

Unearthing Creativity

Gateways to creative activity - Worksheet

Creative Walking

"Let chance be your guide" - Guy Debord, (*Dérive*, 1958)

Purpose: Generate new ideas inspired by your environment. Shift creative block by being playful, and open to chance.

Materials:

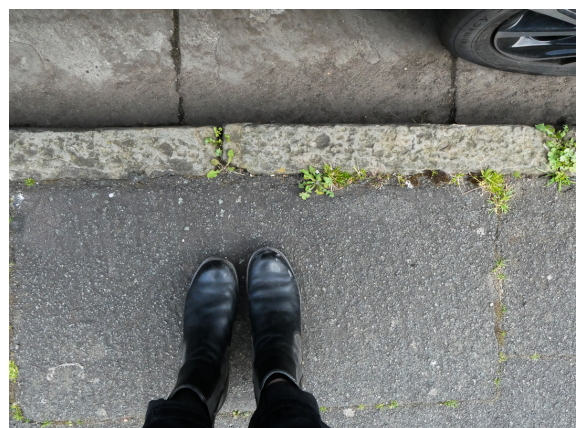
- Very little! Comfy shoes, a sketchbook, a pencil
- Optional: a camera/smartphone

Process

1. Allow 15–30 minutes. (Longer, if you have the time). Be aware of your surroundings! Decide on some rules – i.e. ‘look for the colour red, and see where it takes you...’
2. Make a list of the things you find. These are your ingredients. Take pictures of things that make you smile or that you find interesting to look at.
3. Every time you stop, look around carefully. Is there an interesting shape or pattern? Describe it in 3 words. Write them down.
4. At home, review your collection of images and words. Can you try to make something from these ingredients?

Things to consider...

Are the images giving you ideas for a design or artwork? Why not re-arrange your sketches and colour them in?



More things to consider...

- If you are trying to write a poem, a Thesaurus or rhyming dictionary can be helpful.
- Try the local park or a place with an interesting history. Don't hurry. Keep an open mind. Notice the relationship that objects have with the space and yourself. Why do you like this object? Try to sketch it in just 1 minute...
- We'd love to see what your creative walks inspire you to make. Please share your creations with us! We have a Facebook group: <https://www.facebook.com/groups/3995839470641387>
- Tag us on Instagram: #UnearthingCreativity #creativewalk
- Look at these links for further ideas about creative walking: <https://www.creative-lives.org/our-creative-lives-creative-walking>
- Read about Marion's experience of creative walking here: <http://marioncheung.blogspot.com/2022/04/walking-as-creative-tool.html>

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.

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www.creative-lives.org

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