
CREATIVITY
UNLEASHED

So, now we've dealt with social media, boosted our self confidence and discovered what we'd love to spend our spare time doing, it's time to tackle creativity.

Whether you realise it or not, creativity is a huge part of your life. Take a look around you. No matter where you are, the chances are you'll see something that was created by someone. A lampost? Someone designed it ... A chocolate bar? Someone came up with the recipe ... The chair you're sitting on? Someone invented that, too!

But creativity doesn't just involve making things. For example, if you're faced with a choice, you think creatively to make your decision. And if you need to tackle a difficult situation, you use your creativity to work out how to solve the problem. The power of your imagination knows no limits and you have the ability to create whatever you want. Plus, creativity makes life a little more fun and interesting!

A creative approach can help you see things differently and is a great way to tap into your individuality. After all, no one else can create things exactly the same as you, because they're not you!



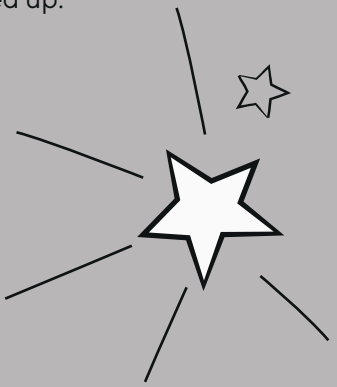
Though technology has many positive uses, it can distract us from being creative and doing fun, inventive things with our time. Who knows, there could be someone out there being completely distracted by their phone, when they could be designing an amazing new chocolate lampost-chair, or something else that's totally bonkers, but totally brilliant too!

So, next time you've got a few spare minutes or find yourself feeling restless, avoid the temptation to pick up your phone and try unleashing some of the creativity that's bubbling inside you instead. There are all sorts of ways you can do this, from singing and dancing, to painting, drawing and writing! And this chapter is the perfect place to kickstart those creative juices and get that amazing imagination of yours flared up.

Ready to get more creative?

Let's get going!





Connect these dots in any order and see if you can CREATE a picture. There are no rules when it comes to creativity – you can create whatever you want!




SURROUND YOURSELF
with people who are the
KETCHUP to your
FRENCH FRIES — they
make you a BETTER
VERSION of yourself.
GRACE HELBIG
Comedian, actress
and YouTube personality

Look out the window or across the room and DRAW what you see.





HAIKU (say hi-koo) is a type of traditional Japanese poetry written in three lines. These poems are really CLEVER and EASY to write as they use just a few words to create a picture in the reader's mind.

The first and last lines of a haiku have five syllables and the middle line has seven syllables.

