

LITTLE BOOK
OF

Creativity

TAKING TIME TO OPEN
YOUR CREATIVE MIND

Take care of your Mind, Body & Soul.

Exploring your creative side can be a rewarding way to express yourself, de-stress and find a sense of calm.

Maintaining a healthy creative practice is a journey and it can be challenging to keep up with the habit alongside our busy lives.

You are taking the first step by opening this book!

How to use this book:

Sit down and fill out a creative task while placing a focus on the present moment. Use this time to find inspiration and express yourself without judgement.

Brainstorming

Think about activities that you are interested in creatively, what inspires you and areas in the arts you want to learn about. Then scribble down some notes to help you form a list of goals.

Your Creative Goals

Write a list of creative goals you want to complete over time.
For example, ‘Paint a life-like image of myself.’ or ‘Write a poem for a friend.’

Goals	✓
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Doodle outward and around the circle in the middle of the page to create a mandala drawing.



Find a painting or photograph that you like.
Describe it using only single words - find as many words as you can.

[illegible]

Again & Again

Draw anything you want to in the first box and try to draw exactly the same shape over and over again.

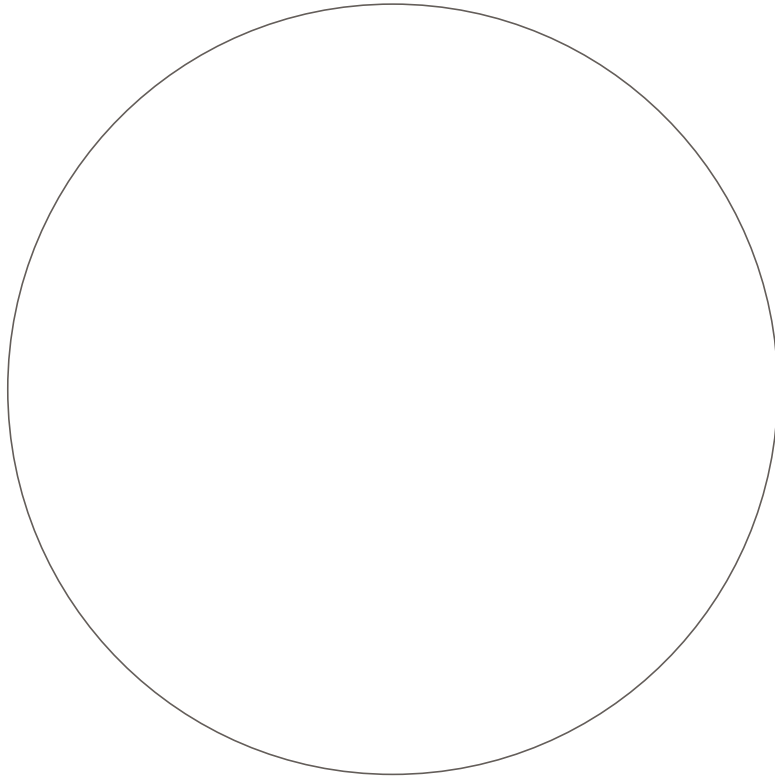
Music Time

Listen to soft classical music for a few minutes and draw how you feel while you are listening. Then put on some dance music and do the same. See how your drawing style changes.

Classical
Dance

Scribble It Out

Without pressing too hard, use a pencil to scribble in every part of the circle below so that it is fully coloured in.

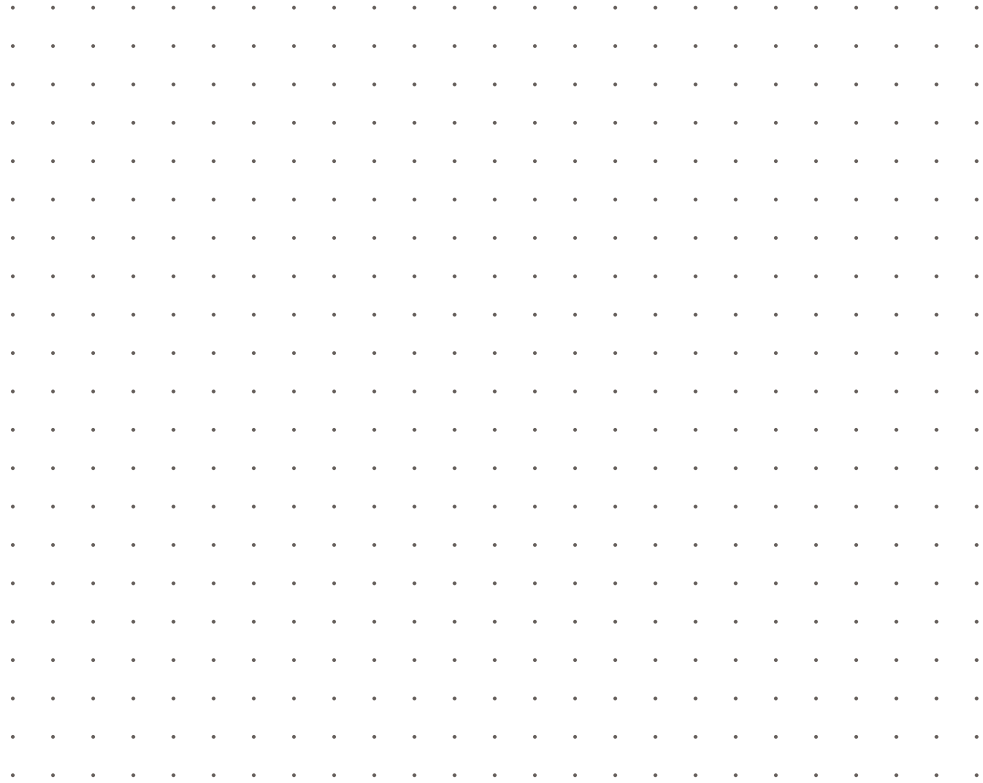


Drawing Style

Who is your favourite artist? Find an object in your living room and draw it while replicating your favourite artist's style.

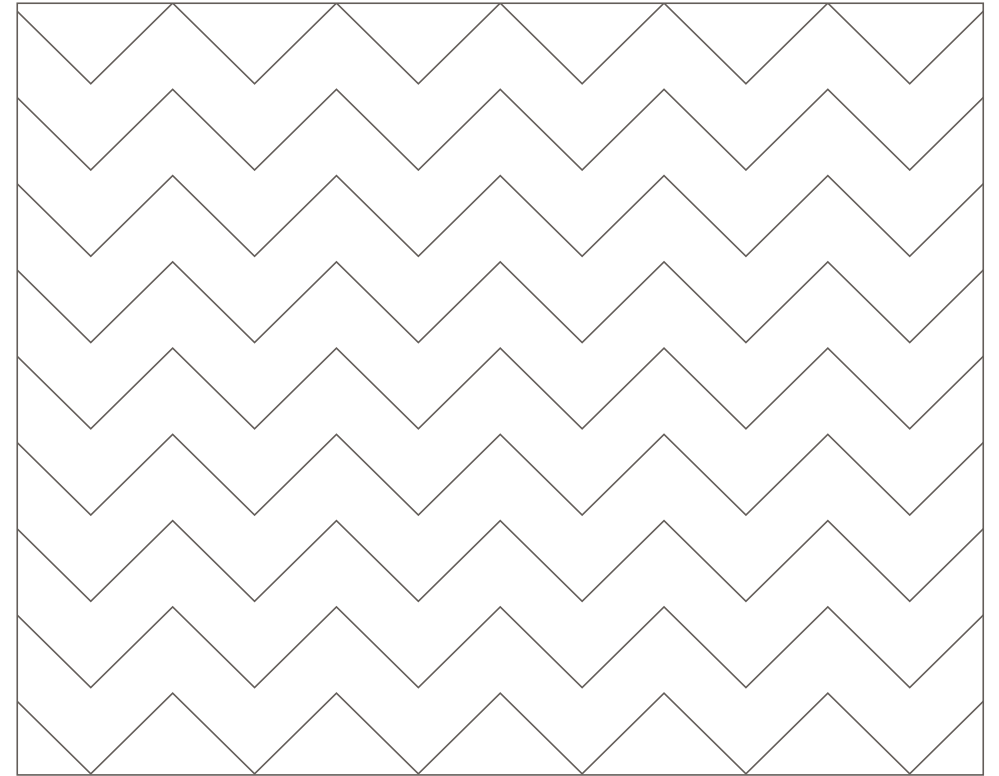
Pattern Play

Utilise the dot grid to make a pattern, be as free or rigid as you would like.



Chevron Cool

Colour in the pattern - select fun and bright colours.




Creative Writing

Write about your first memory.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Use What You Have

Pick up the first pen or pencil you can find.
Explore what you can do with it. Have fun with it.



Inspiration & Notes

Creative Ideas

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I am thinking about...

Fill In The Gaps

Complete the incomplete drawing. It could be anything you would like it to be.
Use your imagination. Give your creation a name.



Name:

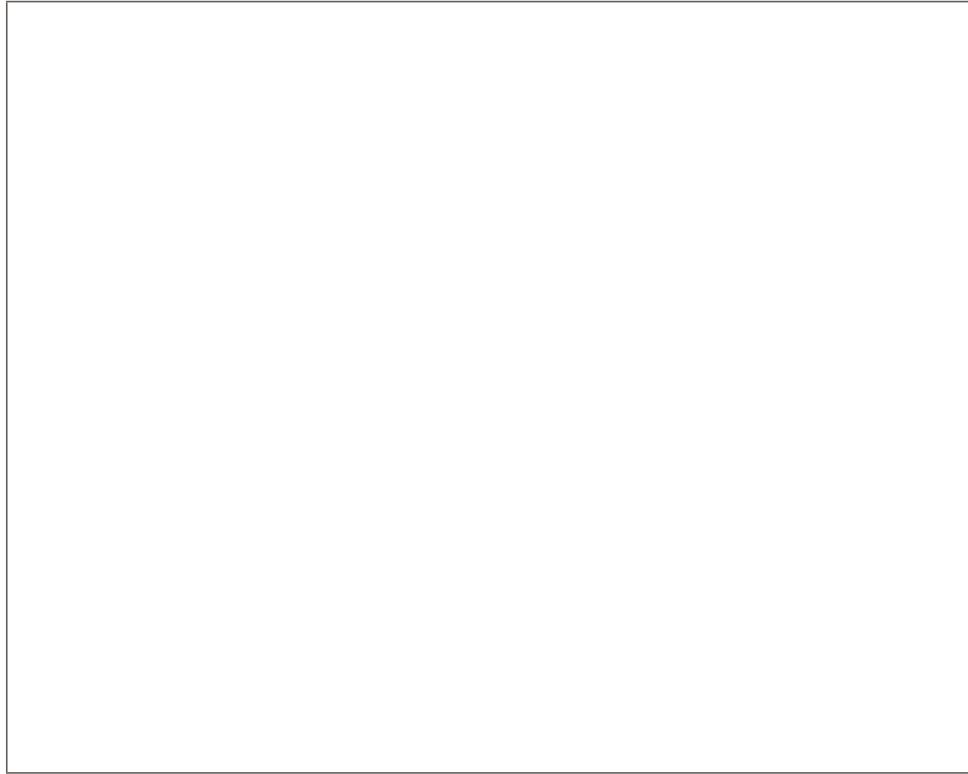
Little You

If you could write a letter to yourself as a child what would you say?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Look & Draw

Look away from the paper and draw something you see using a pen.
Try not to peek. Then look back at your creation.



Moody Moments

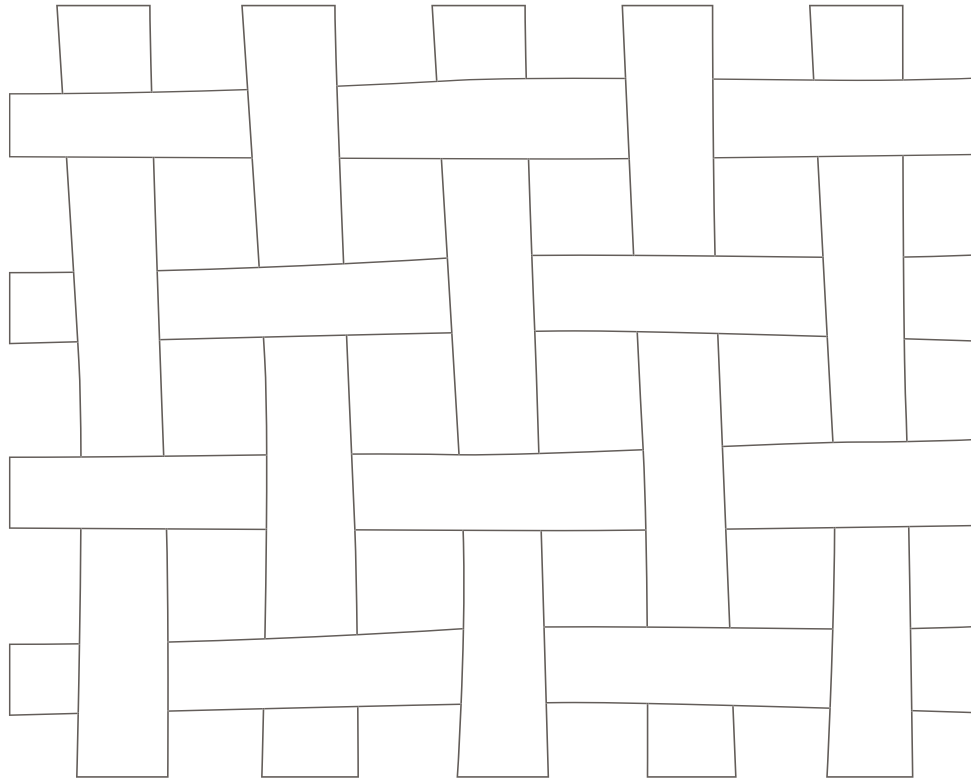
Use any medium you like and draw your mood today.

