# **Unearthing Creativity**

Gateways to creative activity - Worksheet

## A space to call your own

"...not having a space you can call your own is dangerous. Everyone needs a sanctuary" - Marie Kondo

### **Purpose:**

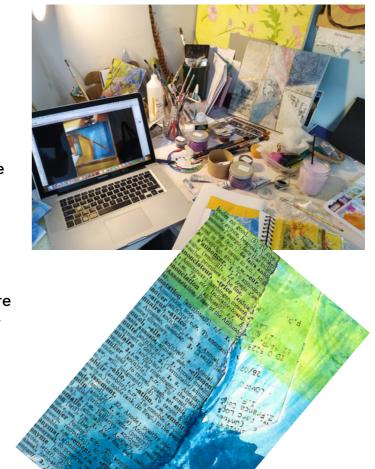
Set up the conditions to get creative. Arrange a small area in your spare room or kitchen table. If not, gather a portable object that fits on your lap. Keep your materials close by - particularly useful for moments when there's just rubbish on TV. Have a go at the following activity...

- Materials: a small tray / a shoe box and lid / a small basket
  - your favourite materials
  - A5 Sketchbook / blank postcards
  - old newspapers / magazines
  - scissors
  - glue stick
  - felt pens / colouring pencils / watercolour

#### **Process**

- Keep your materials in a place that you often inhabit! For me, having something nearby in the evening whilst I'm just watching TV is ideal - because I can play, with no particular outcome.
- · Without over-thinking it, flick through the magazines and newspapers, cutting out anything that catches your eye. Stick words / images into the book or on the postcards.
- · Doodle around the chosen images. Is there a theme for the day? Has a news story or TV show caught your attention?

Have a go at making a collage based on it!





- Now that you've got a basic kit of supplies together, refine it.
- Take it on holiday. Make use of those unexpected pockets of time!
- · At the most basic, try to keep a small notebook and pen with you at all times.
- Invite us around to your new space!
- Tag us on Instagram: #UnearthingCreativity #creativeconditions #space #creativelivescl #getcreative
- Join our private Facebook group 'Unearthing Creativity' https://www.facebook.com/groups/3995839470641387

Unearthing Creativity is a collaborative project which is being delivered by artists Marion Cheung, Naz Syed, Creative Lives and Age Cymru.

For further information, please see www.creative-lives.org/unearthing-creativity

We are extremely grateful to the Arts Council of Wales for their support for this project.

www.creative-lives.org











