

# F.A.S.T ideas to inspire your creative writing

Using science and history to bring stories to life

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*I love to use history, science and true stories to stimulate my imagination. When I'm taking inspiration from real life, or researching on location, I record my thoughts with F.A.S.T ideas:*

- **F for FACTS:** Interesting or useful information that might prompt or support the story.
  - Platypus lay eggs and have poisonous spurs (*Beneath The Trees*)
  - Fiona and Marie used the spray mechanism from an Italian mouth freshener to spray on skin cells (*Aussie STEM Stars: Fiona Wood*)
- **A for ACTIONS:** The way someone/something moves, what it does, how it works, etc.
  - The river kicked and reared (*Beneath The Trees*)
  - The ringleader stepped forward, shoving Fiona squarely in the chest. She staggered back beneath his weight. (*Aussie STEM Stars: Fiona Wood*)
- **S for SENSES:** How something looks, smells, sounds, tastes, sounds, feels
  - It stretched like a liquorice jelly snake (*Beneath The Trees*)
  - The previously quiet library began to echo with the sound of a stern telling-off. (*Aussie STEM Stars: Fiona Wood*)
- **T for THOUGHTS:** Sparked memories, phrases that pop into your head, sudden ideas
  - There was nothing but mud, and in some places clay, as yellow and slippery as a playground slide. (*Beneath The Trees*)
  - Fiona loved the Ackworth School cloaks – like Hogwarts cloaks??? (*Aussie STEM Stars: Fiona Wood*)