

UNCOVERING YOUR CREATIVE VOICE

Think back to your childhood. What creative activities did you enjoy the most? Even if you haven't done them in a while, jot them down.

Imagine you have an entire afternoon to yourself with no work or social obligations. How would you spend it? Circle all that apply.

- | | | | |
|-----------------------|------------------------|--------------------|-----------------------|
| Painting | Wordworking | Creative writing | Journaling |
| Sculpting | Crafting jewelry | Scrapbooking | Acting / Improv |
| Writing poetry | Gardening | Making cards | Singing |
| Making pottery | Cooking / Baking | DIY crafts | Quilting |
| Dancing | Photography | Flower arrangement | Songwriting |
| Graphic design | Calligraphy | Origami | Knitting / Crocheting |
| Playing an instrument | Choreographing a dance | Drawing | Upcycling |



When you feel stressed or overwhelmed, do you find yourself yearning to engage in a specific creative activity? Make a note of these personal stress relievers:

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Name: _____ Teacher: _____

Close your eyes and picture yourself having a free hour to be creative. How would you choose to spend your time? Check all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Write a story, poem, or song. | <input type="checkbox"/> Build something with Legos or blocks. |
| <input type="checkbox"/> Draw, paint, or sculpt something. | <input type="checkbox"/> Cook or bake something tasty. |
| <input type="checkbox"/> Dance, sing, or play an instrument. | <input type="checkbox"/> Take photographs or videos. |
| <input type="checkbox"/> Act in a play or skit. | <input type="checkbox"/> Something else? Write it down! |
| <input type="checkbox"/> Design clothes or buildings. | _____ |

Look at the activities you checked. Now match those activities with a word that describes how it makes you feel using the word bank below. It's okay if you don't pair every describing word with an activity.

Adjective

Activity

Adjective

Activity

Energetic

Happy

Calm

Rejuvenated

Focused

Inspired

Proud

Hopeful

Relaxed

Determined

Is there a way you enjoy being creative that isn't listed here? Write it here and share how it makes you feel!

REMEMBER

There are **no mistakes** in the creative world! The most important thing is to have fun and explore different ways to express yourself!