

Animal Totem AKA Spirit Animal

Prose Exercise by Jenna Caschera

What animal most interests you?

What characteristics of this animal are most interesting?

Objective: Write three (or more) solid paragraphs in the perspective of your chosen animal.

1st Intro Paragraph

Instead of starting, "A cat best represents me because..." start with an observation made through the eyes of your animal.

Example: I spend more time sleeping than in waking life.

From there, elaborate. Do not abandon the observation. Expand your idea with a few more sentences that support your thought.

In this example, you might come up with supportive sentences by answering questions about your introductory sentence:

Why do I sleep so much?

What do I dream about?

How are dream life & waking life the same?

Your last sentence of your first paragraph should reveal what animal you are. Try NOT to state it plainly: "I am a cat."

Example: I can't go without my cat naps.

2nd Paragraph

Try to transition smoothly from your intro paragraph into your second paragraph. You might want to add to your last sentence above.

Example: I can't go without my cat naps and morning stretches.

And then, for your second paragraph, expand on your second main idea (morning stretches) and what you experience from that perspective. (Remember! You are a cat, not a human.)

Again, we want to transition into a new idea for our third paragraph.

Example: Morning stretches keep me in shape. I'm a cool cat, but I'm on life nine.

3rd Paragraph

Expand on your latest transitional claim (nine lives).