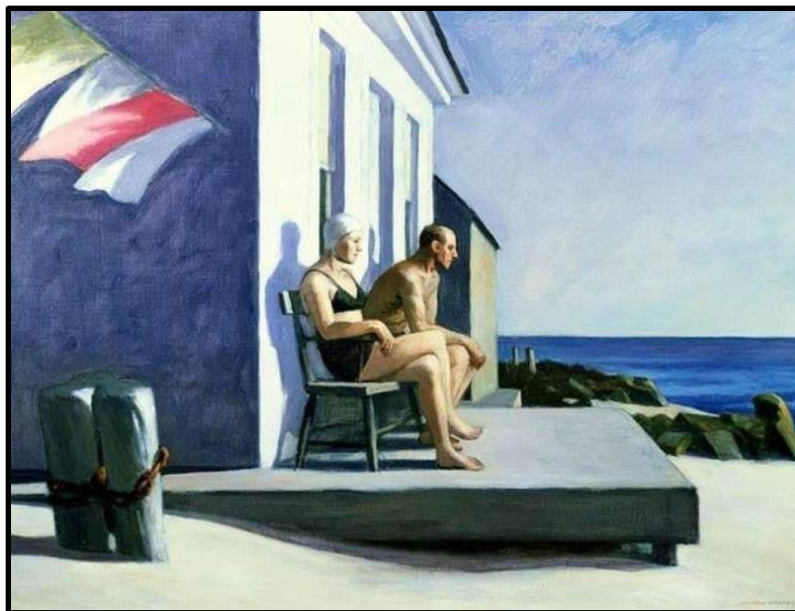


Reflective writing activities

Reflective writing is when you use a picture, poem, quote, memory or other objects to evoke an emotion then use writing to explore your response.

Using the Edward Hopper painting, *The Sea Watchers*, complete the following activities.



Activity 1

Clear your mind and try not to assign a story to what is going on in the painting. Instead, write for three minutes nonstop about what feelings the painting evokes. Start with "I feel ..."

Activity 2

Place yourself in the painting as an observer. In this instance you can create a story around what you see. Write for three minutes nonstop about what you observe from your vantage point.

Activity 3

Place yourself in another spot in the painting. Write for three minutes nonstop about what you observe from your new vantage point.