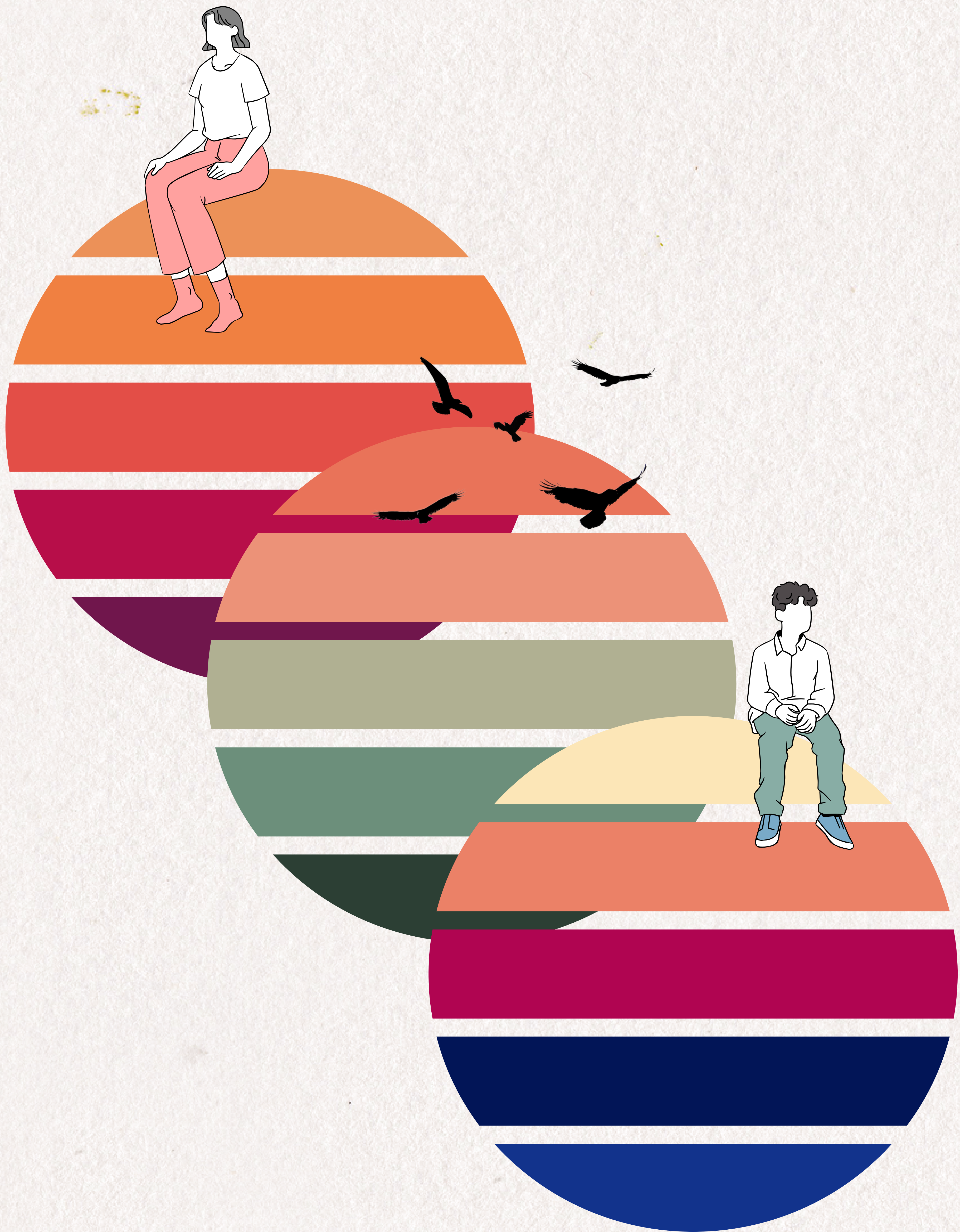


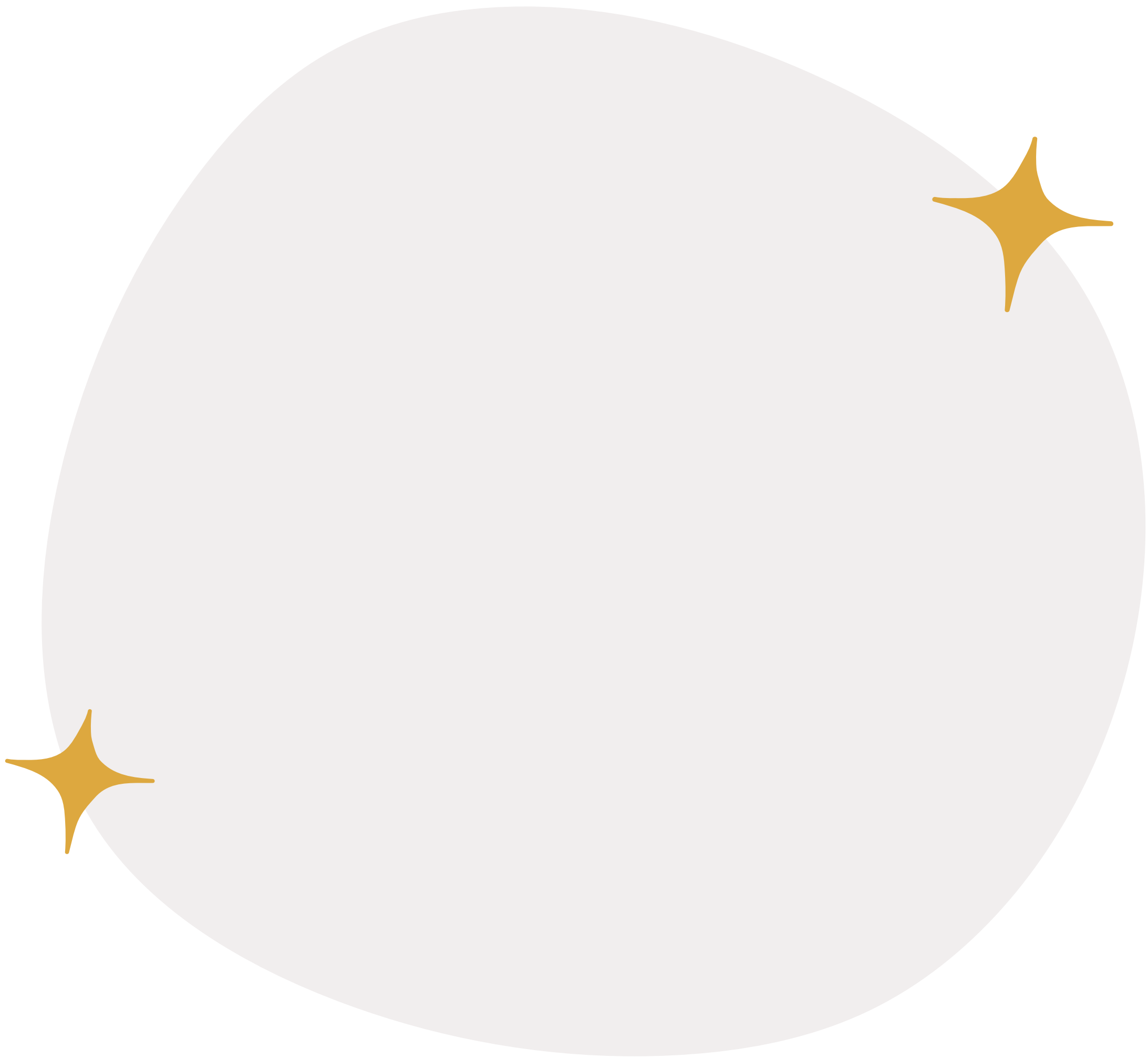
Story
FACTORY

SUNSET IN MY HEART



SUNSETS WE'VE KNOWN

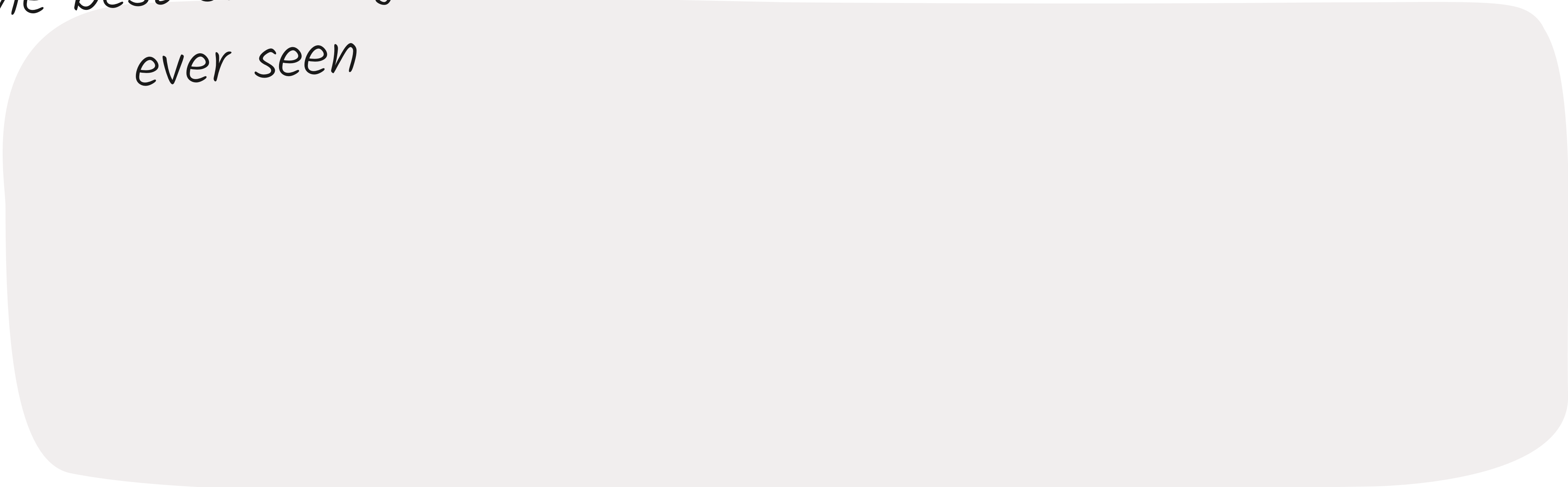
sunsets you've taken a
photo of



WHERE WHERE WHERE- OTHER IMPORTANT DETAILS



the best sunset you've
ever seen



SUNSET CAPTIONS

2

Mother nature doesn't need a filter
Witnessing the beauty and awe of the evening
Sunset state of mind
Fifty shades of pink
Born to chase sunsets
Sunset is my favourite colour
The only sunsets I don't like are the ones I missed
Cherish every sunset
The sky is aglow with the setting sun
love like a sunset
Ride off into your sunset
i long for endless evening colours
The sky splashed with vibrant colours
Serenity while the sy is on fire

