

WEEK 1 A Daily Dose of Creativity

do something creative today!

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1

Use an art supply you've never tried.

Frame it: Make a small, simple cardboard frame and use it as a viewfinder.

Write a message in chalk on a public sidewalk

See things from a new perspective: Lay down on your kitchen floor and look up

Doodle while talking on the phone (adults)
Doodle while waiting for dinner (kids)

Learn a new word and use it in a conversation.

Try a new recipe (adults)
Eat something new (kids)

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2

Trace a shadow

Eat breakfast for dinner.

Photograph a texture.

Have a picnic in your living room.

Buy the coolest \$1.00 item you can find.

Buy a sketchbook.
Now USE IT!

Wake up early and watch the sunrise.

Paint with water.

Take a different route home from school or work.

Watch your favorite childhood movie (adults)
Watch your parent's favorite childhood movie (kids)

Transform your living room into a family art gallery for one week.

Read the last page of a new book FIRST.

Eat something purple.

Find a beautiful leaf.

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Make a toy out of paper.

Play 20 Questions

Decorate an envelope with doodles then mail it to someone.

Create a designated space for art making in your home or backyard.

Vinegar + Baking soda = MAGIC

Rub a balloon through your hair and check it out in the mirror!

Eat something that ends with the letter "f".

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Wear something fancy.

Read the life story of your favorite artist.

Draw a comic strip of your day.

Build the tallest tower you can out of blocks, then knock it down.

Wear orange today.

Start the day with a poem.

Play tick-tack-toe.

Make a greeting sign for your front door.

Walk through your house in the dark.

Use something from the recycling bin in a new way.

Look up this word: BRAINSTORM.

Assemble some instruments and have a family jam session.

Buy a food item just because you like the packaging.

Make a collage from junk mail.

WEEK 6 A Daily Dose of Creativity do something creative today!

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