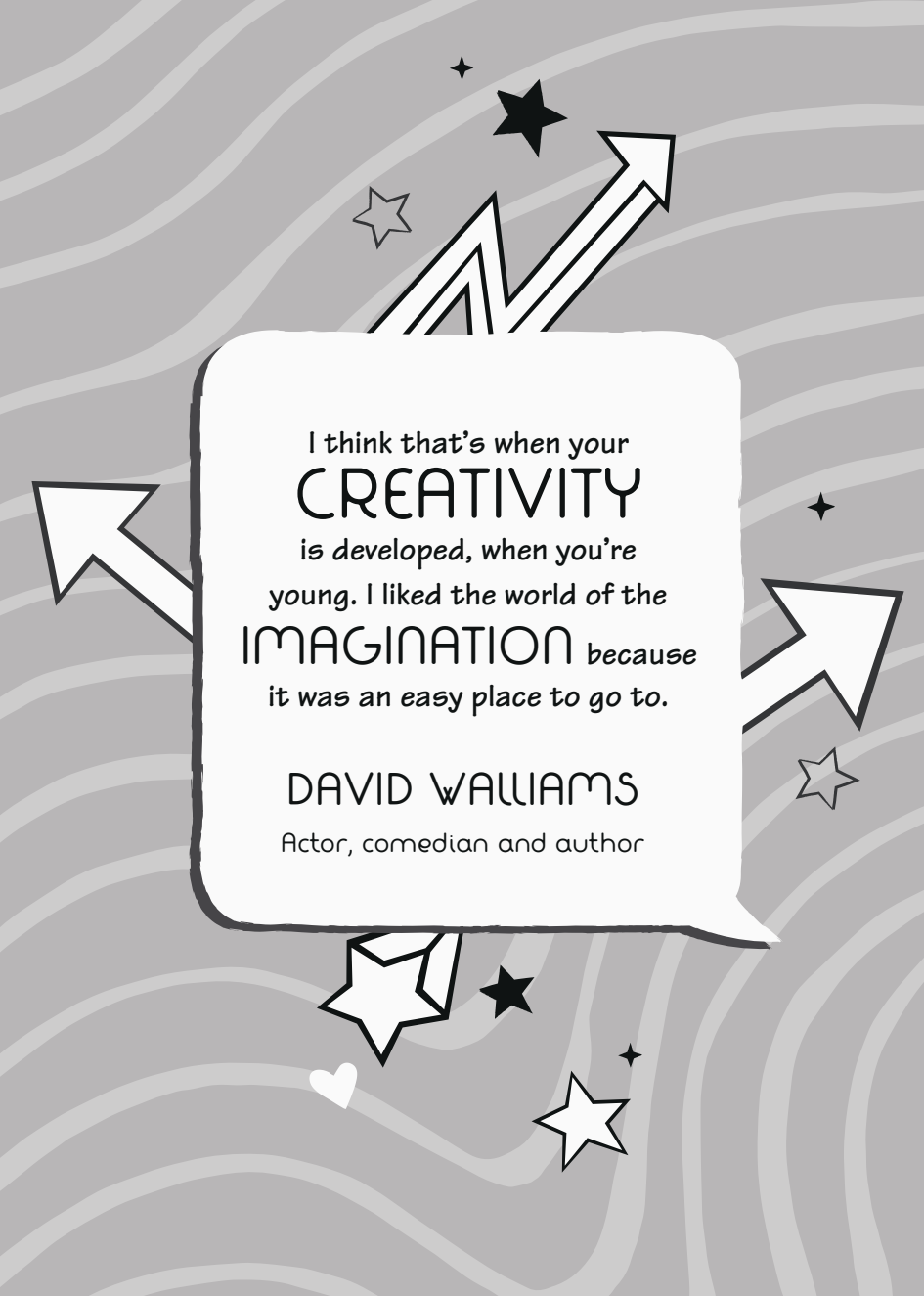
A syllable is a part of a word that is pronounced as a unit. For instance, the word 'haiku' has two syllables: hai-ku.

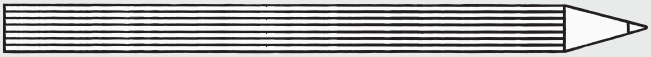
Here's an example:

Scatter happiness
See it float like confetti
And make the world smile

Now write your own haiku! You can use some of the words on the opposite page to get you started ...


Winter
BLOOM
GARDEN
Spring
WATER
ONLY
SHORE
AUTUMN
Journey
HAPPY
People
Yellow
THUNDER
Between
NIGHT
FLOWER
Sunshine
SUNSET
LISTEN
HOUSE
SAD
ALWAYS
Summer
Rain
FUNNY
DAWN
Sleep
BEFORE
SNOW
EXCITING


I think that's when your
CREATIVITY
is developed, when you're
young. I liked the world of the
IMAGINATION because
it was an easy place to go to.
DAVID WALLIAMS
Actor, comedian and author



Which hand do you usually use to write with?
Try DRAWING your favourite animal with the other hand and see what you come up with.



Drawing with your non-dominant hand will help you focus and allow you to see shapes in new ways!

Everyone loves superheroes – they fight evil, have amazing powers and pretty awesome costumes too. If you could have one superpower, what would it be? Have a go at DESIGNING your superhero outfit:



REMEMBER, YOUR INDIVIDUALITY IS YOUR REAL SUPERPOWER – EMBRACE IT!