

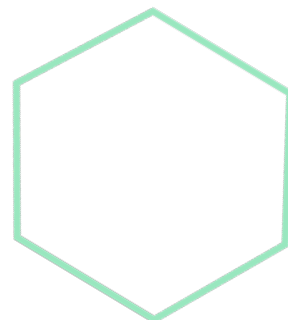
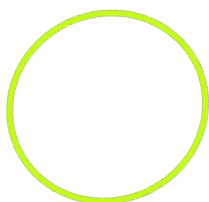
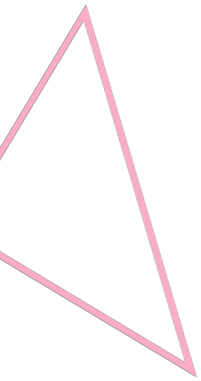
CAMBRIDGESHIRE NORFOLK PETERBOROUGH SUFFOLK

LET'S ALL GET CREATIVE

Hello! Here are 17 daily creative challenges selected for you and that you can do at home using whatever you have to hand.

They're designed to be fun for all ages, from 2 to 92, and you could do them by yourself or with other people in your household.

Each activity comes with ideas of how you can share your challenges with others, and if you would like to you can also share them on social media with hashtag #LetsAllGetCreative.



1. WORD OF THE SUMMER



Summer is coming!

What do you want your summer to be like?

Today, let's get creative and get ready!

DO:

What word do you want to describe your summer? If you could choose one word to sum up your hopes and dreams for the next couple of months – what would it be? When you have thought of your word, use the things around you to create and spell out your word. You could use things in the house like fruit, socks or tins, or things you might find on a walk like leaves or sticks. You could doodle your word using pens, pencils or paint - or you could even use the arms and legs in your family to spell it out - anything goes!

IF YOU HAVE MORE TIME:

Think about the last few weeks you have had. What word would you use to describe how you've felt, or what you have experienced? Is that word different to your word of the summer?

THINK:

Why did you pick your word? Why is it important to you? What are you most looking forward to about the summer?

SHARE:

You could share your word, and your hopes and dreams for the summer with the people that you live with. You could put it up in your window to share some inspiration with your neighbours, or up on the wall to remind yourself of your word.

MY WORD OF SUMMER 2020:



2. THUMBS UP!

No two people are the same - and neither are their fingerprints! Today, use your fingerprints to create your very own characters.

DO:

Create some fingerprint people! You will need to find something to make a mark like paint, coffee or even ketchup. Put your thumb into it and then print it onto some paper. Once the thumbprint is dry, add features to the prints to create little characters!

IF YOU HAVE MORE TIME:

Who is your inspiration? Challenge yourself to create a fingerprint portrait of a person or an animal you know.

THINK:

Which is your favourite character? How did it feel to make them? Do you think they would have looked different if you used a different material to print with?

SHARE:

You could share your characters with the people around you - which one is their favourite? Perhaps you could put your little characters in your window to show the world, or keep them in your favourite diary or journal. You could even use the characters to decorate a card for somebody you know.

MY THUMBS:

3. YOU ARE POETRY - PAINTING A PICTURE

A Kenning is a pair of words that describes something without calling it by its name. A Kenning poem uses a list of Kennings to describe something in an interesting way, like this one about snow:

Cloud confetti
Land icing
Field blanket
Solid rain

DO:

Make a Kenning poem about you. You might be a Picture drawer, Cake maker, Smile spreader, Hug giver, Goal scorer, Friend maker.

IF YOU HAVE MORE TIME:

Try writing a Kenning poem about something else. The sun, an animal, your friend.

THINK:

If someone heard your poem, how would they guess it was about you? What is your favourite bit of your poem?

SHARE:

Share your poem with somebody around you. Can they guess what it's about? Invite them to create their own.

MY POEM:

4. WHAT DO YOU STAND FOR?

What do you want to say to the world?
What message do you want to show?
Put it on a t-shirt!

DO:

Design a slogan t-shirt. What message do you think is important to share? You might choose your favourite quote or saying, you might be inspired by something you feel passionate about – or you might simply think about how you're feeling today.

IF YOU HAVE MORE TIME:

Customise an old t-shirt with your slogan in whatever way you like! You could use a marker pen, or pin on a scrap of material, a piece of paper – or use a sticky label.

