

# 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!



