



Set a timer for five minutes and free write to this prompt to see what comes up.

1. A memory
2. What you can currently sense (see, hear, feel, smell and taste)
3. A random word
4. A random photo
5. Open a book and choose a random phrase.
6. A headline from a magazine or newspaper



First pick a prompt.
Roll a dice and write about:

For more of a challenge, roll a second dice to chose the form of your poem:

1. Write a haiku (three lines 5/7/5 syllables)*
2. Write a tanka (Five lines 5/7/5/7/7 syllables)*
3. Write a cinquain (Five lines)*
4. Write a sestet (Six lines)*
5. Write a vivid description, using as much detail as possible
6. Free write

You could also roll another dice to set the time if you want.

* If you finish within the time, write another until the timer runs out!



You just need two standard dice (d6), a timer and pen and paper.



This exercise is meant to be quick, no more than 5 minutes.

For poems, you can leave the decisions of creativity up to chance and start writing without judgement.

I got this idea from playing *Dungeons and Dragons*, and the emphasis on roll tables. Specifically, a publication called *Tiny Prep* by Che Webster, which is a way to create dungeons by rolling dice.

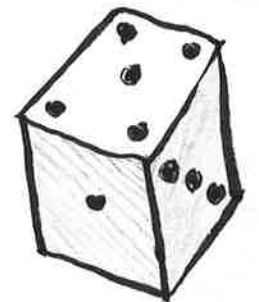


A zine by

David
Ralph
Lewis

www.davidralphlewis.co.uk

Poetry
Dice
Exercise



by
David Ralph Lewis