



CREATIVITY AND WELLBEING WEEK 2022

GET 16TH - 22ND MAY
CREATIVE
GET
OUTDOORS

#CreativityandWellbeingWeek



Decorative elements in the top-left corner include several pieces of crumpled paper in shades of blue, green, and yellow, along with several dried rose petals in shades of red, orange, and yellow.

KITE KIT DIY

We all know that looking after your well-being is extremely important, especially in the current climate.

So why not take a creative break? We invite you to get your craft on and create a kite to celebrate Creativity and Wellbeing Week. Following our theme of 'Get Creative, Get Outdoors' our little kite encourages you to bring the outdoors in by decorating it with natural materials.

STEP ONE:


Either use the template for the kite in the pack or your own drawing and cut out your kite and small bows.

STEP TWO:

Measure your string to the desired length, we used 2 feet of yarn for this. Fix the string or yarn using glue, or tape, to the bottom of your cut out kite. Glue your paper bows onto the string or yarn.

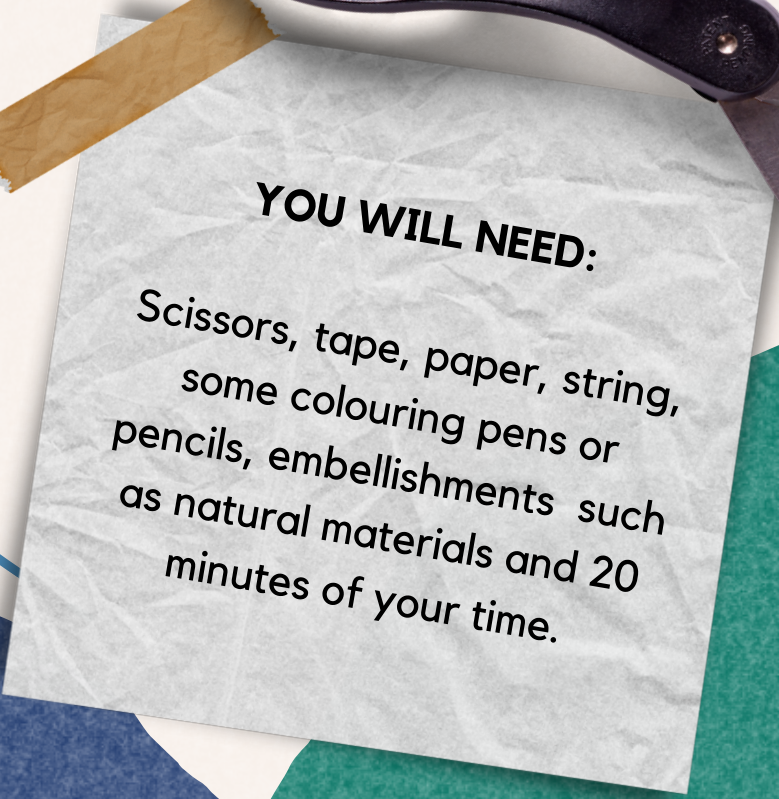
STEP THREE:

Now it's time to decorate your kite. What in nature inspires you? The blooming flowers, scuttling bugs or the blossom flurrying in the sky? Your kite here is a place to love and appreciate yourself and nature. We used some organic materials that we found on one of our well-being walks to decorate ours.

A rectangular piece of crumpled, light grey textured paper with a piece of brown adhesive tape on its top right corner. The text is printed in a black, sans-serif font.

