For Captivating Leads/Hooks:

Question: When did I enjoy my first experience as a human pretzel? I was in the fourth grade when...

Quotation: (from someone famous or someone significant in your life)
"*Be careful*" were the last words my father said to me each time I left the house.

Strong Statement: (that your essay will support or dispute)
If I eat enough cabbage, I'll never get cancer, I always thought.

Metaphor:
The girls on the playground were crows who flocked and flew together, leaving out any bird like me who looked different.

Description (of a person or setting): Michael once mowed the lawns around Municipal Hall wearing a frilly apron, high heels, and nylons, with a pillow stuffed under his sweater so he looked pregnant. And it wasn't even Halloween. Knowing Michael all these years has taught me how much I believe in the power of laughter.