WEEK 1
1. Try a new recipe (adults)
2. Eat something new (kids)
3. Frame it: Make a small, simple cardboard frame and use it as a viewfinder.
4. Write a message in chalk on a public sidewalk.
5. See things from a new perspective: Lay down on your kitchen floor and look up.
6. Doodle while taking on the phone (adults) or waiting for dinner (kids).
7. Learn a new word and use it in a conversation.
8. Doodle while talking on the phone (adults) or waiting for dinner (kids).
9. Use an art supply you've never tried.
10. See things from a new perspective: Lay down on your kitchen floor and look up.
11. Paint with water.
12. Transform your living room into a family art gallery for one week.
13. Read the last page of a new book FIRST.
14. Eat breakfast for dinner.
15. Make a small, simple cardboard frame and use it as a viewfinder.
16. Write a message in chalk on a public sidewalk.
17. See things from a new perspective: Lay down on your kitchen floor and look up.
18. Doodle while taking on the phone (adults) or waiting for dinner (kids).
19. Learn a new word and use it in a conversation.
20. Doodle while talking on the phone (adults) or waiting for dinner (kids).
21. Use an art supply you've never tried.
22. See things from a new perspective: Lay down on your kitchen floor and look up.
23. Paint with water.
24. Transform your living room into a family art gallery for one week.
25. Read the last page of a new book FIRST.
26. Eat breakfast for dinner.
27. Make a small, simple cardboard frame and use it as a viewfinder.
28. Write a message in chalk on a public sidewalk.
29. See things from a new perspective: Lay down on your kitchen floor and look up.
30. Doodle while taking on the phone (adults) or waiting for dinner (kids).
31. Learn a new word and use it in a conversation.
32. Doodle while talking on the phone (adults) or waiting for dinner (kids).
33. Use an art supply you've never tried.
34. See things from a new perspective: Lay down on your kitchen floor and look up.
35. Paint with water.
36. Transform your living room into a family art gallery for one week.
37. Read the last page of a new book FIRST.
38. Eat breakfast for dinner.

WEEK 2
1. Trace a shadow.
2. Eat breakfast for dinner.
3. Photograph a texture.
4. Have a picnic in your living room.
5. Buy the coolest $1.00 item you can find.
6. Buy a sketchbook. Now USE IT!
7. Wake up early and watch the sunrise.
8. Take a different route home from school or work.
9. Watch your favorite childhood movie (adults) or your parent’s favorite childhood movie (kids).
10. Photograph a texture.
11. Have a picnic in your living room.
12. Buy the coolest $1.00 item you can find.
13. Buy a sketchbook. Now USE IT!
14. Wake up early and watch the sunrise.
15. Take a different route home from school or work.
16. Watch your favorite childhood movie (adults) or your parent’s favorite childhood movie (kids).
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38. Photograph a texture.
39. Have a picnic in your living room.
40. Buy the coolest $1.00 item you can find.
41. Buy a sketchbook. Now USE IT!
42. Wake up early and watch the sunrise.
43. Take a different route home from school or work.
44. Watch your favorite childhood movie (adults) or your parent’s favorite childhood movie (kids).
45. Photograph a texture.
46. Have a picnic in your living room.
47. Buy the coolest $1.00 item you can find.
48. Buy a sketchbook. Now USE IT!
49. Wake up early and watch the sunrise.

WEEK 3
1. Take a walk in the park.
2. Write a message in chalk on a public sidewalk.
3. See things from a new perspective: Lay down on your kitchen floor and look up.
4. Doodle while taking on the phone (adults) or waiting for dinner (kids).
5. Learn a new word and use it in a conversation.
6. Doodle while talking on the phone (adults) or waiting for dinner (kids).
7. Use an art supply you've never tried.
8. See things from a new perspective: Lay down on your kitchen floor and look up.
9. Paint with water.
10. Transform your living room into a family art gallery for one week.
11. Read the last page of a new book FIRST.
12. Eat breakfast for dinner.
13. Make a small, simple cardboard frame and use it as a viewfinder.
14. Write a message in chalk on a public sidewalk.
15. See things from a new perspective: Lay down on your kitchen floor and look up.
16. Doodle while taking on the phone (adults) or waiting for dinner (kids).
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19. Use an art supply you've never tried.
20. See things from a new perspective: Lay down on your kitchen floor and look up.
21. Paint with water.
22. Transform your living room into a family art gallery for one week.
23. Read the last page of a new book FIRST.
24. Eat breakfast for dinner.
25. Make a small, simple cardboard frame and use it as a viewfinder.
26. Write a message in chalk on a public sidewalk.
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31. Use an art supply you've never tried.
32. See things from a new perspective: Lay down on your kitchen floor and look up.
33. Paint with water.
34. Transform your living room into a family art gallery for one week.
35. Read the last page of a new book FIRST.
36. Eat breakfast for dinner.

A Daily Dose of Creativity
Do something creative today!
WEEK 4

Make a toy out of paper.

Play 20 Questions

Draw a comic strip of your day.

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 "i".

Use something from the recycling bin in a new way.

Assemble some instruments and have a family jam session.

Make a collage from junk mail.

Buy a food item just because you like the packaging.

Assemble some instruments and have a family jam session.

WEEK 5

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 your backyard.

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

Do something creative today!

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 "i".

Use something from the recycling bin in a new way.

Assemble some instruments and have a family jam session.

Make a collage from junk mail.

Do something creative today!