Less thinking,
more creating.

Thoughts & Ideas

Weave Your Way Around

Use any colours you can find to colour the weave below.



Explore Your Materials

Use different drawing materials and media to fill the page with lines.

Explore the effect of using different brushes, pens and pencils.

Write It Out

Write a short story with the title ‘You can have it all’.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Washi Play

Create four fun washi tape designs.

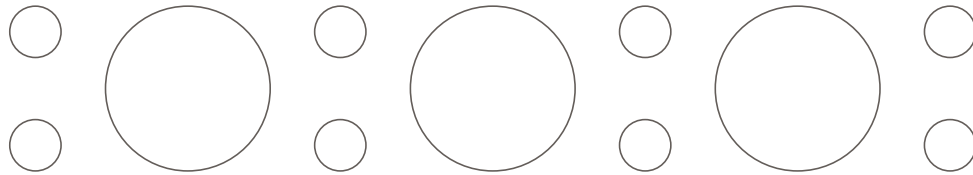
[illegible]

Tessellate

Using colour pencils continue the pattern all around the page.

Emotional Exploration

How are you feeling? Draw or paint your emotions.



Happy - Sad - Angry - Nervous - Surprised - Silly...

Creativity
takes
courage.

Creativity check-in:

<p>I'm feeling creative about:</p>	<p>I want to work on:</p>
<p>Today I'm inspired by:</p>	

Inspiration & Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Memory Time

Draw an object in your kitchen from memory.



Look Around You

Go outside and describe what you see around you.
Then draw a quick sketch without taking your pen/pencil off the page.

+



Material Matters

Make marks in the first row of squares with one medium (paint, crayon, etc).
Use another medium to draw the same marks in the squares directly below.

1.	2.	3.
1.	2.	3.

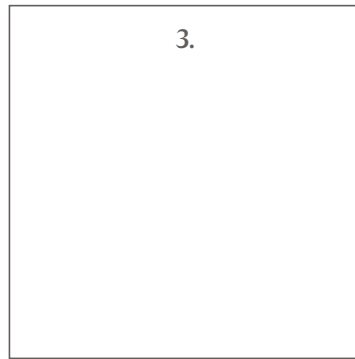
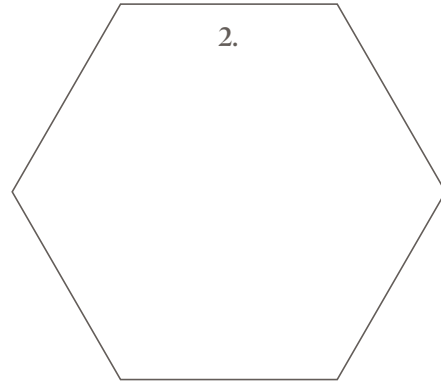
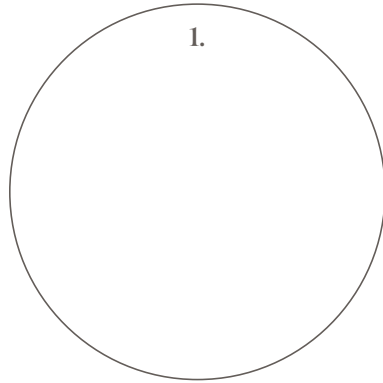
What You Like

Design a postcard that you would like to receive.



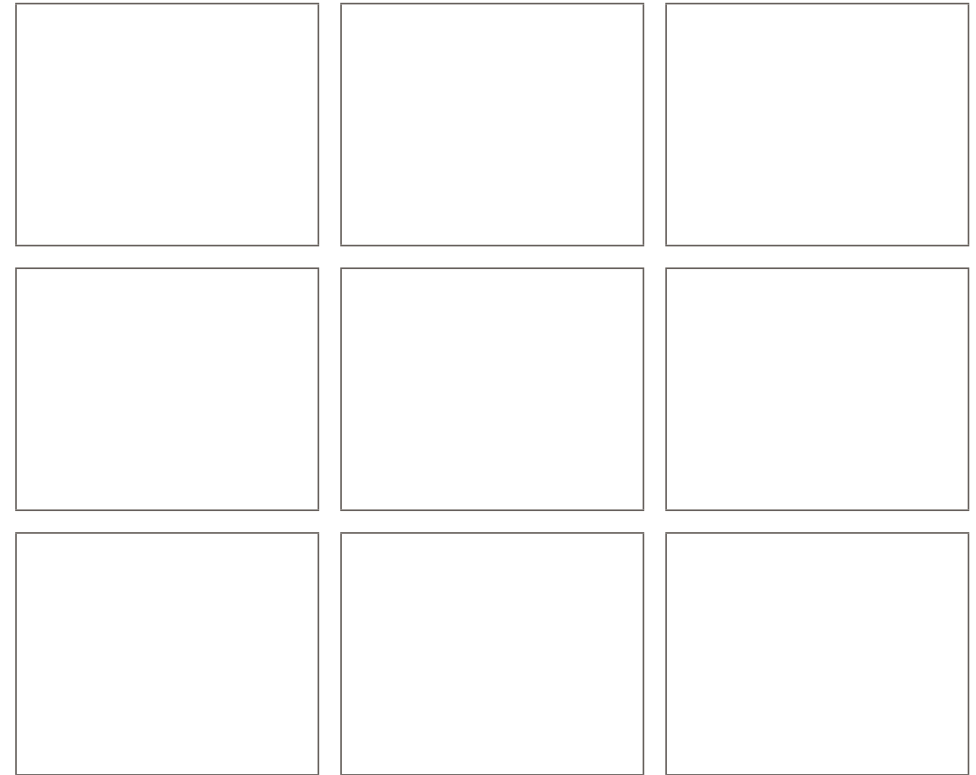
What Do You Love?

Describe three things you love.



Mix It Up

Draw the first letter of your name in nine different ways.



One Long Line

Pick up a pencil and draw a landscape without lifting your pencil off the paper until you are done.

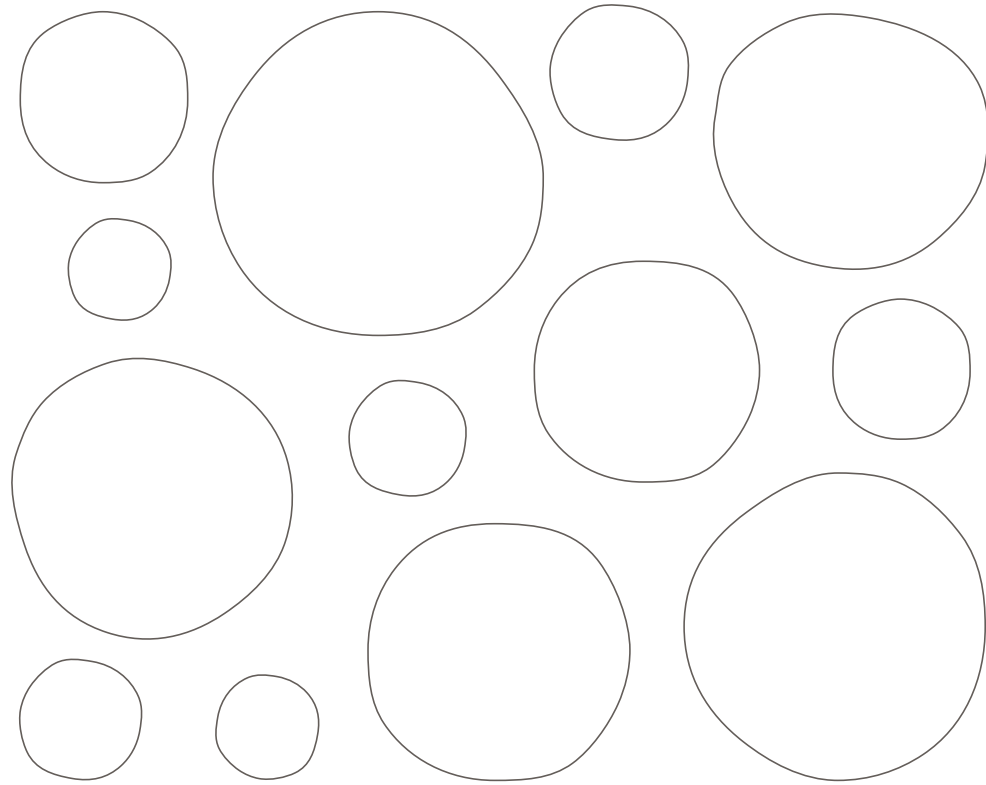


Random Drawing

Ask a friend to draw a random shape and then complete the drawing.

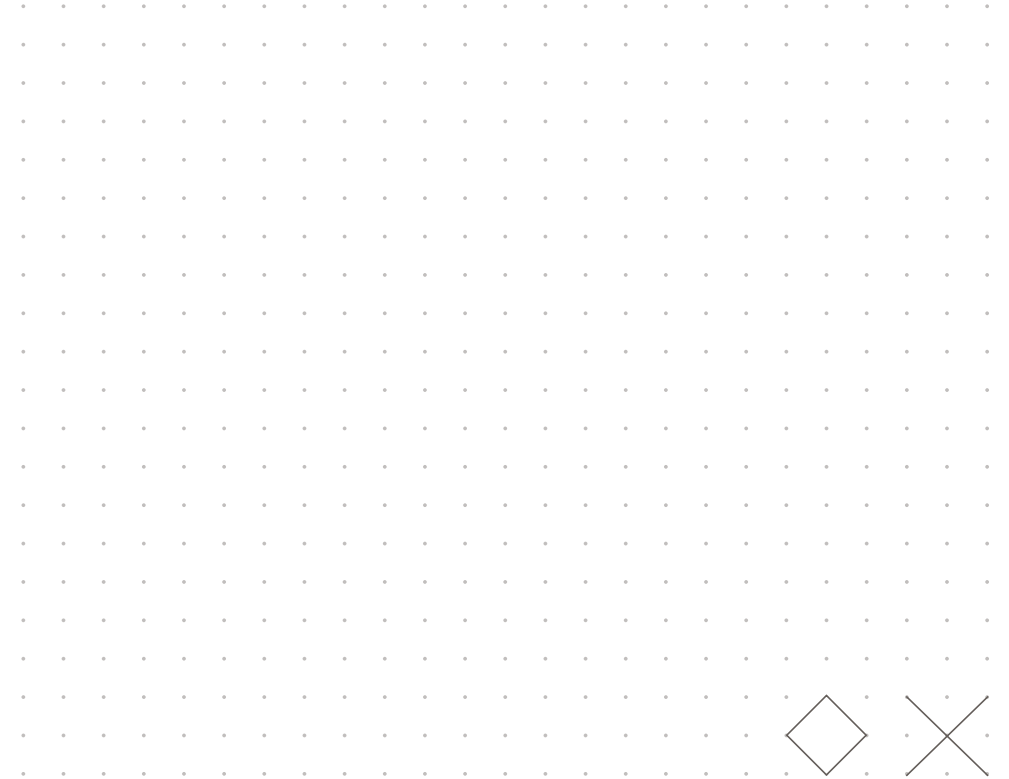
Imagining People

Imagine these circles are faces of different people. Draw in their features and try to make them really different from each other.



Pattern Play

Continue the pattern around the entire dot grid however you like.



Ideas & Inspiration

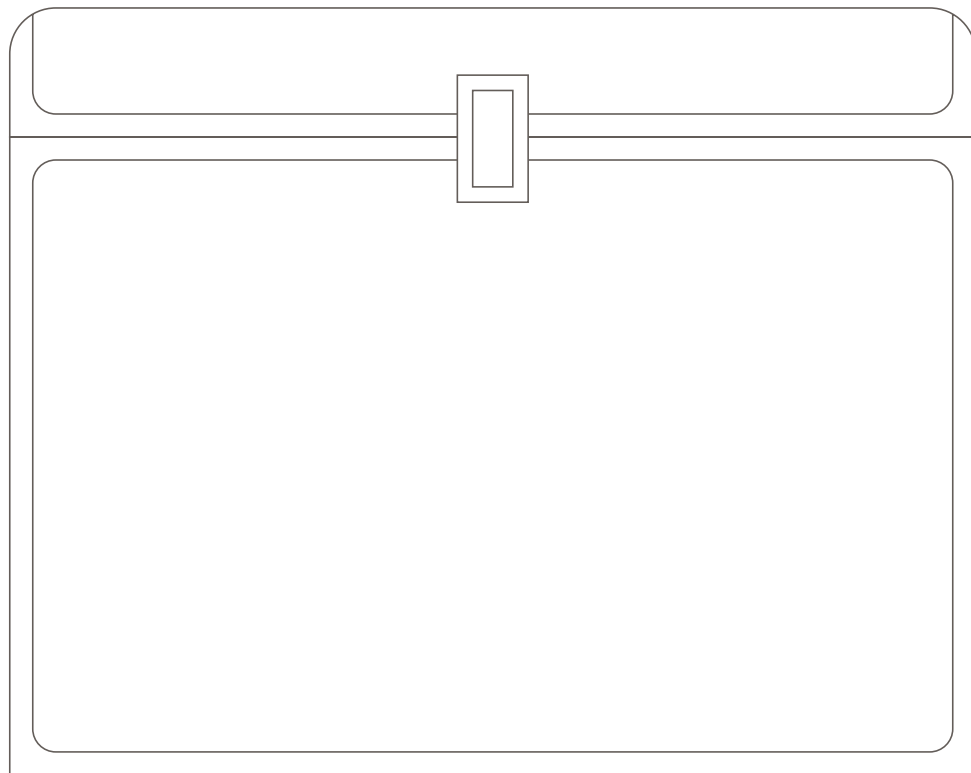
Thoughts & Notes

[illegible]

I am dreaming about...