THINK:

Why did you choose your slogan? Why do you think that is important? Would you wear your t-shirt design?



SHARE:

You could share your design with the people around you - or put it up in your window for the world to see! If you decorated a real top, wear it so that you can spread your message to the people you meet.

5. CREATIVE COMPANION

You can make characters appear in some very unlikely places! Today's challenge is to create a character out of what you have to hand (or even with your hands).

DO:

Use the things around you to build, draw or design your ideal creative companion. You could draw a face on your hand, build it out of your food, make a sock puppet, or bring the items in your recycling pile to life. It might be tall with tins or as small as a bottle cap. What makes your companion great?

IF YOU HAVE MORE TIME:

Can you find a way to make your companion move? See if you can puppeteer your new friend!

THINK:

What makes a great companion? If your companion could talk, what do you think they would say to you?

SHARE:

Show your companion to the people around you - perhaps they could create one too?

**YOU COULD DRAW YOUR CREATIVE
COMPANION HERE....**



6. COLOUR DASH

For today's colourful challenge we want you to explore, and find the rainbow...

DO:

Choose a colour that you want to represent your day today. In 5 minutes, find as many objects around you that are that colour. If you are with other people – each of you could choose a different colour! How many objects can you find? Arrange your objects and take a photo. Do you have enough objects to spell out your colour?

IF YOU HAVE MORE TIME:

Can you find the colours of the rainbow? Arrange your objects in order and marvel at your creation!

THINK:

Why did you choose your colour? Did this challenge make you realise anything, or spot anything new?

SHARE:

Could you do a quick drawing that captures the colour you chose? You could use different shades of the colour, or use that colour to write out the word! Put it up in your window gallery, or keep it in your diary or journal to remember your colourful day.

7. WE ARE FAMILY

The word family takes on all sorts of different meanings, and comes in all sorts of shapes, sizes and places. It might mean your siblings, your pets, your teacher, your friends, a group that you go to, the people that care for you, or the people that you care for.

DO:

Who are the people that you think of as family? Write down their names and count how many there are. Now, get creative and challenge yourself against the clock! If there are 3 people in your chosen family, give yourself 3 minutes to draw their faces. If there are 7, give yourself 7 minutes and so on. Give it a go! It's not about creating the perfect portrait, it's just about having some fun and seeing what happens when you put your pen to paper!

IF YOU HAVE MORE TIME:

Create your version of a 'family tree.' You could draw a tree around your faces to show where your family belong and how they are connected to you. There are many different types of family - what does your tree look like? If you like, you could add on details like flowers or fruit.

THINK:

How did it feel to do your drawings so quickly? What words would you use to describe the people that you drew?

SHARE:

If you like, you could show your chosen family your speedy drawings - or you might like to keep it up on your wall, or keep it for yourself in a diary or journal.

MY FAMILY:

8. TIME CAPSULE

The world has changed a lot in the last few months. Do you think that the coronavirus and its impact on our lives will be remembered in history?

DO:

Create a time capsule to help you remember what life was like in 2020! To create your time capsule, you could put objects, drawings or photographs into a box and decorate it. You could make a video, one big drawing or write a diary entry. You could include things like:

Your name

Your exact age (to the second!)

Your hairstyle (colour, length, style)

A list of the things you have been doing or thinking about whilst you are staying at home

A list of the things you are looking forward to doing in the future

A poem about how you feel today

IF YOU HAVE MORE TIME:

Give your time capsule a name and keep it safe – can you make a reminder to look at it in a month - a year - in 10 years?

THINK:

What do you think you will remember from this time? Have you developed any positive habits that you would like to keep?

SHARE:

This one is all for you! Keep your time capsule safe and find a way to remind yourself to open it in the future.

9. HEAR ME ROAR...

Big, small, gentle, fierce, loud, quiet, furry, scaly...there are all sorts of animals in the world, and only one of you!

DO:

If you were an animal, what would you be? Maybe it's your favourite animal or an animal that you think represents your personality and skills. Perhaps it's a collection of lots of different animals, or one that you've thought up. Draw yourself as that animal - you can add as many details as you would like to.

IF YOU HAVE MORE TIME:

Create your animal face using the things around you. You could cut up magazines and newspapers, scrap paper, or cloth to make a collage of your animal. Or, use objects to build your face. You could create a cat with shoelaces for whiskers, or a giraffe with a long scarf for a neck.

