



St Oswald's
Hospice

Writing from smells

Explanation:

Using all of our senses is a great way to make our writing come alive. Smell in particular has an amazing way of triggering vivid memories

Exercise:

Choose a variety of smells e.g. ground coffee, perfume, lavender, alcohol, talc, seaweed, spices, disinfectant etc and write anything that springs to mind, any words or phrases you associate with the smell

Or free flow write on the theme “the smell I love/hate the most is.....”

This website has some great tips

Please feel free to share your writing with fionaclark@stoswaldsuk.org