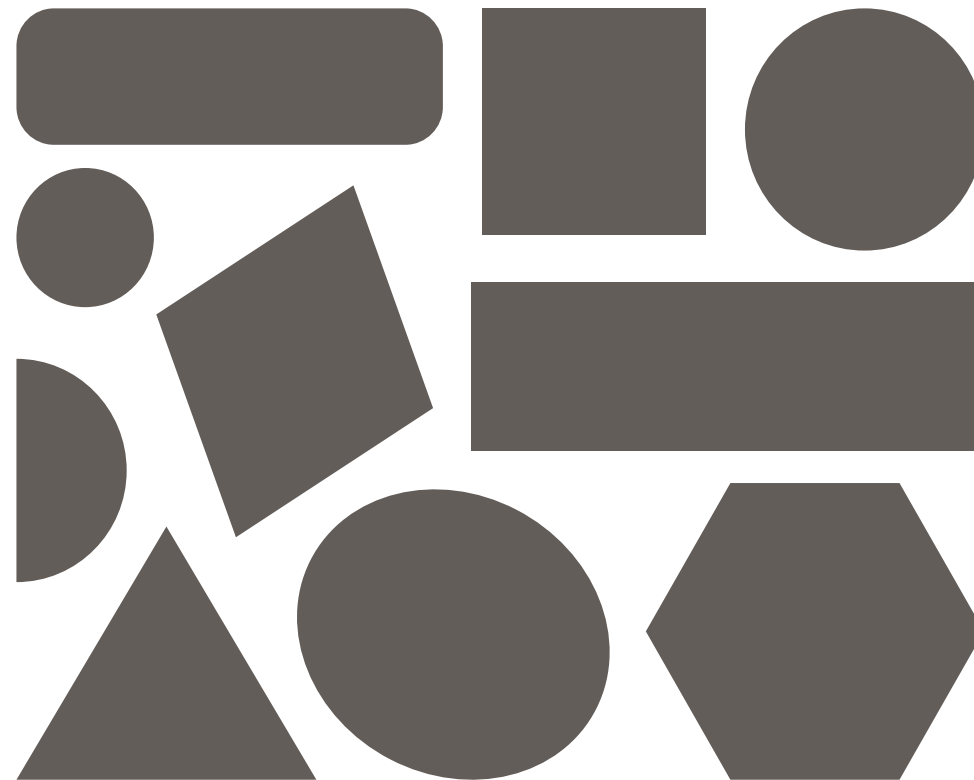
Explore Your Materials

Use any drawing materials to fill the box with your favourite things.



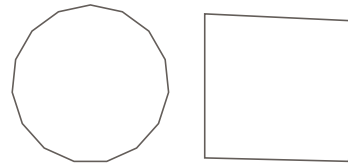
Inverted Art

Use white paint, pens or pastels to create inverted patterns over the shapes below.



Pattern Collages

Cut out simple shapes from different coloured papers and create a pattern.



Creative Writing

Describe three different items without directly naming them.

1.

2.

3.

**Know your worth,
do what you love,
believe in yourself.**

Inspiration & Notes

Creativity check-in:

Today I'm inspired by:	
I'm feeling creative about:	I want to work on:

Make It Up

Write down a sentence and write a story inspired by it.

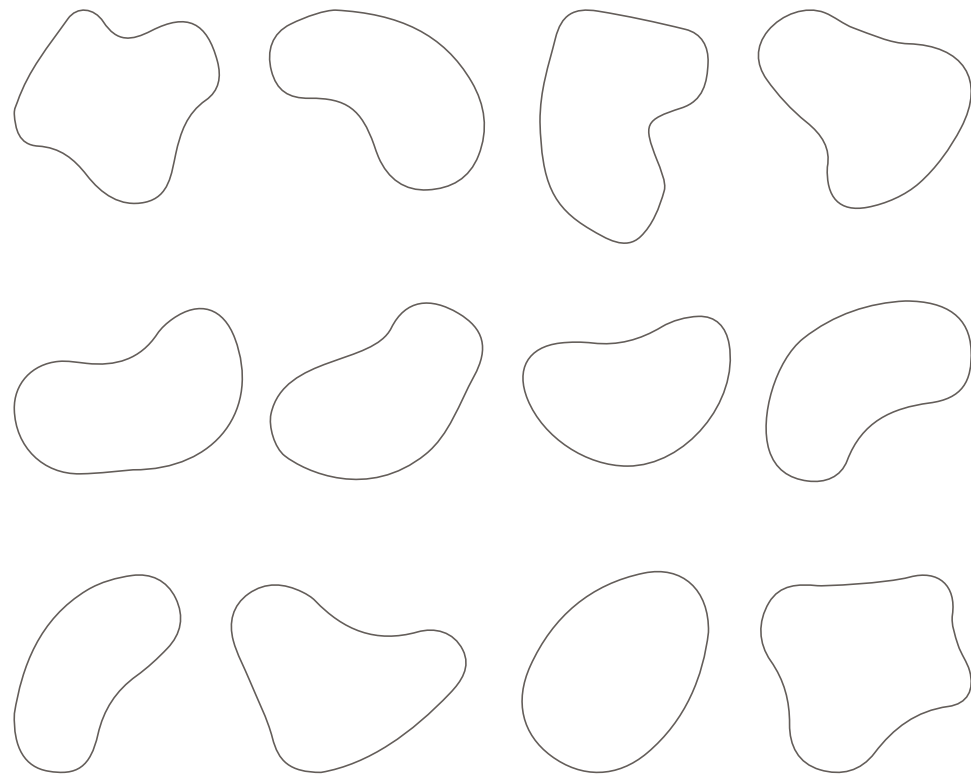
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Your Perfect Day

Use anything you can find to create your vision of a perfect day.

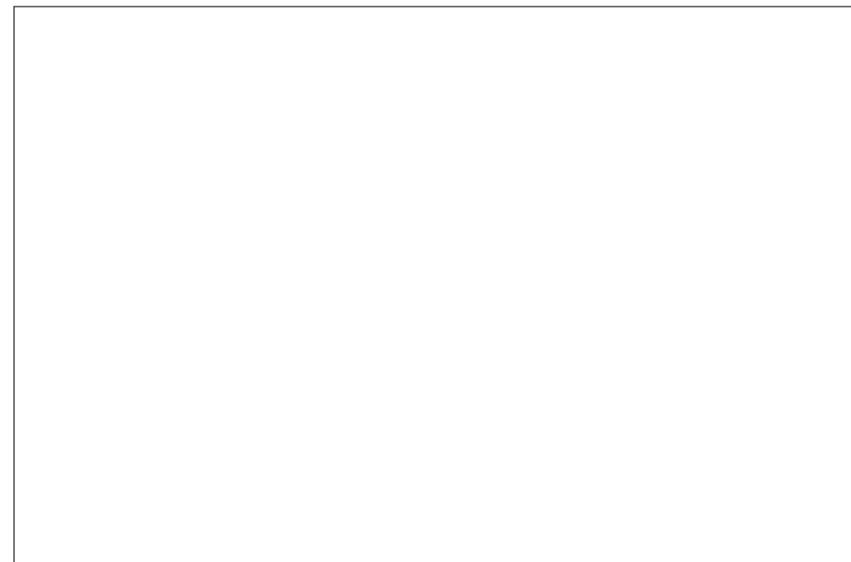
Playful Fun

Turn these shapes into anything you want.
Try to use different mediums.



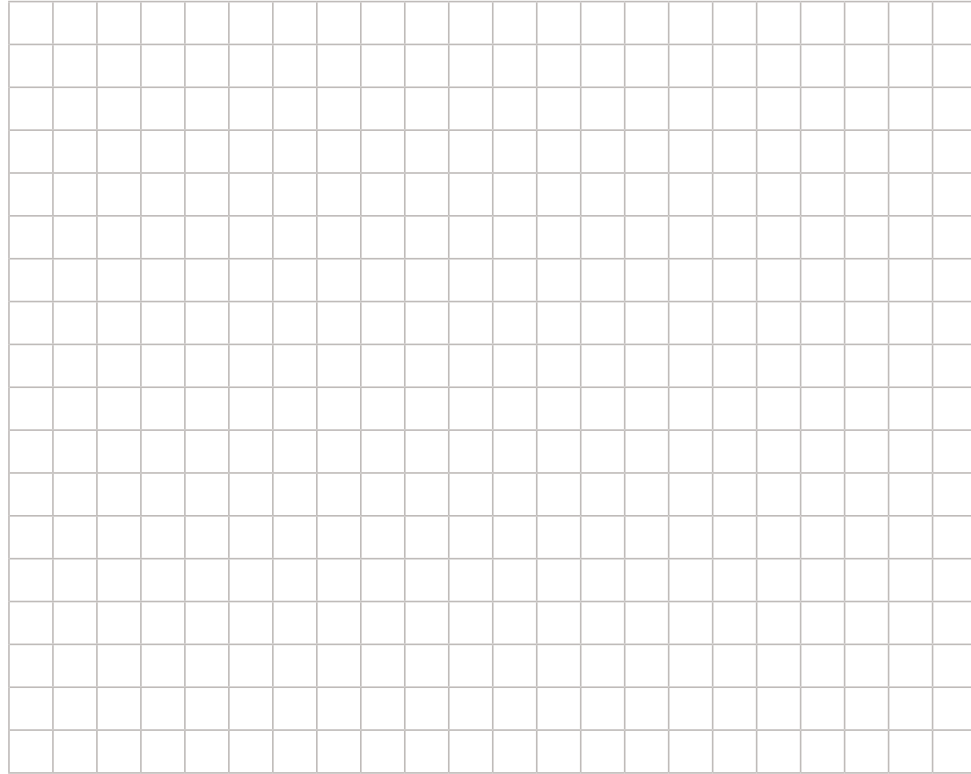
Representing You

Create a flag design that represents you and
write an inspiring personal motto for yourself.



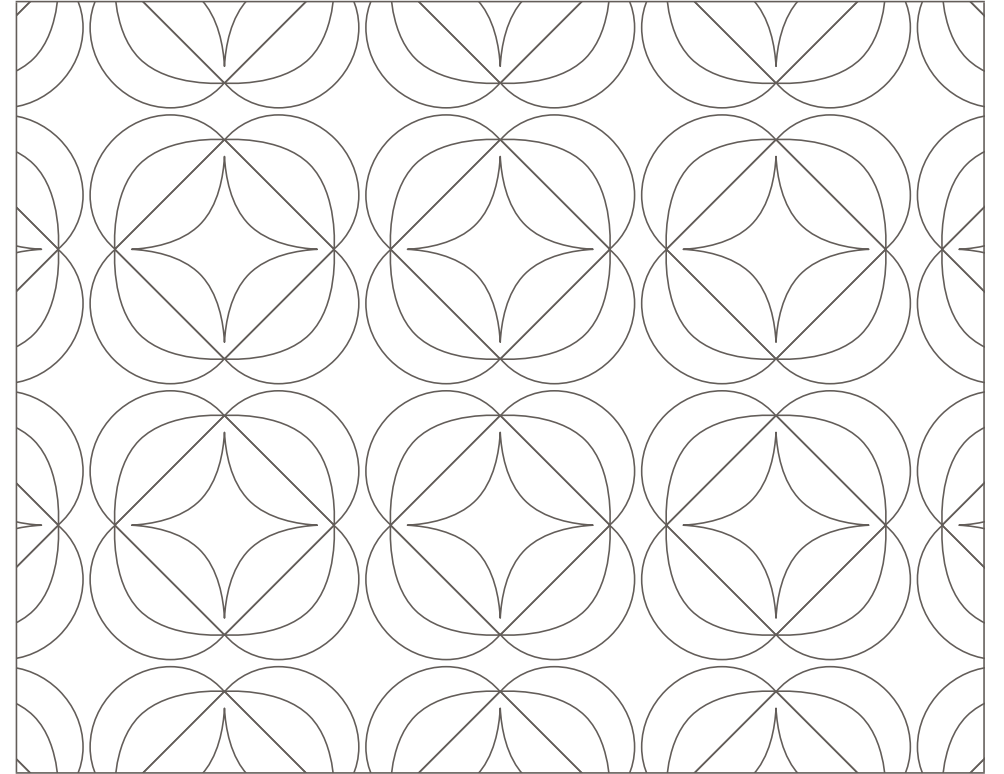
Hand Lettering

Create hand lettering for the phrase 'I Believe in you'.



Pattern Play

Colour in the pattern using blue and green tones.



So much art,
so little time.

Thoughts & Ideas

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I am thinking about...

Medium Experiments

Draw the same object four times using different mediums.

Colour Exploration

Fill in the boxes with the colour palettes you love.

1.

--	--	--	--	--	--	--

2.

--	--	--	--	--	--	--

3.