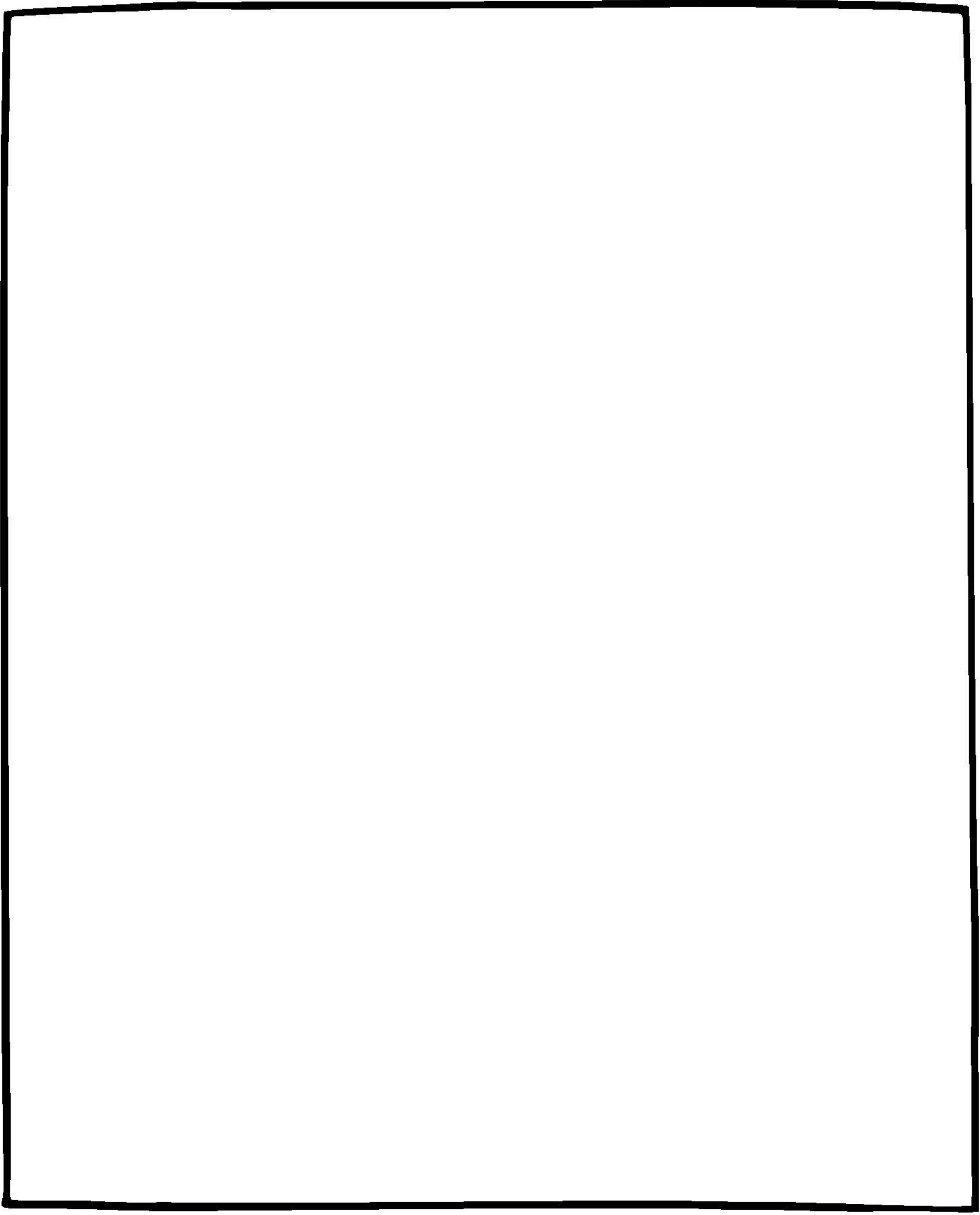
Select two lines from the captions above. From a combination of those words, create a new original caption. You're allowed to add up to 2 words of your choice.

IWEIGH- WHAT MAKES YOU, YOU?³

Jameela Jamil started the iweigh movement on Instagram in 2018, when she saw a post about Kardashians and how much they physically weigh. She counteracted this by posting all the other things she weighs, rather than her weight. The idea is that we are not just our bodies and that we weigh all sorts of different things.

What do you weigh? Write down words or phrases about yourself. These should be aspects of your life that you are grateful for, or proud of, or that sustain you in some way.





SOMEONE YOU WERE IN THE PAST

4

Think back to a moment in your past when you felt great. It might be that you were totally relaxed, it might be a time when you'd achieved something that was difficult or challenging, it might be the moment when you made the perfect pancake...etc.

What you're after here is a moment that was close to perfection.

Someone you were in the past BY YOSRA

When I hung out with my friend at her house for the whole day.

Her Dad made us these chilli chicken burgers when I first came & we ate them talking about everything that had happened over the year as we went to different schools.

During this time, WandaVision was out & my friend had loved the Scarlet Witch since Year 6, we spent the day watching it in her room, and at the park. We got Maccas while at the park & enjoyed each other's company as it would be another year until we would see each other again.

During that time I felt my happiest as I never really saw her & we shared so much in common that I never wanted the day to end.

It is such an important memory to cherish as friends are hard to keep, especially friends who are able to have a long distance relationship, to have that is important.

Writing Scaffold

Place: 2-3 sentences introducing the person, thing or idea

What: 2-3 sentences describing why the person/thing/idea is important

Feeling: 2-3 sentences showing how you feel about the person/thing/idea

SOMETHING THAT YOU VALUE NOW 5

At each period in our lives we value slightly different things. Some things remain valuable over the course of our lives, but many things are particular to a moment. In this piece you're going to write about something you value now, that might be a thing that you'll continue to value or something particular to this period of your life.

