



# Twelve Days of Winter Writing

Gentle, senior-friendly writing prompts designed to encourage reflection, reminiscence, and meaningful expression throughout the winter season.

Write about a winter from your past that you remember clearly. What made it special?

What does the word comfort mean to you during the winter months?

Describe a favorite winter food or drink. Who prepared it, and when did you enjoy it?

Write about a tradition you looked forward to during winter or the holidays.

What was your typical winter day like when you were younger?

Describe a place where you felt safe and warm during cold weather.

Write about a winter activity you enjoyed — indoors or outdoors.

What lessons has winter taught you over the years?

Describe someone who made winters brighter for you.

Write about a winter sound, smell, or sight you still remember.

What does slowing down mean to you at this stage of life?

As a new year approaches, what is something you are grateful for right now?