--	--	--	--	--	--	--

4.

--	--	--	--	--	--	--

5.

--	--	--	--	--	--	--

6.

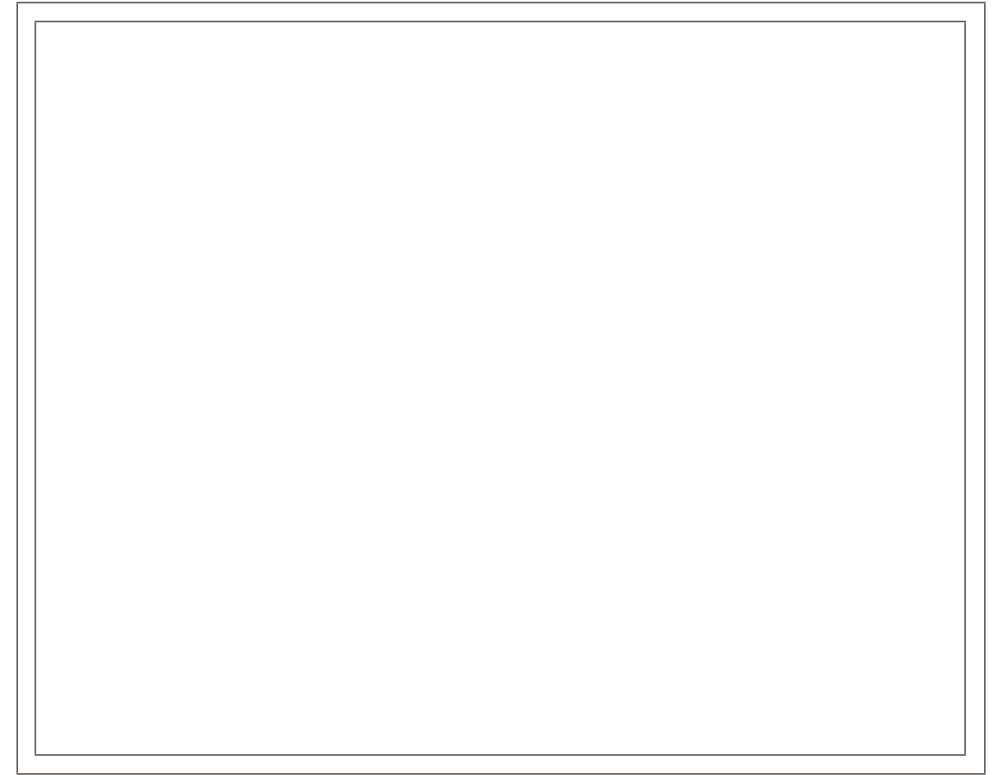
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Explore Effects

Go for a walk outside and collect some natural materials like leaves, sticks, etc.
Press them in paint and then press them onto the page to create imprints.
Think about composition when doing this task.

Draw What You See

Draw everything inside your backpack or handbag.



An Introspective Story

Write a short story about yourself that ends with ‘I made it!’.

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. At the bottom right corner, there is a small portion of a blue header area containing the text "I made it!". The rest of the page is blank except for the lines.

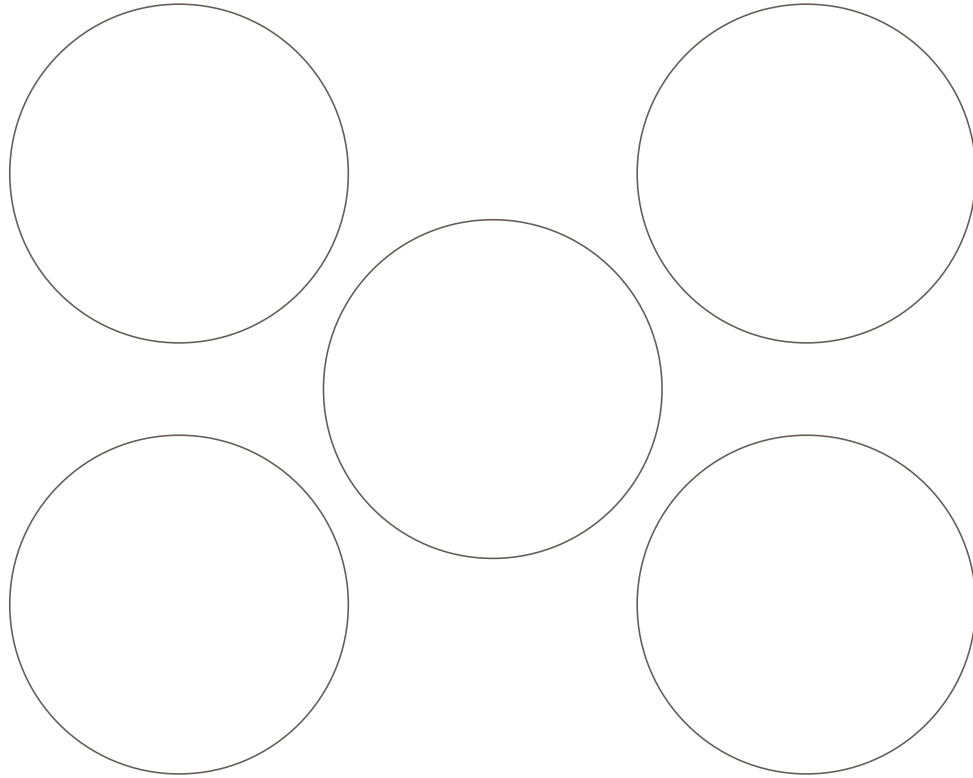
Drawing From Inspiration

Pick two of your favourite quotes and create simple illustrations based on each one.

Quote:	
Quote:	

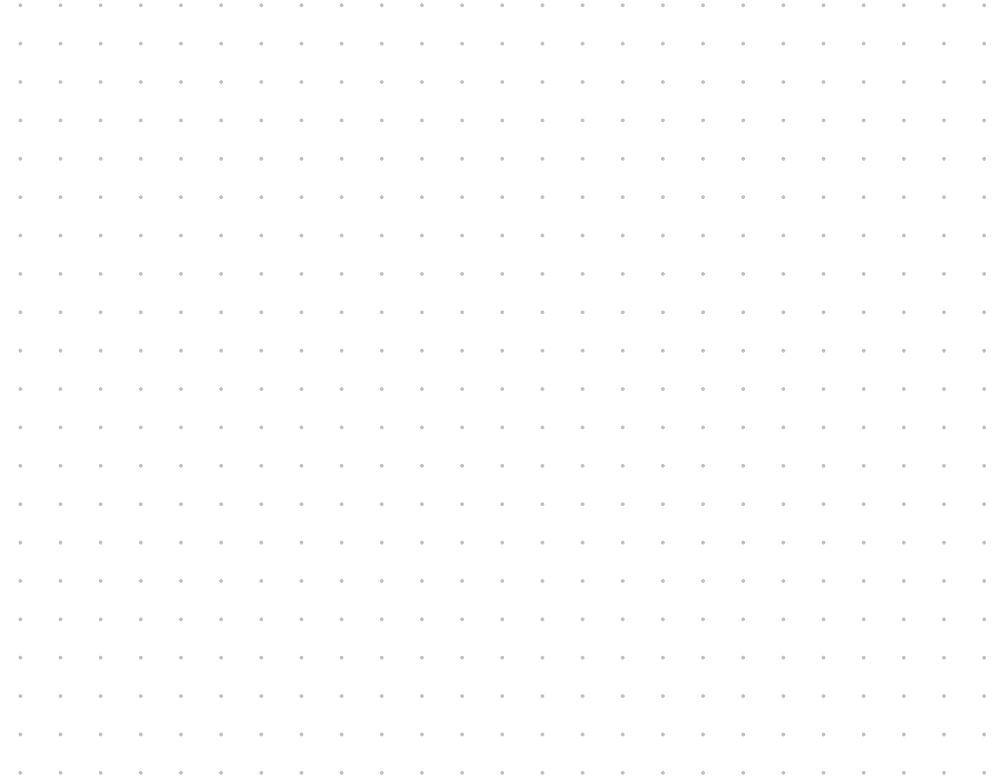
Button Badges

Using a pen or pencil, come up with some fun one colour designs for button badges that you would want to wear on your jacket.



Pattern Play

Create a unique pattern using only straight lines.



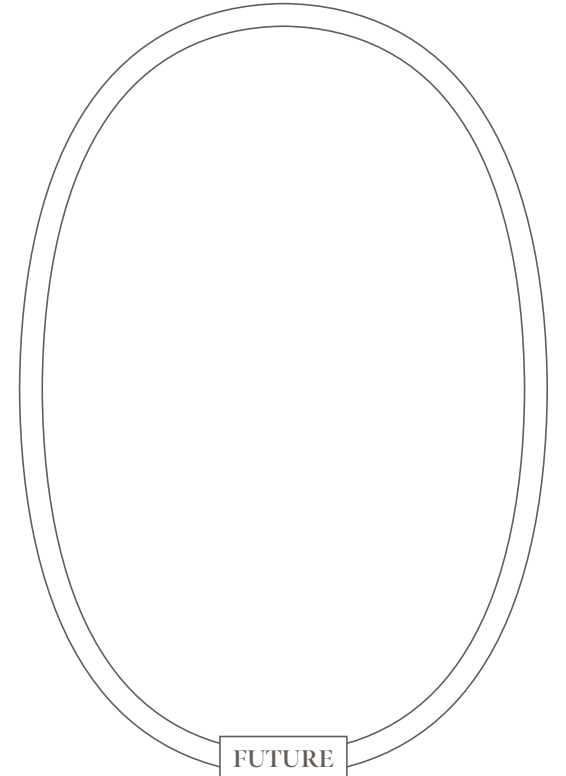
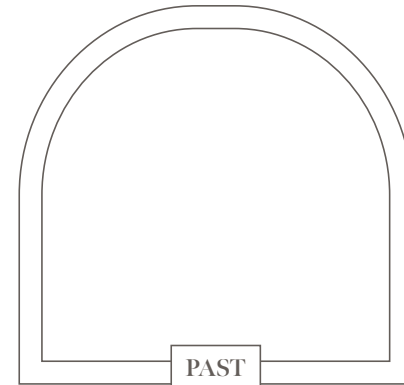
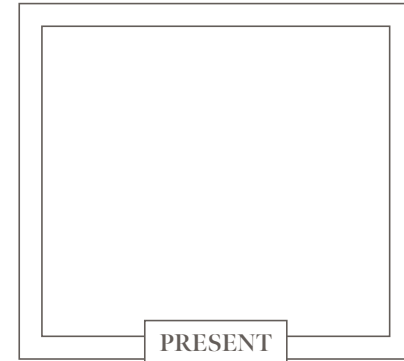
Collage Time

Cut shapes out of coloured paper and create a bold, graphic and abstract design by pasting them in the box below.



Self Portrait

Create self-portraits any way you would like in the frames below.



Thoughts & Ideas

Creativity check-in:

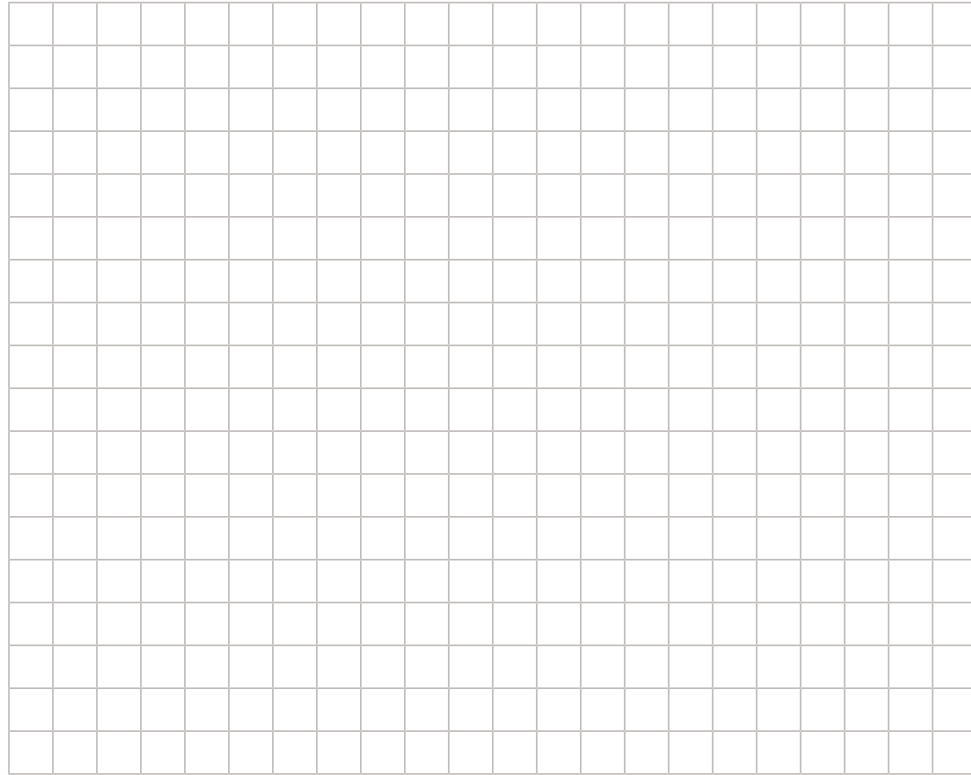
<p>I'm feeling creative about:</p>	<p>I want to work on:</p>
<p>Today I'm inspired by:</p>	

