



DEEP  
SUMMER

A Sensory  
Experience

Notes from the Margin  
[WendyPratt.substack.com](http://WendyPratt.substack.com)



# Journal Exercise One

1. Open a window or step outside. Stop, tune yourself to the sounds around you. Settle yourself. Go slowly allowing your brain to catch up. There is no need to rush this exercise, simply be in the moment and tune to where you are. What are the first three natural sounds that you hear? List them in your journal, along with any immediate emotional or physical reactions you have to those sounds.
2. Choose one of those sounds and add some descriptive or figurative language around it. What is the sound *like*? Don't be constrained by thoughts of producing work here. Your journal is a workshop; a place for creativity and reflection, not for perfection.
3. Write down any memories you associate with this sound. What moment of time are you taken to, what other sensory reflections does this sound lead your creative brain to?
4. Repeat this exercise as often as you want over the week.



A series of horizontal dotted lines for handwriting practice, spanning the width of the page.







