

## **BearLingo's step-by-step guide to free writing practice**

*For this assignment, you'll need writing utensils, a timer, and a notebook.*

1. Select a topic to write about. Your topic can be both fictional and nonfictional; it could be anything you want it to be. If you have hard time coming up with a topic, you can start with writing about your day.
2. Set your timer to 15 minutes.
3. Start your timer.
4. Start writing.
  - The key is to just write. Don't think of grammatical errors. Don't think of writing down fancy words. Don't think of sentence or paragraph structures. Just write. If you can't continuously write down something, keep writing dots. The key is to never stop putting down something onto your notebook while the timer is alive.

Here is a video for the visual learners:

<https://www.youtube.com/watch?v=TGDkQzkIVaM>