



# BANISH BOREDOM

*with these Creative Exercises*

## CREATIVE SKILLS: CONSTRAIN YOURSELF

Practice your arts area skills using your regular routine (scales, drawing warm-up, movement warm-ups, etc), but limit them in some way. Try limiting them by:

- Time
- Space
- Speed
- Style

## CREATIVE THINKING: 1X5

- Select the starting object, put students in groups of 5.
- Just change one thing about the object.
- Rotate to the next person who changes one more thing about the object. (Do this 5x.)
- Reflect on how the object changed from how it started out.
- Revise/Share.

## CREATIVE EXPRESSION FEELINGS WHEEL

Extend by using the color in a new or different way that represents that feeling with the [Expressive Art Toolkit Manual](#) from University of Memphis.

## CREATIVE APPLICATION LIT SMASH

Combine the storylines of two different stories together to create one play. Students write, direct, and perform the final play.



Notes: