie Frey, PhD, during "Write Under Your Nose" workshops co-designed with Antoinette Oberg, PhD. (Related tutorials are available through the Creators page at www.yourinnerspa.ca.)

SIDE*SHEET* #1



SIDESHEET #2



--	--

SIDE *SHEET* #3



--	--	--

SIDESHEET #4