Notes

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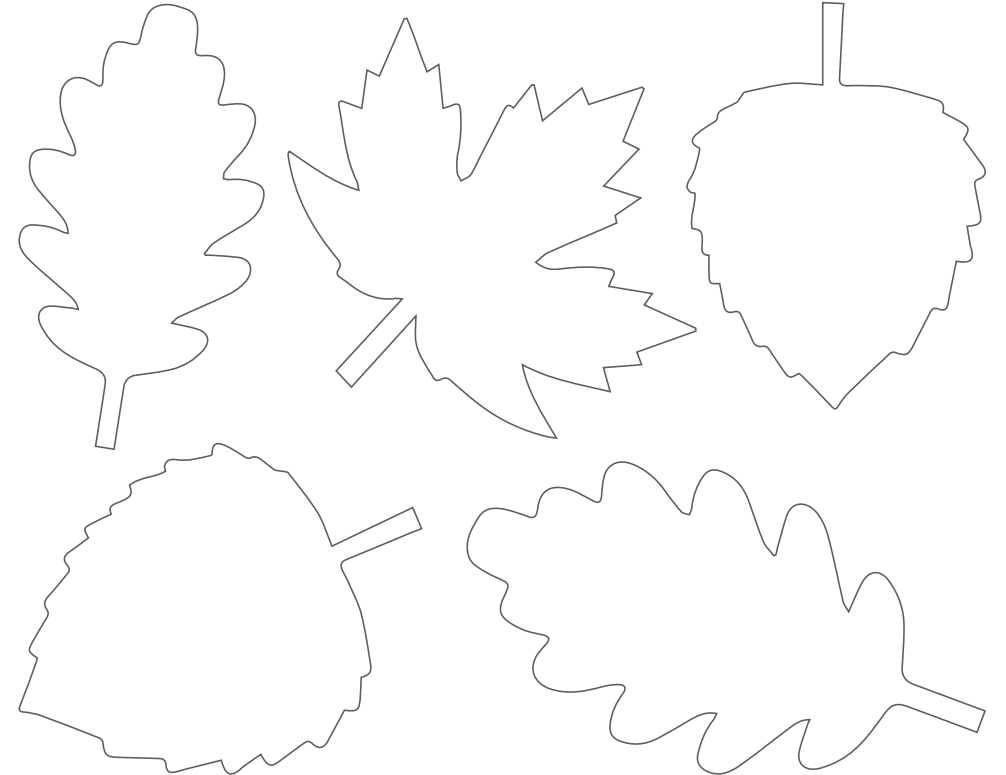
Letter Play

Create the words 'Start where you are' using any material you like.



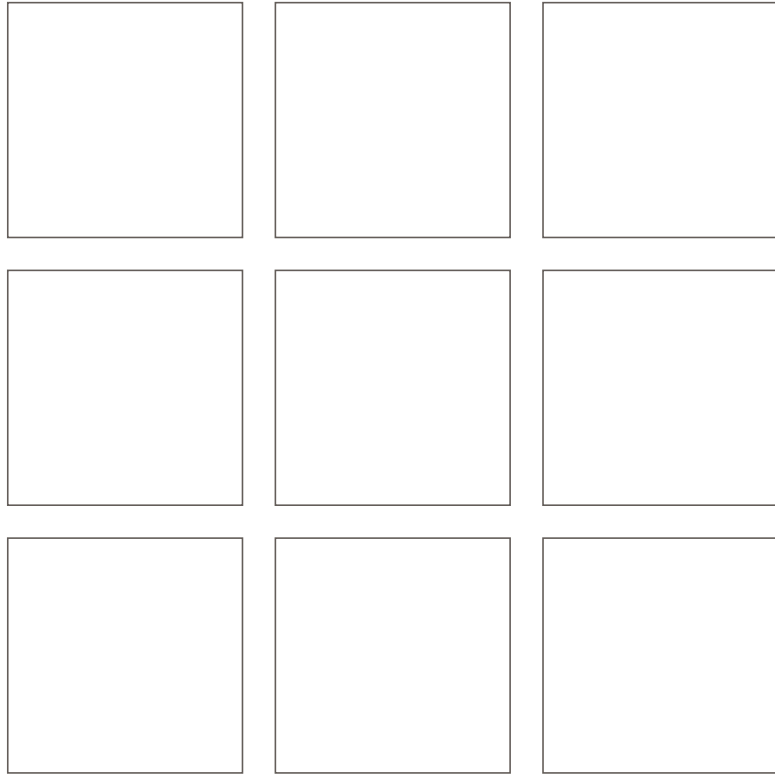
Take Your Time

Fill in the leaf designs using only pastel colours.



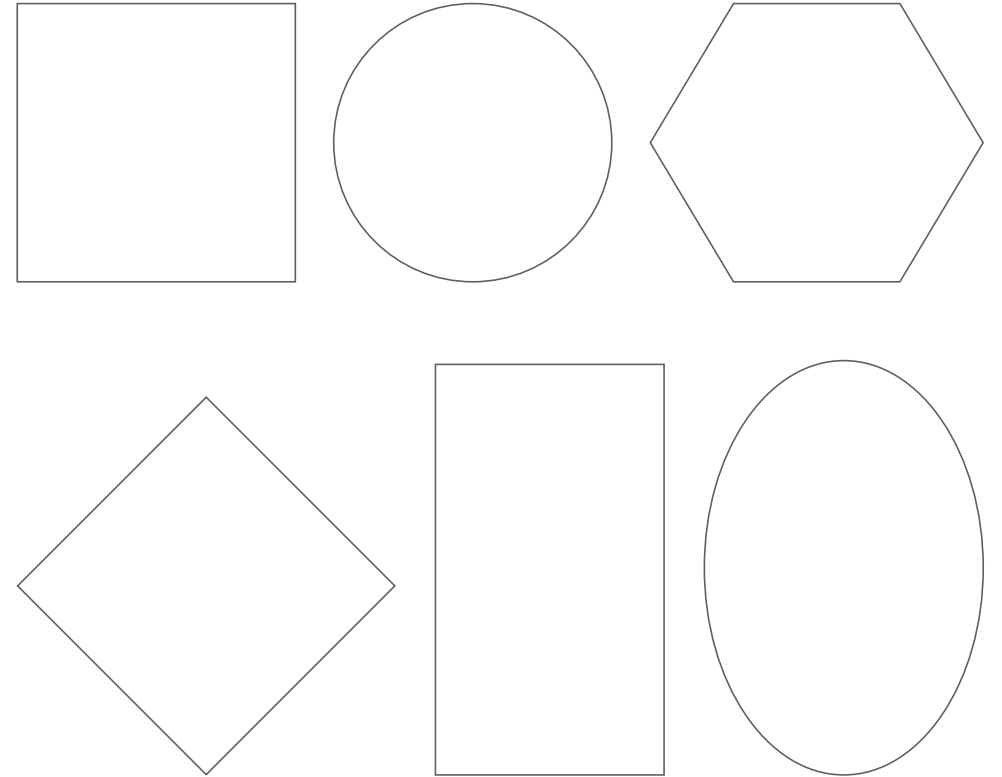
Dots And Circles

Create a different design in each square using only dots and circles.
Use different drawing or painting materials. Experiment with scale.



Random Pattern Play

Create patterns inside each shape below, in any way you like.



Every artist
was once
an amateur.

Write it all down...

Pattern Play

Continue this line pattern using different materials.



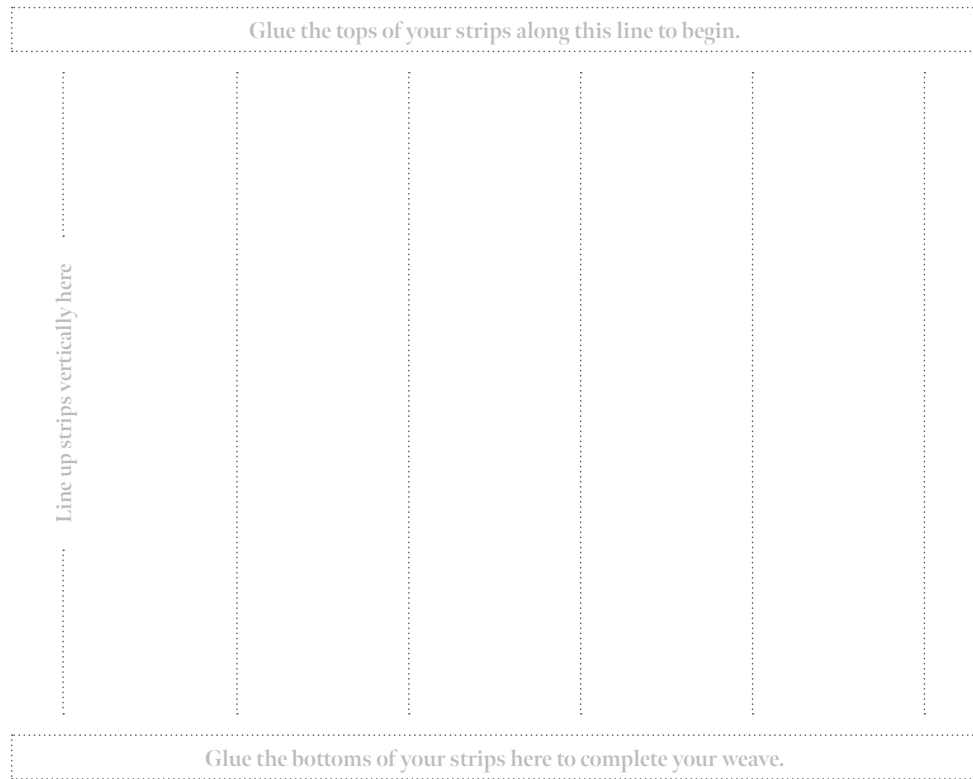
Drawing From Memory

Draw something memorable from your childhood using only one colour.



A Woven Rug

Cut or rip thin strips of recycled paper, weave them together both vertically and horizontally to create a paper rug.



Ink Drawings

Use black ink in the boxes below to experiment with mark-making.



Drawing The Sea

Draw the sea using different media in each square.

[illegible]

Hand Lettering

Brainstorm some positive words that inspire you and create hand lettering at different angles.

The world of
imagination is
boundless.

Notes

Creative Characters

Create two characters, briefly describe what they look like and then draw their portrait from your description.

Name:	Name:

Drawing What You See

Draw a food item in each section of the grid. Limit your colour palette to two colours per item.

Explore Effects

Find a small object with a lot of texture that you can use as a stamp. Make an artwork by pressing the object into paint and then laying it onto the space below.

Creative Writing

Open up a dictionary on a random word. Define what it means to you.

The word:

Hand Lettering

Try hand lettering the word 'Art' multiple times using different mediums in the space below.



Imagine

Collect random objects that you think will make interesting imprints. Apply paint onto them and press them onto the paper. Add extra designs to your artwork with a fine liner once the page is dry.



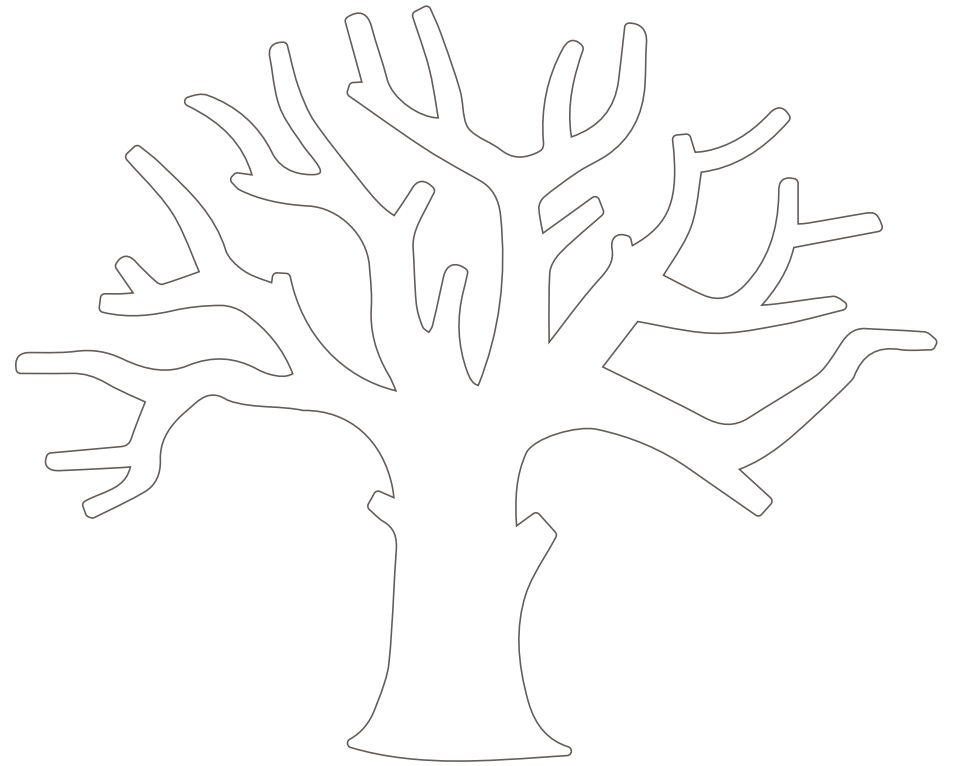
Symmetry

Create a symmetrical drawing. Draw one side first and then repeat it exactly on the opposite side.



Collaging Nature

Find different types of paper, cut out leaf shapes and paste them on the tree below to create a collage.

