

## Connecting with our Creativity

### What is Creativity?

Creativity is making something new and valuable, often involving qualities of flexibility, openness and exploration.

It's not just about painting, theatre or writing - we use creative thought and processes in business, science, education - all aspects of life.

### GOOD NEWS!

#### WE'RE ALL CREATIVE

In every society on earth people dance, sing, cook, build, make pictures, tell stories - it's an essential part of being human.

As children we play, make up stories, songs, build structures and make pictures but when we get a little older we might think it's:

- a waste of time
- not an approved way to earn money
- childish

So we can believe we have no creative ideas at all. So how can we once again enjoy ourselves playfully, creatively?

Sometimes we need to take time to be creative - to refresh stale patterns we've fallen into.

Here are a few ideas that might get us started

### REBOOTING OUR CREATIVITY

### WHY IS CREATIVITY IMPORTANT

- Because it is scientifically\* proven to reduce stress, help us manage and understand our emotions and increase empathy and tolerance.
- It can energise us, make us more flexible in our thinking and more productive in all areas of our lives.

It means different things to different people and in different situations, but some characteristics are consistent: experimentation - play - trying things out that may or may not work

### WHAT DOES CREATIVITY MEAN?

### CHANNELING CREATIVITY

So in channeling creativity into something tangible it can be:

- messy
- expressive
- impulsive

Do something you do all the time - **differently:**

instead of taking written notes use a camera

- instead of writing ideas try doodling or cutting scraps out to make a collage of thoughts
- Instead of checking your phone have a 5-minute daydream

### TRY THIS

Set aside just a few minutes to watch and **observe:**

Focus on something you can sense - the texture of your clothes, the shape of a leaf, the sounds around you. Try describing it in anyway you like - words, gestures, doodles.

As adults we forget how to **play**. Imagine how many things you could do with a cardboard box for example. Playing is an important part of being creative.

## EMBRACE EVERYDAY CREATIVITY

We connect with our creativity everyday: the colour we decide to paint a room, the clothes we choose to wear, the songs we listen to, the things we choose when we shop.

All of these reveal we have clear ideas about what makes us happy:

colours, shapes, sounds, tastes and feels of things.

It's a short step from this to taking a photo composed of those colours, making a list poem from the words we like saying, making a cake which involves the tastes we like.

The more we think about the ideas we like, the more our ideas develop.



## USEFUL LINKS

**\*Why is creativity important?:**

<https://kids.frontiersin.org/article/10.3389/frm.2017.00019>

**An article on the 10 habits of highly creative people**

[https://greatergood.berkeley.edu/article/item/ten\\_habits\\_of\\_highly\\_creative\\_people](https://greatergood.berkeley.edu/article/item/ten_habits_of_highly_creative_people)

**An excellent book on the subject:**

Conscious creativity by Philippa Stanton



**Worrying if our creations are any good :**

Whenever we put brush or pencil to paper, whenever we put words together, whenever we bake a cake, plant a flowerbed or make up a story we need to remember that we're doing it for the only person who matters - ourself, no-one else.

**Having the right materials :**

We can get creative with whatever we have lying around. Discover the joy of creating first and then you'll find out what extras you want or need.

**Worrying about making a mess**

It depends on what we're creating but a creative mess can be very liberating, and there's a great feeling in making something we love out of chaos

**Thinking it has to take lots of time :**

We all have calls on our time, so we can start by working with whatever time we have.

## CONNECTING WITH OUR CREATIVITY

There's a multitude of ways to connect with our creativity but the end results are always positive. Creating involves our whole brain and makes it more flexible: connecting conscious, unconscious and emotional centres.

If you'd like to make some creative connections look at the Creative Compass Points, Online Courses, Experiences and Events at the Happy House Masham. Go to our website for more details.