Imagine a family meal – Christmas, thanksgiving, a birthday party, wedding reception or some get-together – in which lots of people are gathered, either at a family home or a restaurant or some specific location. There is going to be a big revelation, some dramatic surprise – it’s up to you what that might be.

Start writing an account of the event from the POV (Point of View) of someone present who is very happy to be there, and is innocent about what is about to happen.

Now try describing the meal from the perspective of someone who is very unhappy to have to turn up – whether they hide this fact is up to you, Take us into their thoughts and feelings. Do they have an inkling of what is about to happen?

One of the guests ‘sees’ the world in a non-typical way – either because they have a disability, are non-neurotypical, or because of a specific obsession or quirk. Try narrating from their point of view.

Somebody is watching from the shadows outside – they can’t hear what’s going on, but they can see things (although they don’t have a good view). Who are they? Narrate from their obstructed view.

Now try writing the scene from an unusual, non-human POV. It might be the family dog, a passing fly, or even the dinner being eaten! You could also try the point of view of the plate, table, cutlery.

Imagine the building where the meal is taking place as a character. What kind of character is it? What does it think about the people within it and the things taking place there?

Try narrating events from the point of view of an insecure author/narrator who fears that the story he/she is writing is rubbish.

One or more of the those present at the meal realise that they aren’t real, but are in fact characters in a Creative Writing exercise. How do they react? What happens when they rebel?