

### **10 activities for building our creative capacities**

1. Dance (move) - Play around with moving freely versus in a more choreographed way. Which is more comfortable for you? Can you spend time practicing the other one and becoming more comfortable with it?
2. Play music or Sing
3. Write- poetry, short stories, observations, a memoir, a letter to someone you care about '
4. Draw, paint, color
5. Make a scrapbook or photo album that tells a story- yours or someone you loves
6. Cook- try making something new, something from your culture, or an old family recipe
7. Rearrange your space
8. Do an at home science experiment
9. Practice writing or drawing with your non dominant hand
10. Build something- Legos, A pillow fort, a toothpick bridge, etc

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