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# STEP 1

## *Using Your Noodle*

### *Writing Is Thinking*

**T**he first and most important step of any writing project is thinking about the message you want to give your reader. Because thinking is so important, we need to understand how messages work in our brains.

**S**cientists tell us that the human brain has two halves—one half to create ideas and the other to figure out how to put those ideas to use. We get the idea in the right brain and then move the idea to the left brain to figure out how to use it.

**M**ost writers find that they cannot create when they feel stressed or under pressure. They say it helps to just relax, take a walk, stretch or just do some deep breathing. Relaxing helps the creative side of the brain to function properly.





**Who Are  
You?**

**W**riting is a very powerful form of communication. When you speak, the person who hears your words receives them only once. However, when you write, your words can be reread several times. In order to get exactly what you want to say across to your reader, you must keep three questions in mind: Who are you? Who will read your work? What do you want to say?

**T**his does not just mean that you should know your name! It also means that you should know what your relationship is to the reader. Are you writing a letter to your grandmother, or are you writing a request to a business for information? What is important about you to your grandmother—your health, your happiness, what you are doing? What is important to a business?

**Who Will  
Read Your  
Work?**

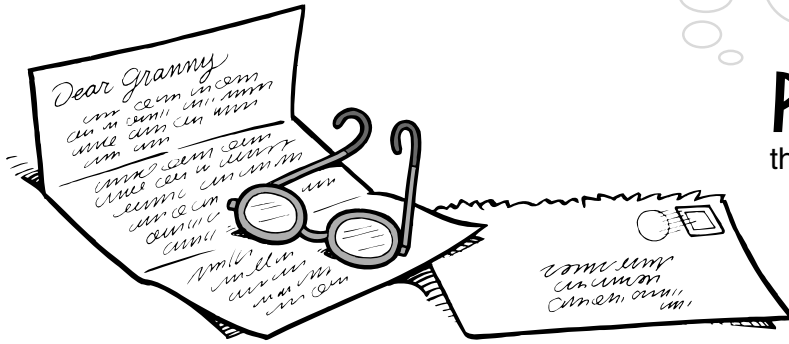
**I**s it someone you know well, or is it someone you would like to impress? How does that person want to be treated? Is there anything you can say that will help that person feel that you are truly thinking of him or her and not just anyone?

**What Do  
You Want to  
Say?**

**I**f you are writing a friendly letter, you probably just want to tell what has been happening at your house. If you are writing a report, you want to give special information.

Name \_\_\_\_\_

# Practice Thinking



Pretend that you are writing a friendly letter to a grandparent, and answer the following questions:

1. Who will read your writing? \_\_\_\_\_

2. What should that person know about you?

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3. What is one thing that you want to say? \_\_\_\_\_

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