Stamina Writing Prompts

1 - 10 Minutes

The purpose of the first 10 writings is to get students to write frequently, on demand, and over an extended period of time. Students must write continually without stopping. If a student gets stuck or run out of ideas, he or she should write the last word written over and over until ready to move on. When the timer goes off, students will have few moments to finish their last sentence.

If all students have kept writing for the entire time period, move to the next time increment next week. If not, repeat this stamina time until students are able to keep going.

Stamina 1 - What are your favorites?

Make a list of your favorites. This includes people, places, things, activities, and so on.

After students have finished writing, have them circle 5 of the things on the list that they may be interested in writing about at a later time.

Stamina 2 - Tell me about yourself.

Write about yourself. How old are you? Tell me about your family. Do you have any pets? What is your favorite thing to do? Share anything you want me to know about you.

Stamina 3 - What are you feeling about this school year so far?
What have you liked? What have you disliked? What have you learned? How is this year different than last year?

Stamina 4 - What do you like to read?

Who is your favorite author? What is your favorite book? What types of books do you like best?

Stamina 5 - If I had one more day...

If you had one more day this weekend to do whatever you wanted to do, how would you spend it?

Stamina 6 - What DIDN'T you do this summer?

Make a list of all the things you DID NOT do this summer.

Stamina 7 - What is something you do well?

How and why did you learn that skill?

Stamina 8 - How would you get a complete stranger to smile?

If you saw someone who you did not know, but it was obvious they were upset, what would you do? Would you try to make them smile? How?

Stamina 9 - Imagine you could turn invisible. What would you do?

Where would you go? What would you do? Would you tell anyone what you could do?
Stamina 10 - Flying sharks. Invisible Muppets. Rise of the Robots. If you could make any movie, what would it be about?

Come up with the best movie title and pitch that you can think of, and then explain how and why that movie would be awesome.

**II - 30 Minutes**

The purpose of the next ten stamina writings is to focus on writing through the tough parts of the process. In this phase, students may pause briefly to gather thoughts as they write. However, they are responsible for producing the stamina number plus 1/2 in lines. For example, Stamina 12 would require 18 lines.

Stamina 11 - Your story must include this line: "That's what happens when you invite something wild into your home."

Make sure you establish the situation, introduce a narrator, and organize the story in a way that unfolds naturally. Provide a sense of closure.

Stamina 12 - "You're the average of the five people you spend the most time with." -Jim Rohn

Who are the five people you spend the most time with? In your opinion, do you think Jim Rohn is right? Do you think you are like the five people who you are around the most? Why or why not? Provide support for your opinion.
Stamina 13 - “I said to someone I know, ‘I don’t know why this hurts so much.’ And she said, ‘It hurts because it mattered.’ And that was a huge thing for me to realize. That there are things in life that hurt. And they hurt because they were important.” -John Green

What do you think of this idea? Do you know what he means? Can you identify with this quote? What in your life has hurt because it mattered?

Stamina 14 - Explain the roles of the principal, teachers, and students in this school.

What is each group responsible for? How do they help each other and work together to achieve their goal? What must each group do in order to be successful?

Stamina 15 - “Normal is a cycle on the washing machine. There is no such thing when it comes to human beings.” -Trisha Goddard

Are you normal? Is anyone? What would it mean to be normal if such a thing existed? Do you think that it would be a good thing to be normal or would it be boring? Do you think it is okay for a person to be different?

Stamina 16 - Which would you rather have, a rewind button for your life or a pause button?

Make your case for your choice or explain what you would do with it. Have you had a time when you wish you had one of these and why?

Stamina 17 - Have you ever been bullied or bullied someone?
What happened? Were you the bully or were you bullied? What are some things we could do to stop bullying?

Stamina 18 - “All these kids are icebergs, we only see the tip.”

How are you like an iceberg? How much do people really know about you? How much do you think you really know about others?

Stamina 19 - Write as if you were a drop of water.

Describe your journey through oceans, rivers, streams, house pipes, sewers, rain storms, and so on.

Stamina 20 - If you could relive last week knowing what you know now...

What would you do differently? What would you do the same?

Stamina 21 - Explain what you would do with a secret compartment that you found in the back of your closet.

What would you use it for? Would you tell anyone about it?

Stamina 22 - If you could be a superhero, how would you be?

What powers would you have? Would you be a hero or a villain? What would you do with your powers? Would you have a nemesis?

Stamina 23 - If I could only have three...
If you were suddenly transported to a world where you could only have three foods, people, and things for the rest of your life, what and who would you chose? Why?

Stamina 24 - If you could have any fictional character as a best friend, who would you choose?

Why would you choose them? What would it be like?

Stamina 25 - Write a personal mission statement.

A mission statement is a statement of the purpose of a company, organization, or person. It is the reason for existing. Mission statements guide the actions of the company, organization, or person who wrote it.

Some examples are:

Wal-mart: "We save people money so they can live better."

Google: "Google's mission is to organize the world's information and make it universally accessible and useful."

What would your mission statement be? What is your purpose in life as you see it now? What is something you want to do or teach to others?

Stamina 26 - Real life board game

If you had to live one board game as real life, which one would you chose and why? Describe what it would be like.

Stamina 27 - I'm an expert on...
Think about something that you know a lot about. Maybe it is a game, a subject, a person, or an item. Write about that topic and show that you are an expert.

**Stamina 28 - Deer Hunting Dilemma**

Deer hunting is very popular in Northern Michigan. Hundreds of thousands of deer are “harvested” by hunters every fall. However, some people believe that deer hunting is cruel to the deer and dangerous to people. Should we allow deer hunting in Michigan? Why? Back up and explain our argument.

**Stamina 29 - Right There in my Living Room...**

I jumped off of the bus and leaped across the ditch like a kangaroo being chased by a wild dog. I sprinted down our driveway and by the time I got to the door I was huffing and puffing like a train going uphill. I wondered if my mom was home and what kind of mood she was in. I threw open the door to our house and I couldn’t believe what I saw! Right there in my living room was...

**Stamina 30 - The Lie**

A student in your class has told several lies about you to your friends. Because your friends believe the lie, they won’t talk to you. How are you going to deal with this situation? Would you hit the liar? Would you yell at your friends and tell them that you hate them? Would you tell your parents?