THINK:

Why did you choose this animal? Think about somebody you know. What animal would they be? Do you think your animal characters would get along?

SHARE:

Add to your window gallery, or use your drawing to create a postcard to send to somebody you know. You could also keep it safe in your diary or journal.

YOUR ANIMAL:

10. MOOD MUSIC

There are sounds all around us. From music on the radio, to people talking, to the sound of your own singing or humming - today, we are getting creative to the noises in the air.

DO:

Let your pen go on a walk and doodle in time to the sounds around you. If you can hear some music, make lines and shapes that go along with the music - small and soft if it's a slow song, or big and spiky if it's loud and fast. If you can hear pots and pans banging quickly in the kitchen, you might draw quickly too! Perhaps you could sing or hum your favourite song - what do your doodles look like?

IF YOU HAVE MORE TIME:

Can you do it again, but this time listen to something different? If you were singing or listening to a fast, upbeat song, could you try a slower one? Does it change your doodle?

THINK:

How did it feel to concentrate on the sounds around you? How do you think the noises that you could hear changed your doodling?

SHARE:

Share with somebody you know and ask them to guess the noise that you were doodling to. You could add it to your window gallery, or use your drawing to create a postcard to send to somebody you know. You could also keep it safe in your diary or journal.

DOODLE HERE:

11. ABC STORY

It's time to tell you.....

About today's challenge! Let's

Begin with a

Clear example - here's what we want you to

Do.

Every day we tell

Friends and family our stories, some

Good, some

Hilarious, and some

Incredible. But they all begin with the ABC.

DO:

Create an ABC story! An ABC story is when you use all 26 letters of the alphabet in the right order to help you make up a story. You could start each new sentence with the next letter of the alphabet, or you could even try starting each new word with the next letter! You could write down your story, or create your story in a group or in a pair - take it in turns to start the next sentence with the next letter of the alphabet. Who knows what will happen in your story!

IF YOU HAVE MORE TIME:

Can you tell a story using your ABCs back to front? Start with Z and end with A.

THINK:

Did your story surprise you? What was your favourite bit of the story?

SHARE:

Create the story with the people around you, or show them your writing. Did they like your story? Were they surprised about what happened?

ABC STORY:

12. HIGH 5

Hey, you! You're great! Today, give yourself a massive high-5, and remind yourself of the brilliant things about you.

DO:

Find a pen and paper, and draw around your hand. Fill your hand with positive things about yourself. You could put in your favourite things, your interests, facts, ideas, memories - all the stuff that makes you, you.

IF YOU HAVE MORE TIME:

Think about someone you admire. It might be someone you know, someone you don't know or someone from history. Draw around your hand and fill it with the things that you admire about that person. Do you have any similarities?

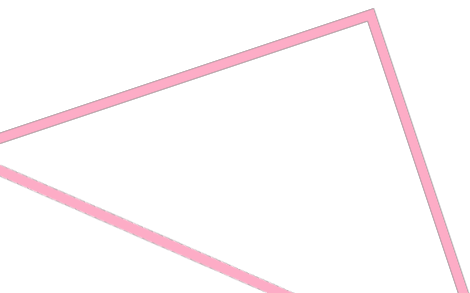
THINK:

What sort of things did you put in your hand? What came to your mind straight away, and what took a bit more thought?

SHARE:

Show your handiwork to the people around you. High fives all round!

YOU COULD DRAW YOUR HIGH 5 HERE....



13. BRING THE OUTSIDE INSIDE

What is it like where you live? What can you see out of your window? Today, bring the outside inside and recreate what you can see.

DO:

Have a look outside of your window, or think about your local area. Choose something to focus on, like a local church or mosque, a park, a statue, a post box or your neighbour's house. Bring it to life in your home - you might like to draw or paint what you can see, or make a version of your local landmark using the objects around you. What makes it recognisable? You could use things you own, things you borrow or things you find on a walk to make your landmark.

IF YOU HAVE MORE TIME:

What words would you use to describe what you can see? Write down the name of the object, for example 'post box'. List ten words that describe it; you could include its colour, shape, height and age. Look at your list - you have written your very own list poem about it!

THINK:

What do you like about your local area? What memories do you have here?

SHARE:

Show the people around you your creations! Can they guess what it is you have recreated?

14. SHAKE IT OFF

Today, it's time to shake it off and dance like no-one's watching (and if they are, why aren't they dancing too?)!

