Write about having an Out of Body Experience

When Robbie Brady scored his winning goal for Ireland against Italy on Wednesday night he looked very emotional. Later, he described scoring the goal as being like ‘an out of body experience.’

You can check out his goal and reaction here: [http://www.bbc.co.uk/sport/football/36603382](http://www.bbc.co.uk/sport/football/36603382).

An out of body experience is described online as ‘like being outside your own body and being able to look back at yourself from a distance’.

What do you think that would be like? If you could watch yourself in this classroom or on the way to school, how would you describe yourself? What do you look like? How would you describe your behaviour? Have a go.

Looking at a reflection of yourself in a window or mirror can help you think you are outside yourself.

And what if it really occurred? What if you suddenly floated away from yourself and could follow yourself around all day? What could happen?

We’d like you to write a story about the day you left your own body and watched yourself. You can decide why it happened. Or how. As well as what could happen to you.

Use the what, who, when, where, how, why prompts to start you off.