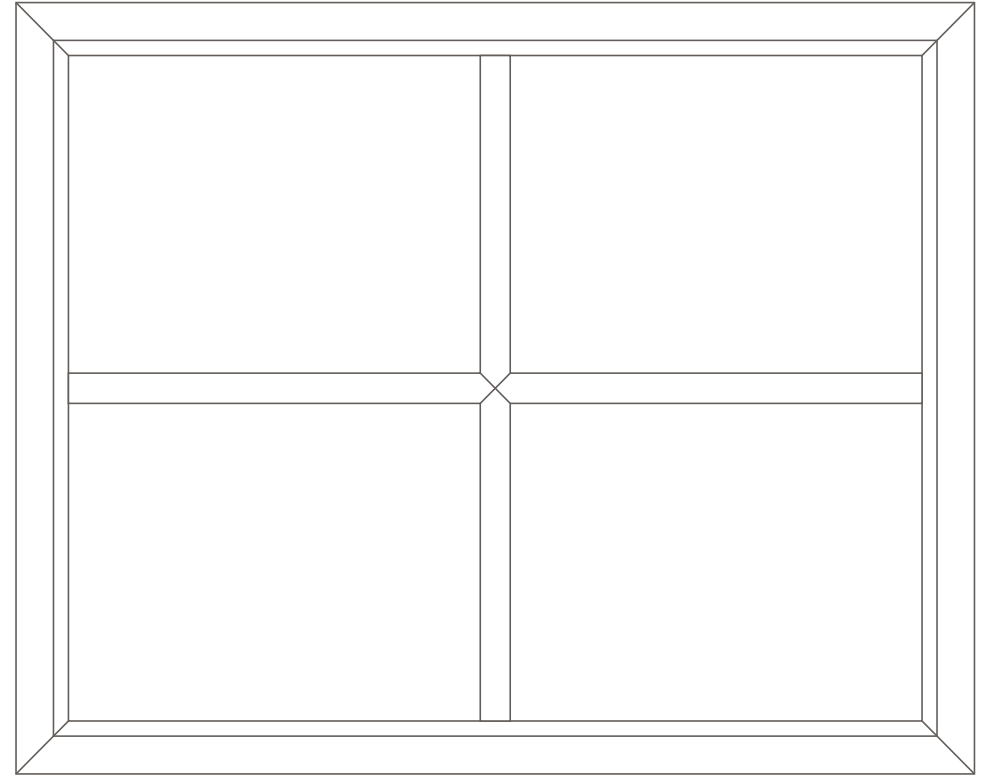


Texture Rubbing

Find a few textured objects and put them under this page.
Take a pencil/crayon and colour over the top to create unique textures.

Drawing From Your Imagination

Where would you like to be right now?
Draw a landscape of that place behind the window frame below.



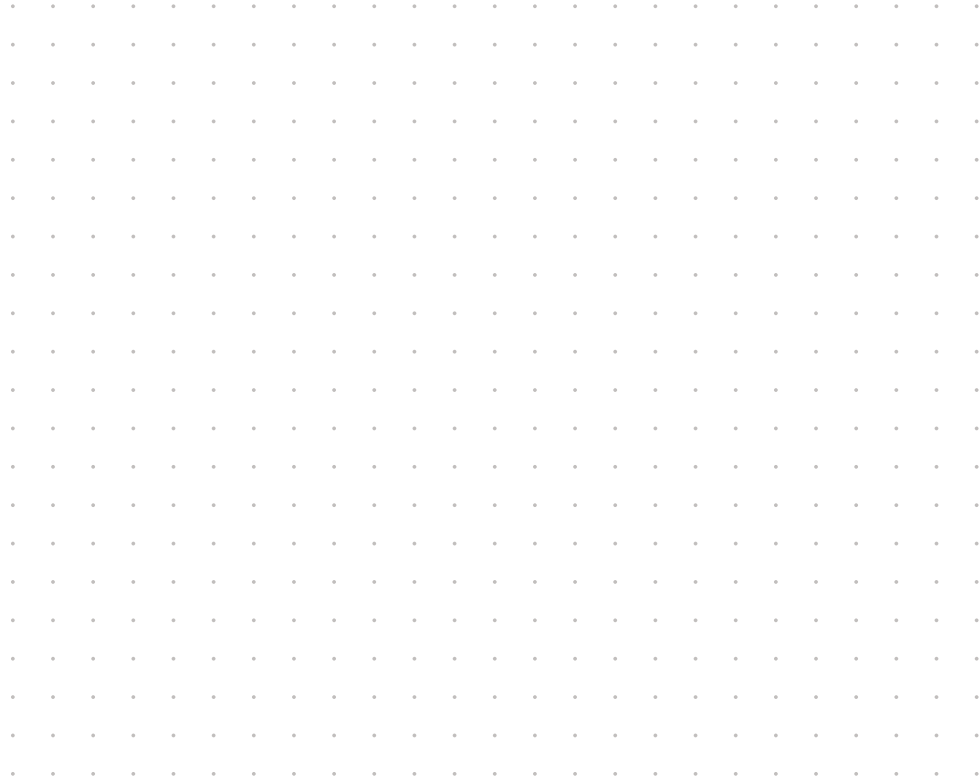
Write about love...

[illegible]This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Inspiration & Notes

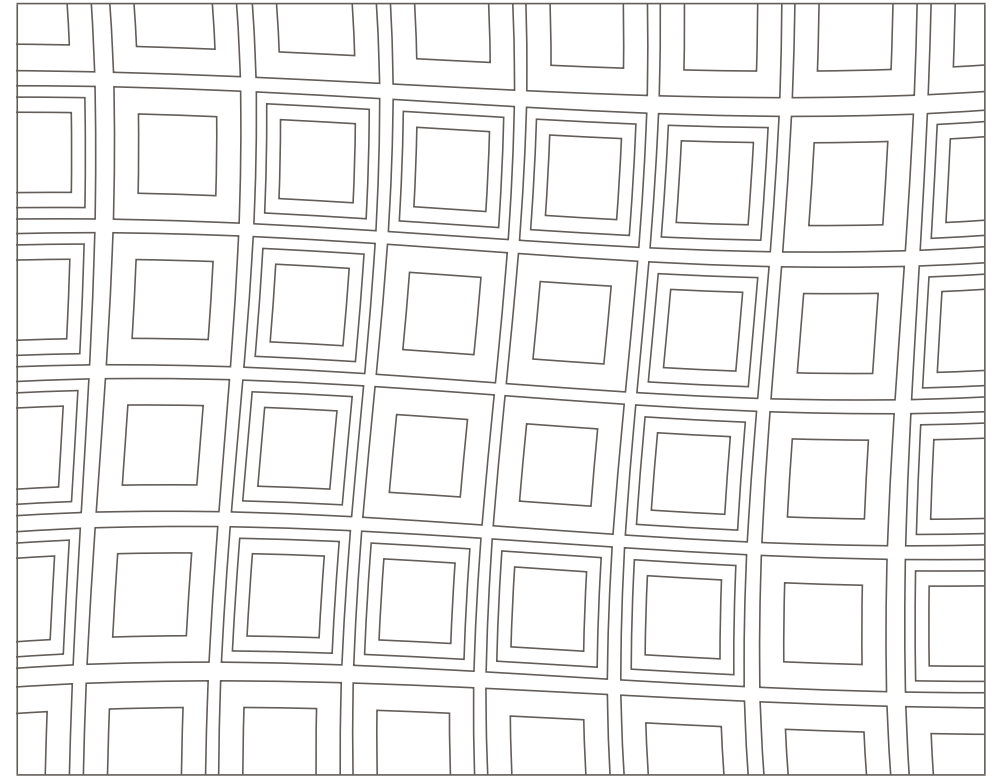
Art Director

Pick a random word and then create an illustration to reflect that word.



Pattern Play

Use only cool colours like blue, green and purple to colour this pattern.



Triple Drawing

Pick any object from your bedroom. Draw it in detail. Then illustrate it two more times, each time making the illustration more abstract.

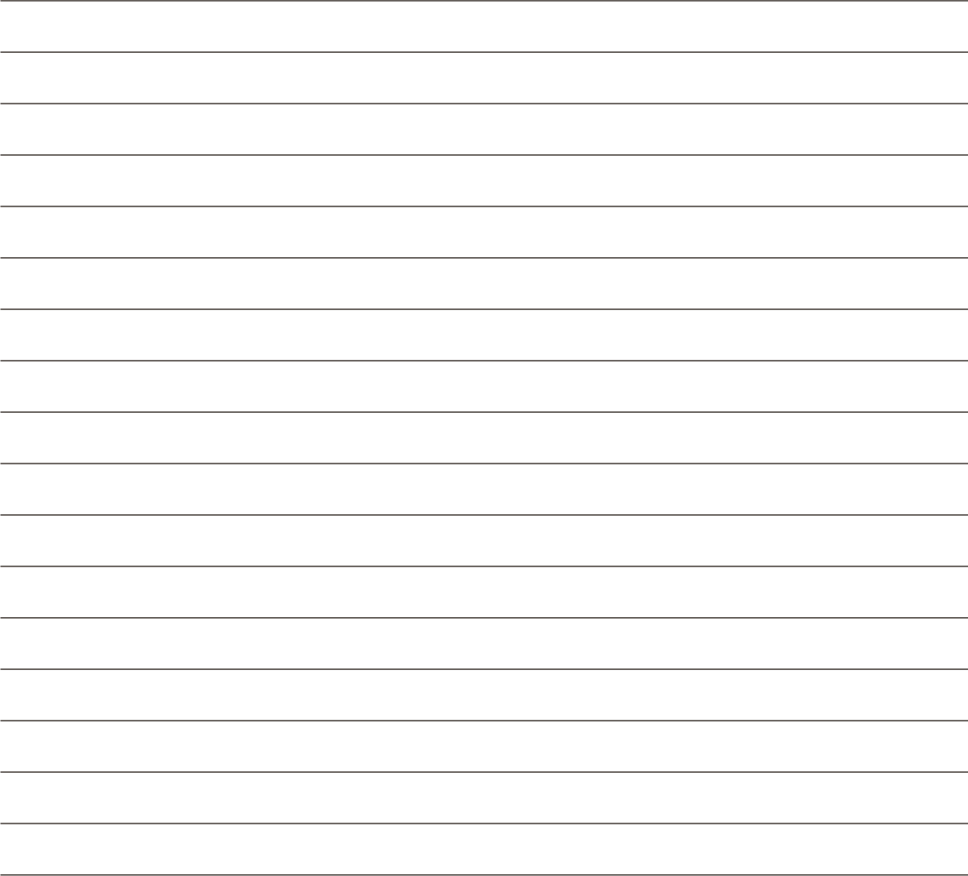
1.	2.	3.
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Drawing In Plein Air

Take a trip to a local park and draw some plants. Explore exotic varieties. Alternatively, you can use your own backyard.

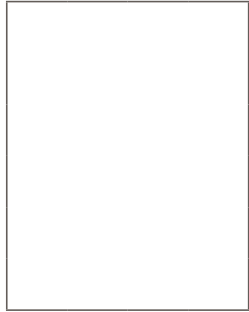
**Creative minds
inspire others.**

Scribble a little...



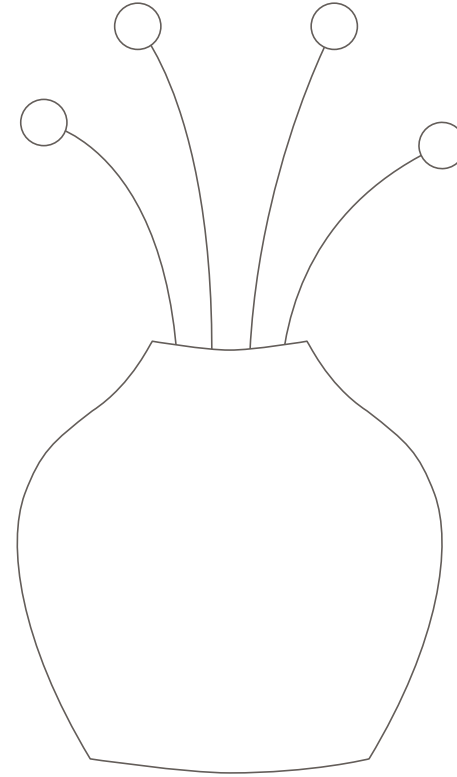
Creative Writing

Find a random picture of a person, paste it below and write about what you think happened in their day.