DO:

Pick a song or sing your favourite song, and dance. Everyone is a dancer today - dance in your bedroom, with your family, in your chair, down the street - make up a dance or freestyle. Have fun!

IF YOU HAVE MORE TIME:

Find a way to capture your moves. Could you write down the steps, take a photograph or video, or draw yourself dancing? You could even design the perfect outfit to do your dance in.

THINK:

How did this challenge make you feel? Did your chosen song make you move in a certain way? What is your favourite kind of music?

SHARE:

Grab the people around you and dance with them, too! You could write down how dancing made you feel and share that with someone.

15. HIGH FLYER



Today's challenge is sure to get your day off to a flying start. Find some paper, or use the page opposite, and let's go up, up and away.

DO:

Make and decorate a paper aeroplane! How far can you fly your plane? How big or how small can you make it? If you like, you could write on it some of the things you might be worrying about, and fly them off and away. Perhaps you might like to write on it all of the positive things you are feeling and send those positive things into the world.

IF YOU HAVE MORE TIME:

It's race time! Encourage somebody else to create a paper plane – whose plane will fly further?

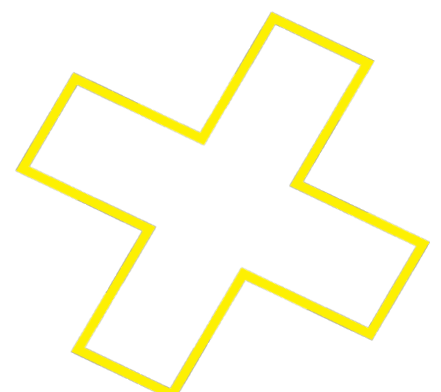
THINK:

How did you decorate your plane? Did you make it small and fast or big and strong? If you could fly on a plane today - where would you choose to go?

SHARE:

Have a paper plane race with the people around you, or keep your decorated plane safe and sound in a special place.

If you can, you could film your plane flying and share that with someone.



**YOU COULD TEAR THIS PIECE OF PAPER OUT
AND USE IT TO CREATE YOUR HIGH FLYER!**

**YOU COULD TEAR THIS PIECE OF PAPER OUT
AND USE IT TO CREATE YOUR HIGH FLYER!**



16. CREATE TO CONNECT

Amazing things happen every day to amazing people.
Today, help somebody to have an amazing day!

DO:

Create something for somebody else to find. You might write a positive note and leave it on the kitchen table, or put it under someone's door. You might like to decorate a card or a letter and post it to a neighbour, a friend or even a local hospital. You could leave a drawing or a quote under a rock for somebody to find - lucky them!

IF YOU HAVE MORE TIME:

Think of a random act of kindness you could do for somebody else. From making a cup of tea, to tidying up, to smiling at a stranger - anything goes

THINK:

How was it to create something and let it go? What's it like to wonder what happens to it next?

SHARE:

You've already shared today's challenge by giving your creation away!

You could also write down how this challenge made you feel and share that with someone.

17. FUTURE YOU



Who might you become in the future? What job might you do?

DO:

Take a look at the list of jobs below. These are only a few of the many different possible careers. Can you think of any more? Do you know what you want to do? On the next page are some people who live locally and the jobs they do. Once you have had a think, draw a picture of Future You.

IF YOU HAVE MORE TIME:

Find out what would need to do in order to get the job you have chosen. Do you need to go to college – university - can you get an apprenticeship?

THINK:

Why did you choose that job? Perhaps it's because you know people who do it? Maybe it really interests you? Possibly because you believe it will make you happy?

HERE ARE JUST SOME OF THE CAREERS YOU COULD CONSIDER:

Actor, accountant, animator, architect, author, biomedical scientist, brand manager, business analyst, charities fundraiser, civil engineer, community artist, conservation officer, costume designer, curator, cyber security specialist, data analyst, director for TV & film, electrician, engineer, estate agent, fashion designer, festival planner, firefighter, graphic designer, health visitor, HR manager, illustrator, interior designer, lawyer, journalist, leisure centre manager, marine scientist, museum archivist, musician, occupational therapist, oceanographer, photographer, plumber, police officer, psychologist, retail manager, recycling officer, software developer, solicitor, sound editor, textile designer, town planner, TV set designer, web designer, youth worker, zoo keeper.....

