

Name: \_\_\_\_\_

Class: \_\_\_\_\_

# Writing Activity

## SENSORY TIME WARP DIARIES



Seventeen-year old, Aimee Roh, has a rare condition called **Sensory Time Warp Syndrome (STWS)** that causes her to time travel to a past moment in her life whenever she smells something linked to that memory.

Write a series of diary entries that transport you to different moments in your past based on specific sensory triggers (e.g. smells, sounds, tastes, touch, sights)

### Instructions:

1. Think about different sensory triggers that are significant to you. These could be specific smells, sounds, tastes, touches, or sights that evoke strong memories.
2. Select **three** sensory triggers that are meaningful to you. Choose diverse triggers (e.g. a particular food, a song, a scent)
3. Write a **series of three diary entries**, each prompted by one of your chosen sensory triggers. In each entry, you will:
  - a. describe the sensory trigger in detail.
  - b. explain the memory it brings back and the emotions associated with it.
  - c. reflect on why this memory is important and what you've learned from revisiting it.

### Example:

#### **Diary Entry 1 - Smell of Freshly Baked Cookies:**

Trigger: The scent of freshly baked chocolate chip cookies

Memory: A warm afternoon at Grandma's house, helping her bake cookies.

Emotions: Feelings of comfort, love, and nostalgia.

Reflection: Realization of the importance of family traditions and how they shape our sense of belonging.

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## DIARY ENTRY 1:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## DIARY ENTRY 2:

[illegible]

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### DIARY ENTRY 3:

[illegible]