Finger Painting

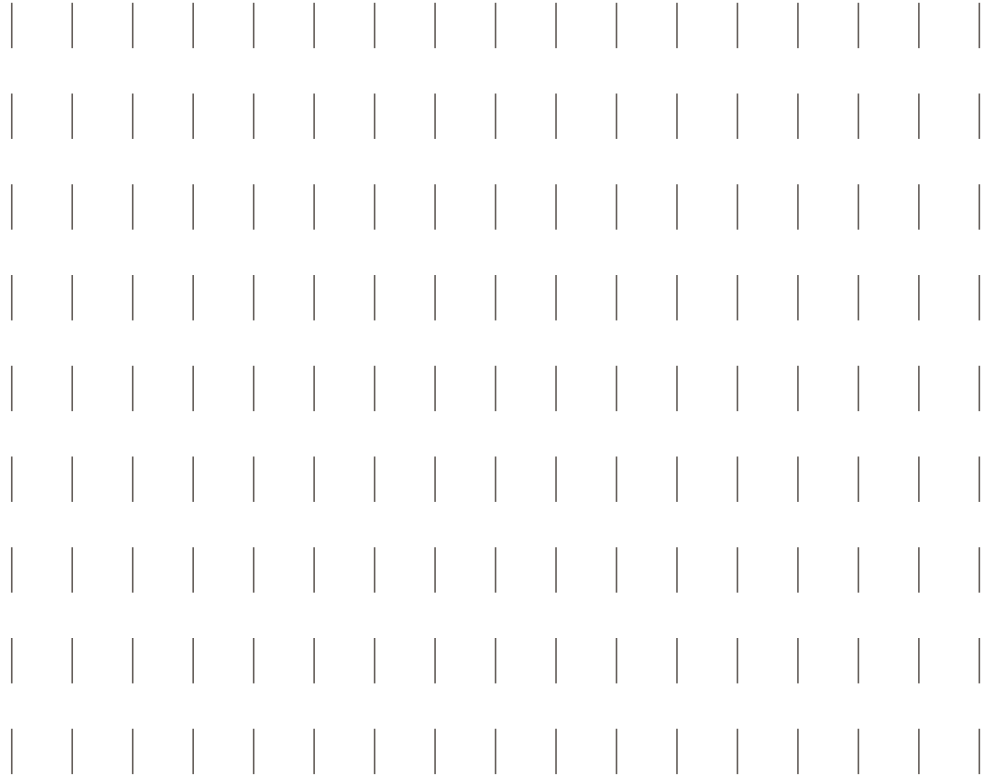
Press your index finger into paint and use it as a brush to paint below.
Add petals to the stems and decorate the vase.



Changing Patterns

Add more lines to transform this pattern.

Add more lines to transform this pattern.



Personal Writing

Write about a cherished family member or a person you admire.

Write about a cherished family member or a person you admire.

[illegible]

Walk & Play On Paper

Go on a walk with a piece of paper and pen - draw ten different things.
Cut them out and paste them here to create a new image.

Colour Therapy

Use a fine liner to scribble an abstract drawing and then colour it in.
Turn a simple scribble into something beautiful.



You don't know
what you can do
until you try.

Creative check-in:

Today I feel happy about:

A little line drawing:

Inspiring words:

Inspiration & Notes

[illegible]

Explore Your Materials

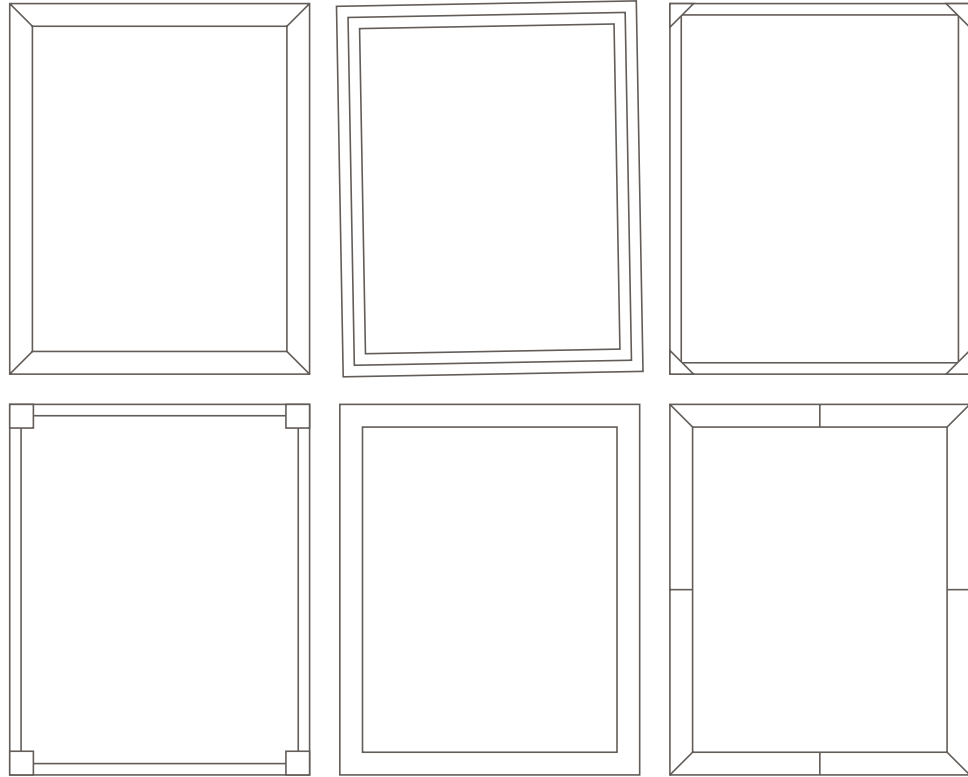
Draw your favourite flower using only the material you always avoid.

Exploring Shape

Fill the squares below with cut out elements from different coloured paper.

Who Are You?

Draw a self-portrait in each picture frame.



Facial Structure

Using a pencil, draw a continuous line to create a face.

Don't take your pencil off the page.



My Name Is...

Write your name as creatively as possible.

Write your name as creatively as possible.

This image shows a full page of blank graph paper. The grid consists of thin, light gray horizontal and vertical lines that intersect to form small squares across the entire surface. There are no margins, text, or other markings on the paper.

Pattern Play

Fill all of the tiles below with patterns.
Use only warm colours like reds, yellows and oranges.

Fill all of the tiles below with patterns.
Use only warm colours like reds, yellows and oranges.

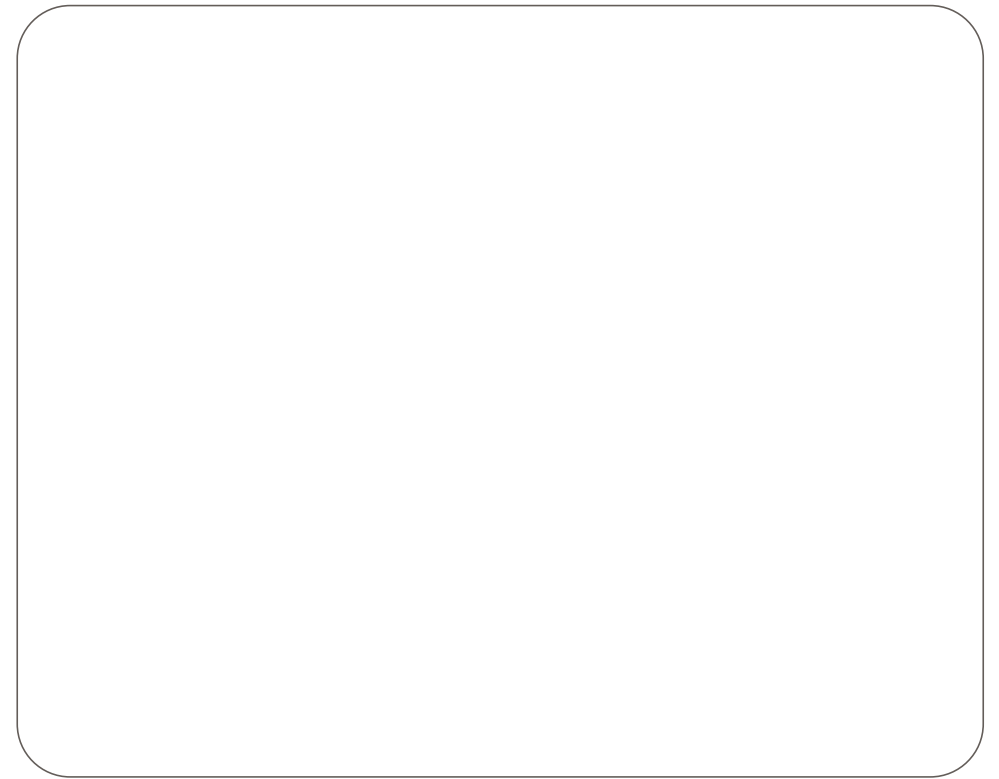
Imaginary Rain

Use your imagination to draw rain falling from the cloud below.



Drawing

Go outside and collect a few different objects that interest you.
Draw one object very close up. Capture all of the little details and colours.



Creative Writing #1

Using the prompt below, write a short story.

As soon as I opened my eyes I knew it was going to be a great day...

Creative Writing #2

Using the prompt below, write a short story.

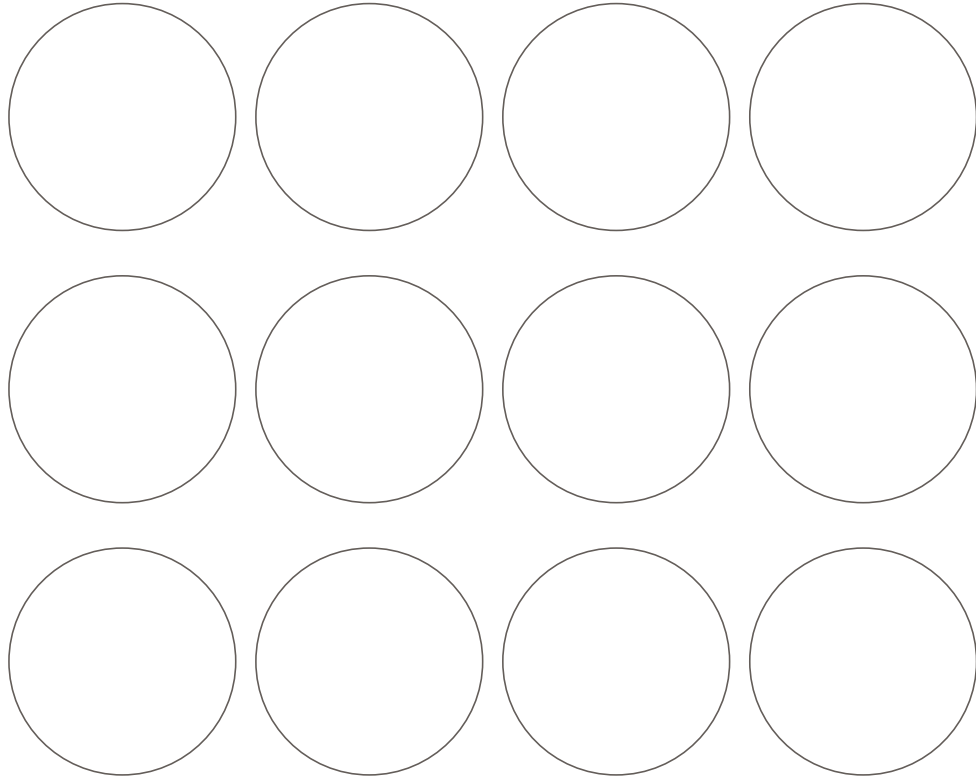
As soon as I opened my eyes I knew it was going to be a terrible day...

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Thoughts & Ideas

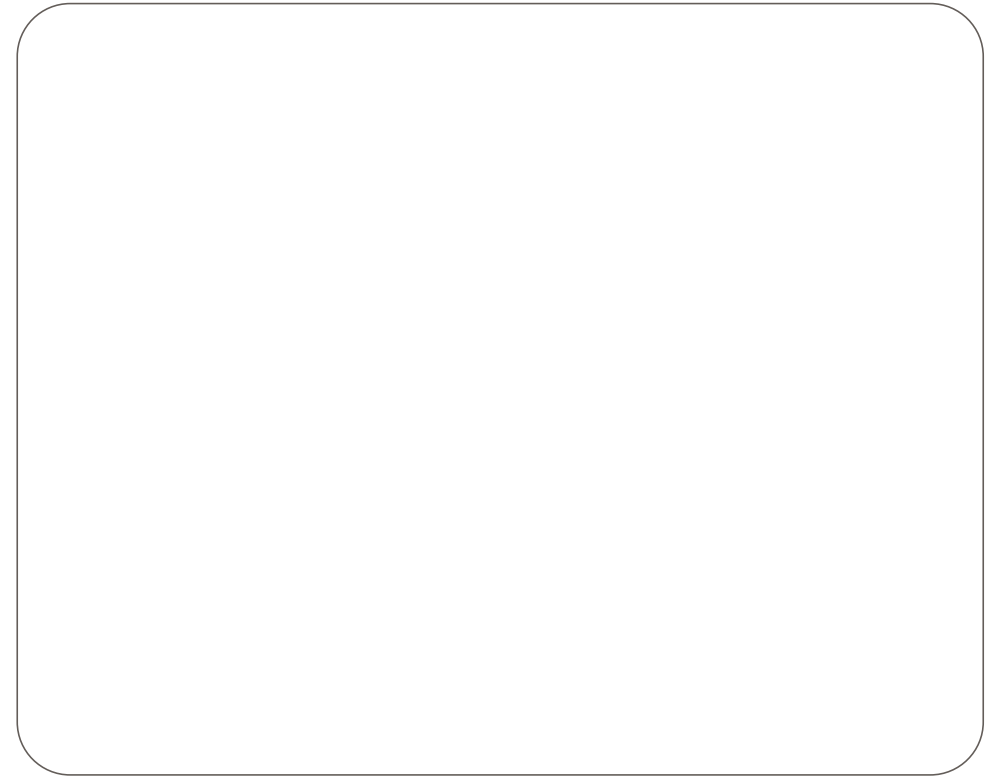
Dots & Dots & Dots

Fill the shapes with any symbols or words you want.



