

How Emotions **Shape** Creativity

How we feel influences the way we create. Excitement and curiosity can spark new ideas, while doubt and frustration often push us to analyze and improve them. Being aware of emotions helps both teachers and students get the most out of the creative process.

Emotion Type	How It Affects Creativity	Classroom Tip
Positive (joy, curiosity, excitement)	Sparks brainstorming, encourages risk-taking	Start lessons with fun prompts or curiosity questions
Neutral (calm, content)	Supports focus and reflection	Give time for quiet sketching, journaling, or planning
Challenging (frustration, doubt, worry)	Encourages problem-solving and deeper thinking	Invite students to troubleshoot small challenges and iterate ideas
Mixed/Conflicted	Can lead to unexpected connections	Encourage peer discussion to uncover new perspectives

Quick Classroom Strategies

- Show your own creative process, including mistakes, to model risk-taking.
- Help students identify and name how they feel during creative work.
- Break projects into small, achievable steps to keep momentum.
- Recognize effort and iteration, not just the final product.

Teacher Reflection Prompt

Think about an upcoming lesson or project. What emotion might students feel while working on it? How could you use that feeling to *guide* creativity?