

paste this in your notebook:

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1. your shoes
 2. your breakfast
 3. a book you're reading
 4. your tv/ phone/ computer/ ipad etc
 5. your favourite mug
 6. a shell
 7. a pen
 8. a nicknack
 9. a kids toy
 10. a card
 11. a shop sign
 12. whats on your bedside table/ coffee table
 13. earrings
 14. a painting/ photo on your wall
 15. a bottle of water/ beer/ wine
 16. a drink you ordered
 17. your knives, forks and spoons
 18. a chair
 19. a teapot/ coffee machine
 20. your jar of pens
 21. paintbrushes/ paints etc
 22. something in your bedroom
 23. something in your bathroom
 24. your steering wheel
 25. something in your garden
 26. an ingredient used in dinner
 27. glasses/ contact lense case
 28. something you collect
 29. a rock/ flower or leaf
 30. what's out your window.