

# Creative Inspirations

Inspired by "Creative Outlets," a new exhibition at the Helson Gallery, this pack of creative prompts is designed to get you thinking outside the box - at any age! The "Creative Outlets" exhibition celebrates the current creative expressions of local artists; whether through sewing masks and gowns, gardening, journaling, painting, sculpting or crafting.

Print the sheets, cut out the prompts along the dotted lines and put them into a container. Use the prompts that work for you and add your own to the blank template. Choose a new prompt each day and start creating!

This activity can be used by adults and their children at home, teachers and their students at school, or anyone looking for a way to spark their creativity

Share pictures of your creative inspirations by tagging #hhIsCulture and #hhCultureDays on social media.

<b>Creative Inspirations</b> Go on a photo walk and find a new perspective by taking close ups of objects you usually pass without a second thought.	<b>Creative Inspirations</b> Take a meal you make often and transform it by adding a new ingredient. If you can, use a food you're never tried before.
<b>Creative Inspirations</b> Create your own book title using words cut out from newspapers and magazines. What do you think this story would be about? Write a brief synopsis.	<b>Creative Inspirations</b> Make a list of all the things you would bring with you if you had to live on another planet for a year. If you could only bring five of the items, which would you choose?
<b>Creative Inspirations</b> Think of an animal that you know well, such as a squirrel in your backyard or a family pet. Try to draw it from memory without a reference photo.	<b>Creative Inspirations</b> You wake up and are invisible. Make a list of the positive and negative things about not being seen.
<b>Creative Inspirations</b> Use native-land.ca to see what Indigenous territory you are on. Research the territory and its people and represent what you learned through an artwork or poem.	<b>Creative Inspirations</b> Write down a few lyrics from 4 different songs. Combine the lyrics to create a new chorus.

### **Creative Inspirations**

Head outside and use only natural materials such as sticks, rocks and leaves to create as many different “pictures” as you can. Document them with a sketch or photo.

### **Creative Inspirations**

A villain’s life goal is to steal all the flowers in the world. Write out their origin story.

### **Creative Inspirations**

If you were to create your own T.V. show, what would it be about? Think of a title, a brief synopsis, and the type of theme song it would have.

### **Creative Inspirations**

Draw 10 circles on a paper. Transform each circle into a different object by drawing inside or around the circle.

### **Creative Inspirations**

Think of your earliest memory. Write out everything you can remember about it using the 5 senses.

### **Creative Inspirations**

Instead of using flowers, make a fall arrangement with plants, leaves, braches and sticks from the garden.

### **Creative Inspirations**

Choose a famous artwork and create a song or melody inspired by it.

### **Creative Inspirations**

Look at the weather outside today. Recreate the weather in a visual way such as drawing, painting or mixed-media artwork.

### **Creative Inspirations**

Create a drawing using a single line. Begin your drawing and don’t lift your drawing material off of the paper until you’re done.

### **Creative Inspirations**

Read only the first line of a book. Write your own story.

### **Creative Inspirations**

Write a journal entry about your day using words cut out and pasted from magazines, newspapers and flyers.

### **Creative Inspirations**

Choose a descriptive line from a book or poem and illustrate it. If you can, try out a medium you haven’t used before.

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