SHARE:

Tell those you live with about Future You. Ask them if they like what they do now? Ask them if there is a job they always dreamed of doing?

FUTURE YOU:



I'M BECOMING FUTURE ME!

I'm Ed from Brighton, I moved to Norwich 3 years ago. I'm studying Graphic Communication at Norwich University of the Arts.

HOW I STARTED MY JOURNEY TO BECOME FUTURE ME: I spoke to my mum and my teachers from college; they were very helpful as they knew me and my work. I've started to do some freelance work alongside studying which has been a great experience. I've been commissioned to draw the people for this page!

I'm Laith from Guilford, and I study Medicine at the University of East Anglia (UEA)

HOW I STARTED MY JOURNEY TO BECOME FUTURE ME: I'm studying to be a doctor at UEA. When I finish, I will be the first doctor in my family and one of the first people in my family to have been to university. I would love to be a paediatrician (a children's doctor), something I first thought about doing when volunteering with disabled children during my GCSEs.

I'm Hannah and I'm from Suffolk. I'm studying Children's Nursing at Anglia Ruskin University.

HOW I STARTED MY JOURNEY TO BECOME FUTURE ME: I went to sixth form and studied Chemistry, Maths and Business A' levels.

My advice for people thinking about their future would be don't panic! You will get to where you need to be, even if it doesn't feel like it right now.

I'VE BECOME FUTURE ME!

We are Erin and Luke from Bury St Edmunds and Norwich. We studied BA(Hons) Games Art and Design at Norwich University of the Arts.

WHAT IS YOUR JOB: Video Game Developers
HOW WE BECAME OUR FUTURE SELVES:

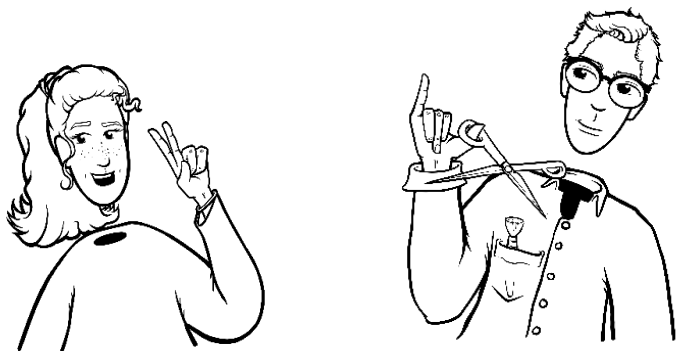
We co-founded our small game development studio, Lyrelark Games, straight out of university. Creating a game is hard work- but it's incredibly rewarding when someone finds enjoyment and meaning in the thing you've worked so hard on.

I'm Gurpreet, I'm a British Indian born in Norwich. I studied both a BSc in Pharmacology and then a MPharm in Pharmacy at the University of Portsmouth.

WHAT IS YOUR JOB: I'm a Pharmacist
HOW I BECAME MY FUTURE ME: I chose Pharmacy as it was closely related to my first degree. A job that pays well and is respectable were important aspects in my culture, and medicinal careers fulfilled both these criteria.

I'm Dominic from Norwich. I studied at The London School of Makeup.

WHAT IS YOUR JOB: Costume & makeup designer
HOW I BECAME MY FUTURE ME: I had no idea where to even start but I knew costume and makeup was for me. I began by taking any job that would get me close to the action and through shadowing other artists I finally began my training as a makeup artist.



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Illustrations by Ed Le May




ABOUT THIS PACK

These challenges have been created by 64 Million Artists – who believe that everyone is creative, and that when we use our creativity we can make positive change in our lives and the world around us. Their free, UK-wide programmes are designed to kickstart everybody's creativity and wellbeing. Find out more at 64millionartists.com, or find them on social media at:

 @64M_Artists
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The pack has been put together especially for Cambridgeshire, Norfolk, Peterborough and Suffolk by partners including your local cultural organisations and a range of others, and coordinated by Festival Bridge, one of ten Bridge Organisations working nationally with investment from Arts Council England and the Department for Education. Our thanks to all the partners involved in creating and distributing these resources.

We would LOVE to see your creativity and find out what you thought of the challenges. You can feedback to whoever you received this pack from, or you can send photos or emails to us at bridge@nnfestival.org.uk, phone us on 01603 877750, or find us on social media at:

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