Something that you value in the present BY VENUS

August 31st 2006. The day, the woman that shapes me, builds me and loves me, gave birth to me. This woman guides me and continues to inspire me through her determination, strength and bravery. This woman shows me how to love, how to be one with my emotions and how to have boundaries. This woman also fights with me, she tests me and she yells at me. This woman makes me cry, makes me scream, this woman makes me crazy. So why do I love this woman? There is no answer. I just do. After all the yells, screams, and fire, there's a warm light, a light begging for me to apologise, to feel sorry, to love. To love who? To love the woman at the light, to run into her arms and feel comfort. This woman is my Mum. My best friend. My blood. My home.

Writing Scaffold

- Time: 2-3 sentences about when you discovered this person, thing or idea
- The Thing: 2-3 sentences describing this important person, thing or idea
- Why: 2-3 sentences explaining why this person, thing or idea is important

SOMETHING THAT WILL NEVER CHANGE⁶

In this fragment you will write about something in your life that you believe will not change. This could be an element of your personality, something about your background, something about your values or hopes.

Something that will never change BY CINDY

Some of the most important things to me are good food, slow mornings, how my mum and I go out to Cabramatta every Saturday, how my sister sends me pictures of what she's doing on a daily basis even from miles away or in a different state, how my dad brings me egg tarts from his bakery after his day at work. Something I always return to is my parents' cooking, my productive morning and my memories with friends. My core values will never change and my dreams. My love for sleep, my family and dreams will never change.

Writing Scaffold

Time: 2-3 sentences about when you discovered this person, thing or idea

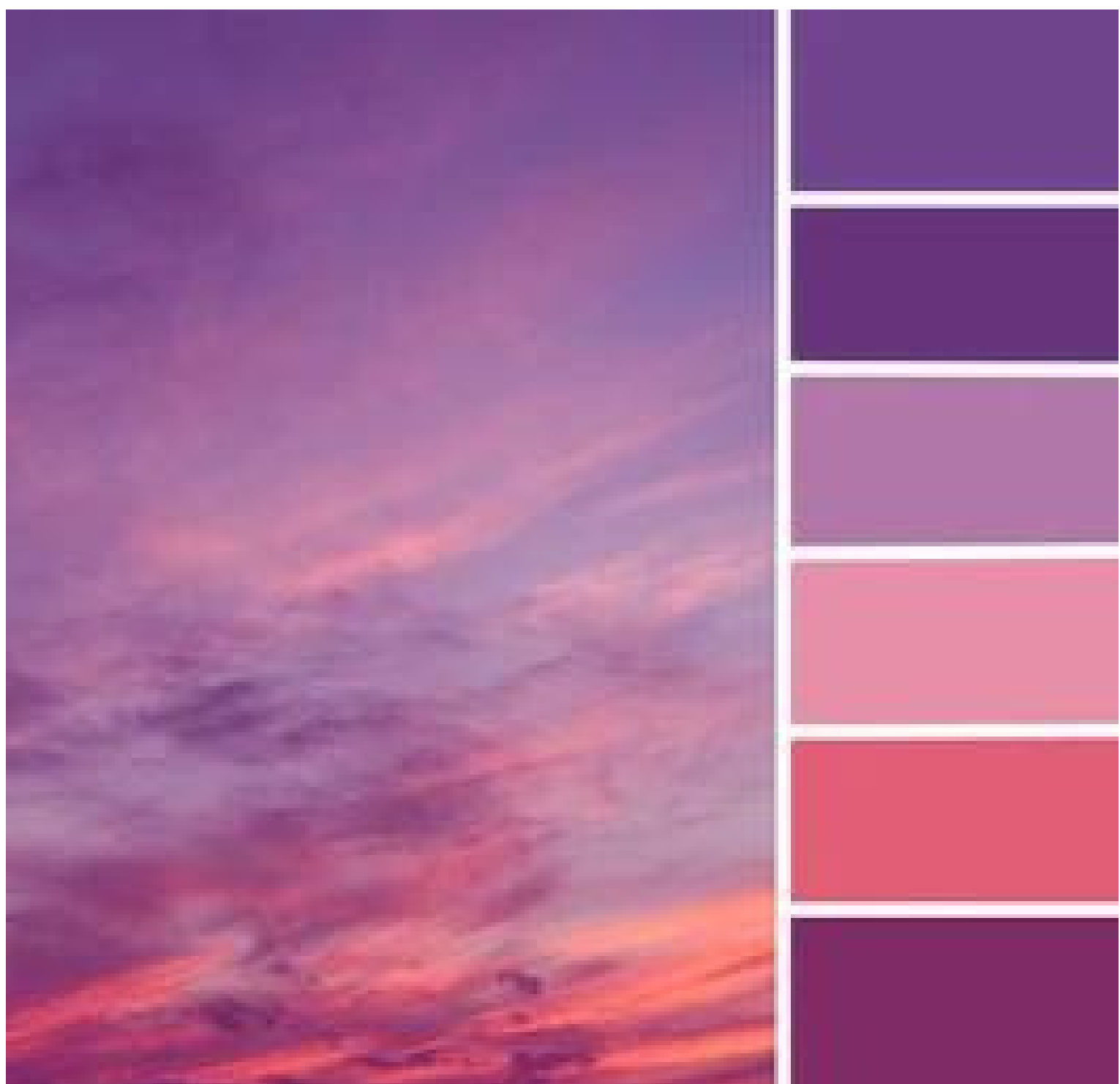
The Thing: 2-3 sentences describing this important person, thing or idea

