

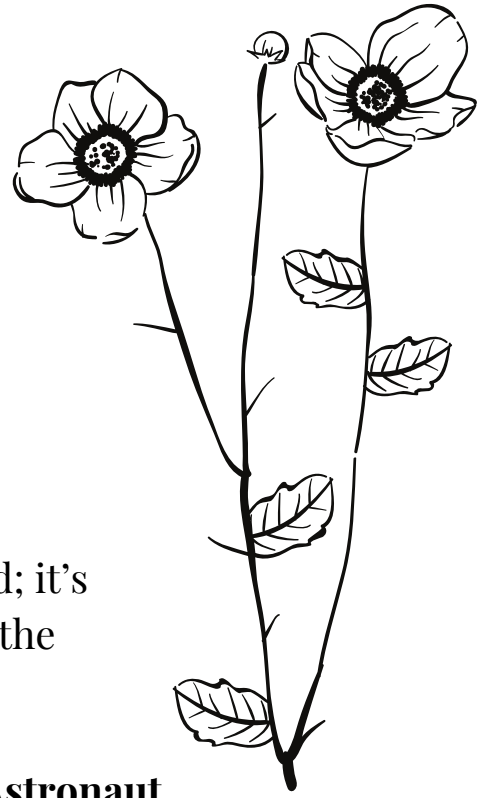
# Creativity

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“Don’t let anyone rob you of your imagination, your creativity, or your curiosity. It’s your place in the world; it’s your life. Go on and do all you can with it, and make it the life you want to live.”

**- Mae Jemison, Engineer and Astronaut**

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Creativity is the use of imagination to form visual imagery, ideas or possibilities that can aid in solving problems, communicating with others, and entertaining ourselves and those around us.

Creativity is something that we explore very naturally and openly when we are young but not so much as we begin to grow older. At a young age we have the space and time to use our imagination to get creative in a number of ways, from playing with toys to creating works of art to imagining adventures in our own minds. As we grow, due to the nature of adult responsibility we have less time to explore our creativity and expand our imagination.

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**Getting creative enables you to express yourself and open your mind. It broadens your perspective and can help you discover yourself on an even deeper level**

# Practice

## Exploring your creativity

Creativity is a very personal experience and **each of us will have a different idea of what a creative practice looks like**. Use the prompts to start to explore your imagination and what creative practice means to you.

- ◆ In your mind imagine your favourite childhood memory, play it out in your mind as if this is happening in real time. Take time to **experience this memory**, focus on the sights and sounds of the memory, any smells or touch that comes to mind. Allow yourself to explore this memory in a vivid vision.
- ◆ Ask yourself, what did I love to create as a child? What brought me joy and happiness? Bring this memory to mind and focus on exactly how this experience of creating something made you feel, did you feel proud and excited? Explore and write down your feelings.

## Using colour for creativity

On a blank piece of paper use a number of coloured paints, pens or pencils to bring a creation to life. Draw or paint what ever comes to mind, whether this is in a design or something completely random, **express yourself** onto the page.

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Consider what things you enjoy doing that enable you to get creative and make dedicated time for this practice. **What works for you?**

- Dancing or singing
- Painting or crafting
- Playing a game
- Baking and cooking
- Writing or journalling
- Playing an instrument
- Reading
- Digital creations
- Anything in which you use your imagination to create something

Incorporate creative practice into the everyday; **make time for you each day**.