

SUPPORTING CREATIVE THINKING

Prepared by Thinkers Meet Up

IT APPLIES TO EVERYTHING!

Creativity is not just about art. We can be creative in all we do!

IT REQUIRES COURAGE

Trying something new can be scary. Be ready to deal with big emotions.

IT BRINGS JOY

Humans are natural creators. When we use creativity we are happier.

IT TEACHES PERSEVERANCE

Sometimes things don't work...but when you are enjoying creating, you keep trying.

IT SUPPORTS INTRINSIC MOTIVATION

Creation is its own reward, and it is greater than any external standard.

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Creativity applies to everything.

Sometimes we think creativity is what we do in art. But creativity is actually needed for E.V.E.R.Y.T.H.I.N.G. When we do maths we need to try new combinations of numbers... when we do science we think about possible new experiments, when we write we imagine other people, possible plot twists, when we read, we think about what if that story was different. We are constantly creating and this is wonderful. We need to create to be happy!

Creativity requires courage.

Creativity requires courage. Trying something new can be scary. Will it succeed? Will people think we are crazy? Will others look at us funny? Creativity means taking risks. Trying to draw a face and it looks like a crab... trying to create a chemical reaction and ending up with a splattered ceiling. Yes, creativity takes risk and this is wonderful. We need courage in this life!

Creativity brings joy

We are innately creators. From the time we are born we are combining and turning things to make our own ideas a reality. When we make something that is uniquely ours, we feel such a deep joy at seeing a little part of us reflecting in something that exists outside us now. How wonderful to be able to explore and share who we are with ourselves and others. When we just repeat what other do, when we just tick boxes, we can never be happy. Let our children enjoy and create.

Creativity teaches perseverance and resilience

When we are driven by interest and curiosity we are more likely to try things again and again, even if we fail and our ideas don't work the first (or 20th time). Creativity is a great driver and as we practice getting up and trying again, we develop resilience and perseverance. Genius, it has been said many times, is 1% inspiration, 99% perspiration.

Creativity supports intrinsic motivation

We want to support young people to be independent in their education – to follow their passions and become all they can be. When we are creating what we are interested in, we are driven to learn, to act, to do. Creativity encourages us to do for our own sake, not for external assessments or the praise of others. We create because we want to, because we love to.



Fun Ideas to support creativity

1. Grab two random things from around you. Try to think about how they could work together. A towel and a pencil. A bottle and a shoe. A flower and a photograph. Can you tell a story about these two things together? Make something with them? Use them together?
2. Grab paper and paint (or just a pencil) and draw something happy, something scary, something smelly – you could simply use lines that 'look' happy to you.
3. Imagine (or look at) a bottle (any bottle). List as many ways to use it as possible.
4. Imagine you had never seen a cat/monkey/elephant before and you suddenly came across one. What would you name it? Why?
5. STOP –when being creative it is important to get your body involved. Stand up and move your arms from side to side (get your left arm on your right side and vice versa), then without moving your head move your eyes to the left then to the right... do this whenever you are looking for new ideas.
6. Watch a film in a different language or simply mute a TV show and then make up your own story about what is happening and what each character says.
7. Find a large piece of paper and start writing random words, number, anything, without any order. All over the place. Then take colours and start linking this in any ways you want.
8. Feel scared to try something new? Take a piece of paper and crumple it well. Then use it to write – sometimes a used piece of paper feels far less intimidating than fresh paper.

CREATIVITY IS INTELLIGENCE HAVING FUN – EINSTEIN