Why: 2-3 sentences explaining why this person, thing or idea is important

SUNSET COLOURS

and what they make us think about

7



LAYERS OF MY SUNSET 8

Build on the ideas you have gathered in the sunset colours activity. Begin to think about the layers of positive elements that are in your lives.

You will gather ideas about sunsets as if the layers of colour are associated with the various positive elements from their lives.

You can create layers for each of the following points:

- People
- Fascinations
- Ideas
- Memories
- Plans





Five horizontal rectangular boxes with black outlines, intended for handwritten notes.



Five horizontal rectangular boxes with black outlines, intended for handwritten notes.



Five horizontal rectangular boxes with black outlines, intended for handwritten notes.

Extracts from the writing of Jia Tolentio, Jess Liana, Zoya Patel, Bern Williams, Jeremy Divinity, Liz Davis and John Green

When I feel confused about something, I write about it until I turn into the person who shows up on the paper: a person who is plausibly trustworthy, intuitive and clear

I'll admit that I'm not sure that this enquiry is even productive

What could put an end to the worst of the internet?

Right now, I'm slowly letting go of my dependency on English and starting to pick up the pieces of my Indonesian.

In a 'growth mindset', people realise that they are capable of changing and growing their most basic abilities, like intelligence and talent, through effort and dedication.

Creativity was not intended to generate billion dollar companies- it is and always will be, an investment into our own wellbeing.

Let's replace the phrase "creative person" with "a person learning creative abilities".

It is as important to organise the thoughts in our mind, as the events in our week.

You don't have to be a woman to keep a journal

Keeping a journal isn't entirely an emotional act- The act of writing accesses your left brain, which is analytical and rational.

ESSAY EXTRACTS

It's almost impossible to watch a sunset and not dream

We are bombarded constantly with what to think and feel instead of trusting what really is.

There's no such thing as an ugly sunset — at the same time, there's no such as an ugly life.

The days become weeks, and the weeks become months, then months turn into years. After it all, we look back to notice the commonality between the days and years and how the sunset, each in its own right beautiful and different, has helped transform us to be better people.

But wherever you live, Nature sends valuable messages in unique ways.

Look away for a second too long and you've missed it.

Like, whenever I see the sun sink below a distant horizon as the yellows and oranges and pinks flood the sky, I inevitably think, This looks like a picture that has been extensively photoshopped.

one is presumably too innocent to have yet realised how lame it is to write about sunsets.

And so I wear the armour of cynicism, and hide behind the great walls of irony, and only glimpse beauty with my back turned to it