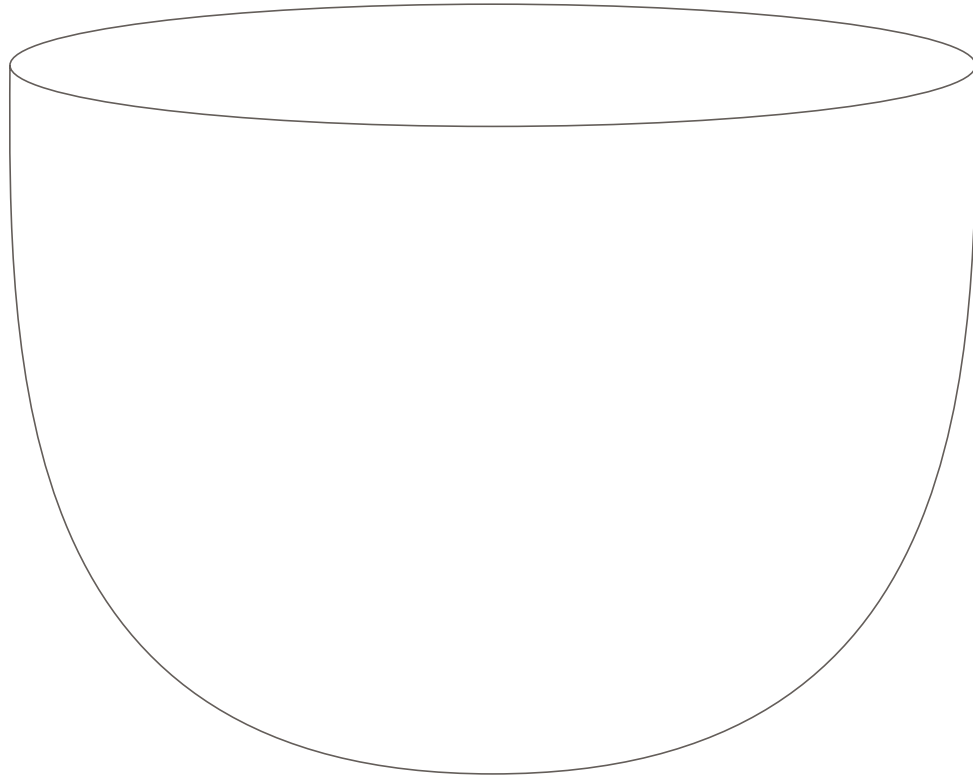
Another Perspective

Find a picture of a subject you want to draw, turn it upside down and draw what you see.



Fruit Bowl Fun

Fill the bowl with drawings of fruit you love to eat.
Try to draw with your non-dominant hand.



A Bird Collage

Create a bird collage using torn paper.
Try to use a bold and graphic style.

Let go of things
that keep you from
being creative.

Inspiration & Notes

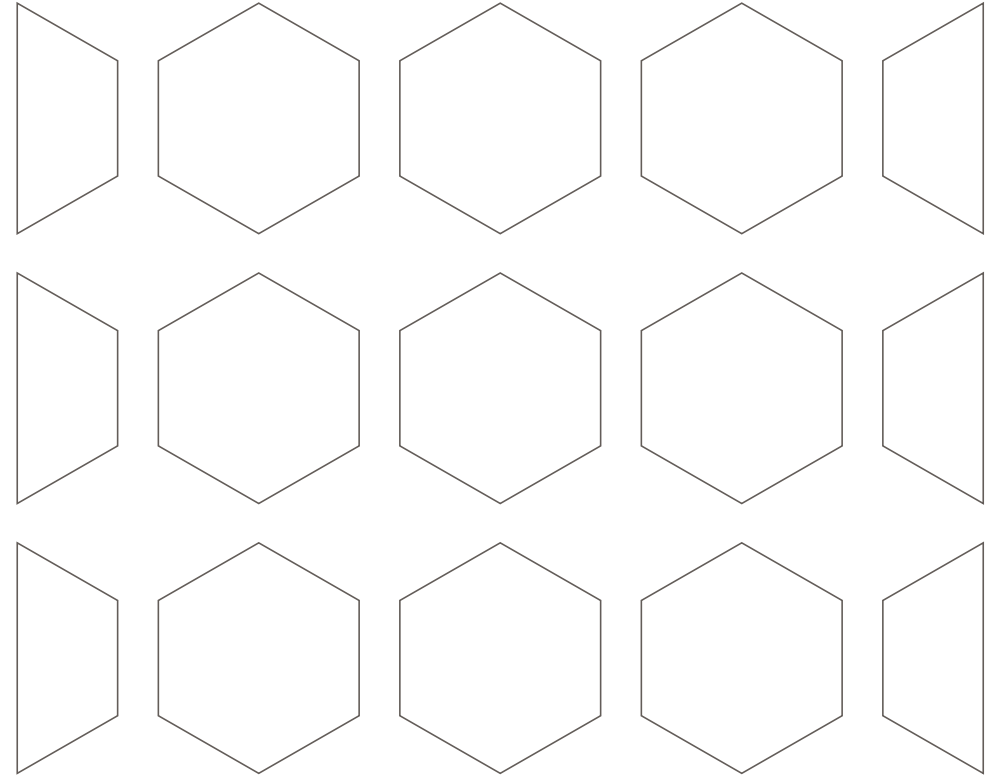
Expressive Painting

Mix a little bit of paint with water and create splatters by shaking a paintbrush.
Once it is dry, use pen to draw around the edges of the shapes you have made.



Colouring In

Use pencils to colour in each shape below so that no shape
is next to a shape with the same colour.



Use paper cutouts to create a fun pattern.
Limit your colour palette to three colours.

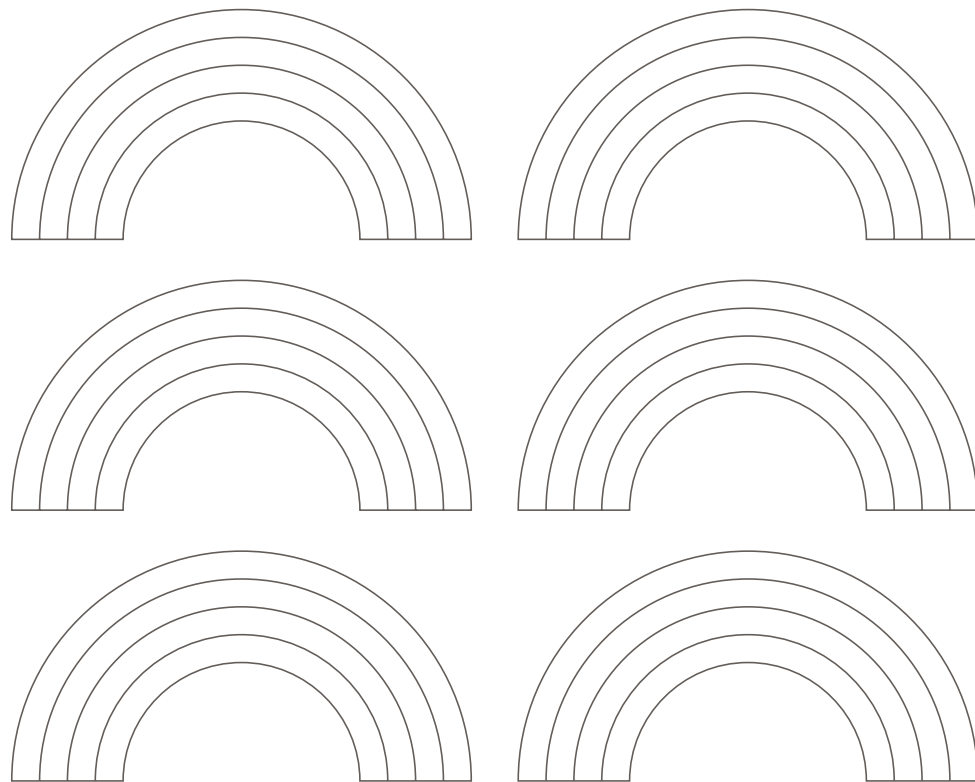
Limit your colour palette to three colours.

When was a time that you laughed the hardest?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Mindful Colouring

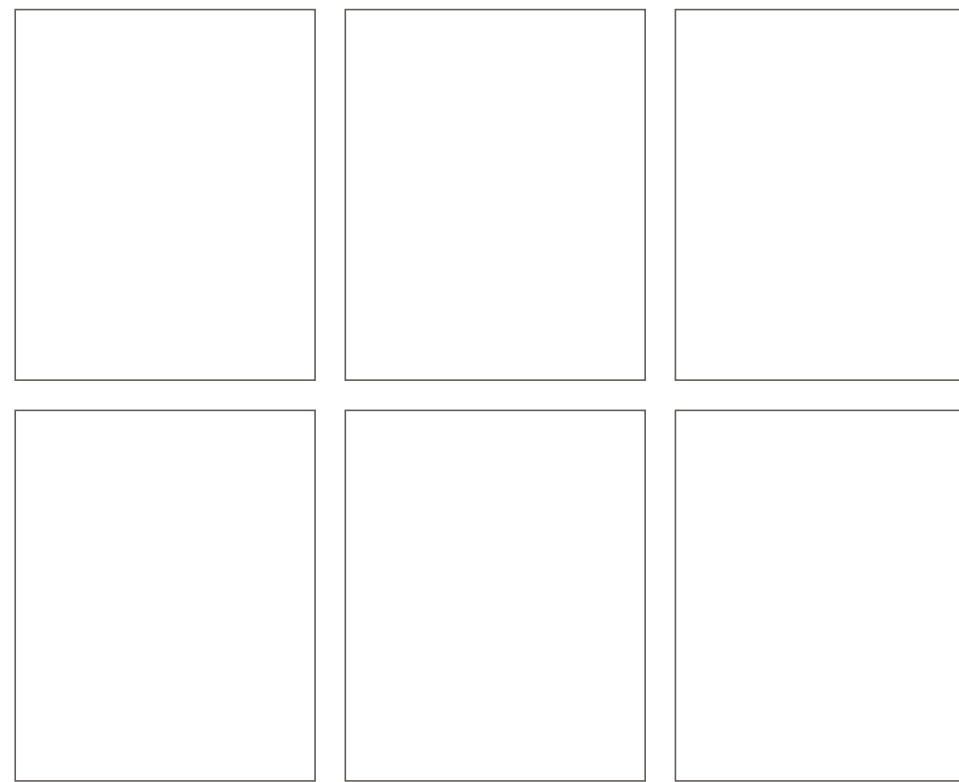
Colour in the rainbows below - row by row.



Texture Party

Using a fine-liner pen, fill the boxes with different drawn textures.

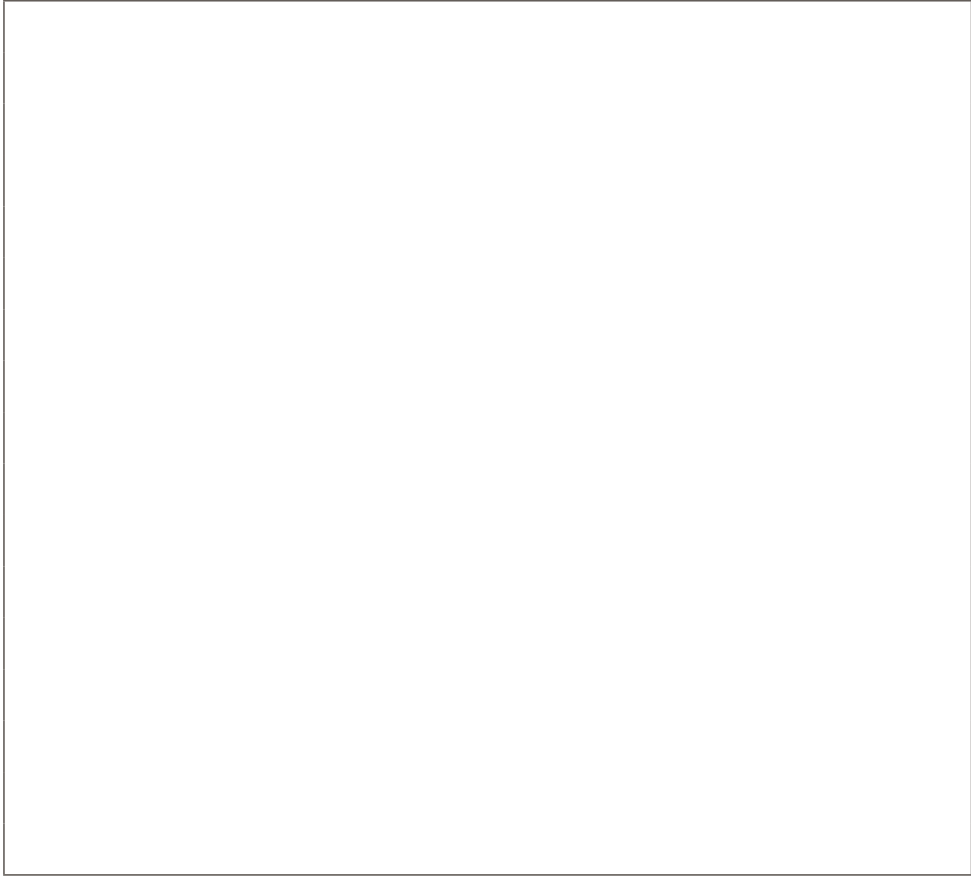
You could try crosshatching, stipple, dot shading, etc



Creativity is magic.

Stream of consciousness...

Scribble time...



Inspiration & Notes



Notes

Notes

Notes

**Chase the fire that
ignites your soul.**