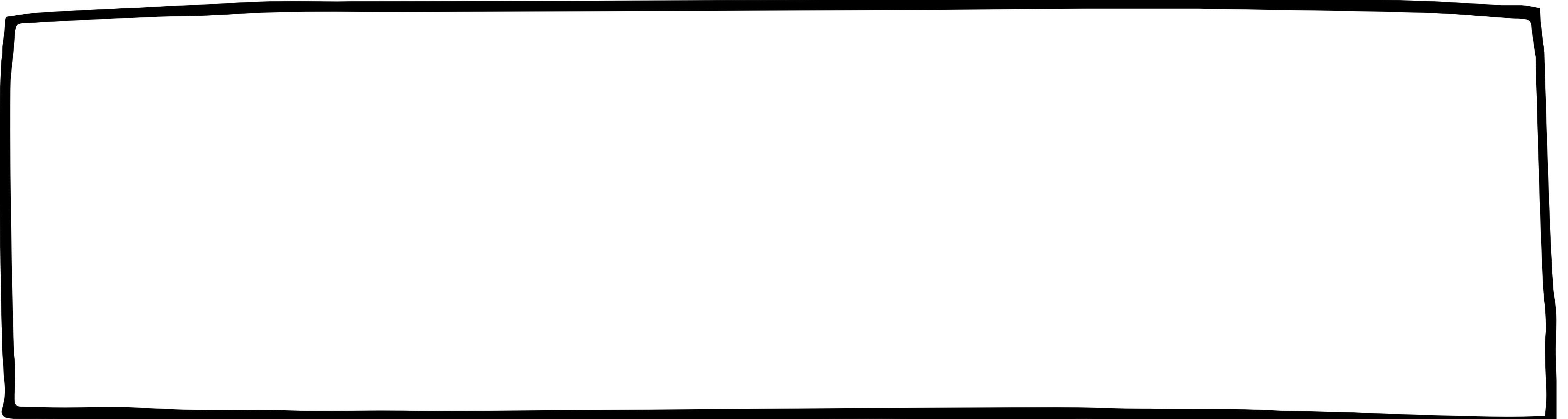
But I want to be earnest, even if it's embarrassing.

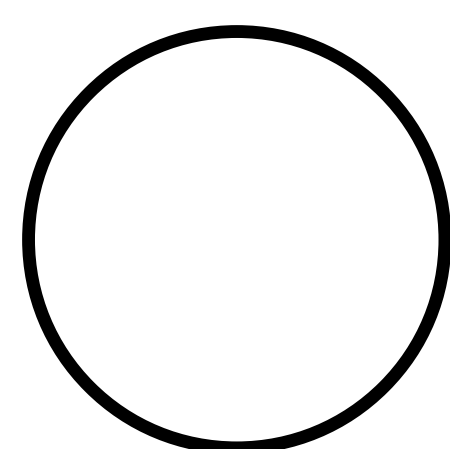
I feel most colored when I am thrown against a sharp white background
How can any deny themselves the pleasure of my company! It's beyond me.

PERSONAL ESSAY *part one*

12

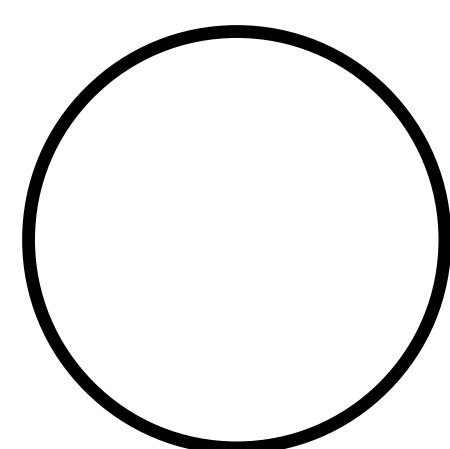
- Select the three extracts from the previous activity
- These quotes will be used as inspiration for the three section of your personal essay
- You will aim to write at least a paragraph following on from each extract
- Use ideas you've gathered from the previous both of the sunset colour activities.
- The main aim is to write about something that is important to you. We're after the positive stories that sustain you. These might be stories about other people that are important to you, places that are important, ideas that are important, aspirations or plans that are important.





PERSONAL ESSAY part two

13



PERSONAL ESSAY part three

14

HOW WILL YOU SIGN OFF?

15

Great ways to end a personal essay:

Action at end

An image at the end - concrete

Description of an event

what is an action?

what is a concrete image?

what is the event?

Jia Tolentio

“The next day in Austin was cold, and the day after that it snowed. I went to a yoga class, wearing one of my OV outfits, before catching my flight back to New York. I had never been less able to distinguish what was good from what was profitable, or my life from my work. It was dark in the studio, and the ceiling sparkled like a planetarium. A sign at the back of the room read “Total Human Optimization.” In a sweet, soft voice, the instructor told us, “Every part of you that’s not active is weighing you down.”

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.