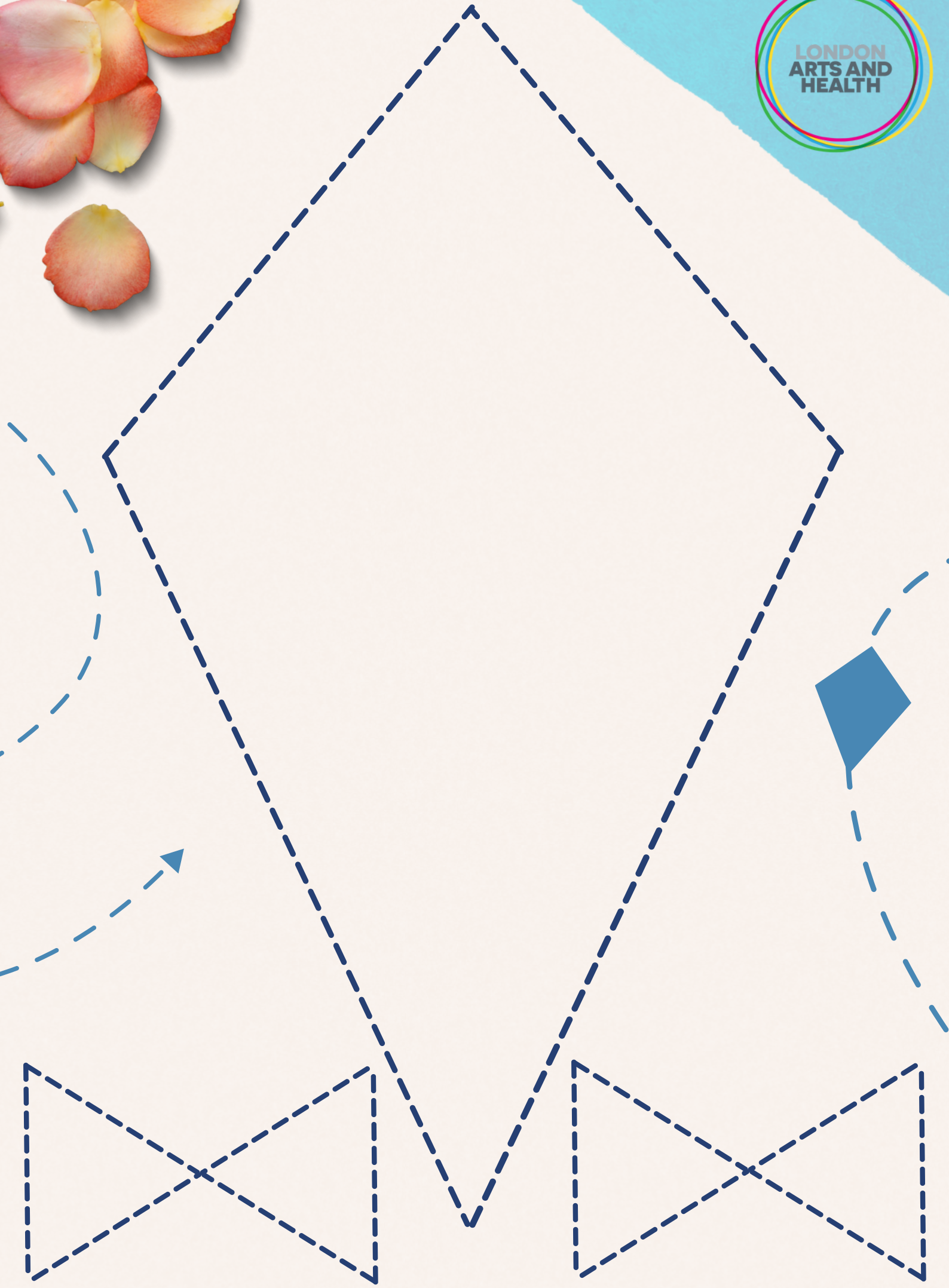
We've included a template that you can print out to make your kite, alternatively, you can use any materials you have. We also have some images of our own kites over on our socials so have a look for some inspiration using the hashtag:

#CreativityandWellbeingWeek

A rectangular piece of crumpled, light grey textured paper with a piece of brown adhesive tape on its top left corner. The text is printed in a black, sans-serif font.

YOU WILL NEED:

Scissors, tape, paper, string, some colouring pens or pencils, embellishments such as natural materials and 20 minutes of your time.



DAILY CHALLENGES

64 Million Artists believe everyone is creative, and that when we use our creativity we can make positive changes in our lives and the world around us. They aim to catalyse the creativity of everyone in the UK, collaborating with people and places in a number of ways which include: Community Co-Creation, Training and Development and Creative Challenge Programmes and Resources.

64 Million Artists challenge programmes are designed to kickstart creativity, support wellbeing and strengthen communities. All of the challenges are crowdsourced from different people and organisations and invite people to 'Do, Think and Share.'

Individuals, families, workplaces, businesses, schools, youth and community groups, and hospitals take part, have fun together and feel inspired.

To celebrate Creativity and Wellbeing Week, 64 Million Artists have put together a list of challenges from the past that invite you to Get Creative and Get Outdoors! Choose the challenge that inspires you most, or try a new one each day...

**SIGN UP TO RECEIVE CREATIVE CHALLENGES FROM
64 MILLION ARTISTS
ALL YEAR ROUND! [CLICK HERE.](#)**



A black and white line drawing of a long, thin branch with several smaller twigs extending from it. Five ladybugs are scattered around the branch, some on it and some flying nearby. The background is a textured, crumpled paper effect.

NATURE INVESTIGATORS

Become a nature investigator and explore the world around you! Start by heading outside and taking a deep breath. Inhale for 5, exhale for 5. What can you see, feel or hear? Look to the trees, look to the ground. Nature is all around us...Coral has created a brilliant guide to help you explore the nature in your area, wherever that may be. Find Coral's Nature Investigators guide in the supporting link.

[CLICK HERE.](#)

**CHALLENGE BY: [CORAL WYLIE @THENICEBOULDER](#)
#THEWEEKLYCHALLENGE #CREATIVITYANDWELLBEINGWEEK**



MAPPING MEMORIES

Choose an area that you know and love, and create a map that shows all of your favourite routes. Go outdoors and trace your movements, doodle your map or write out the route! How do you get around your chosen area? What are the spaces and memories that make it somewhere special to you?

CHALLENGE BY: JEROME IN MANCHESTER
#THEWEEKLYCHALLENGE #CREATIVITYANDWELLBEINGWEEK



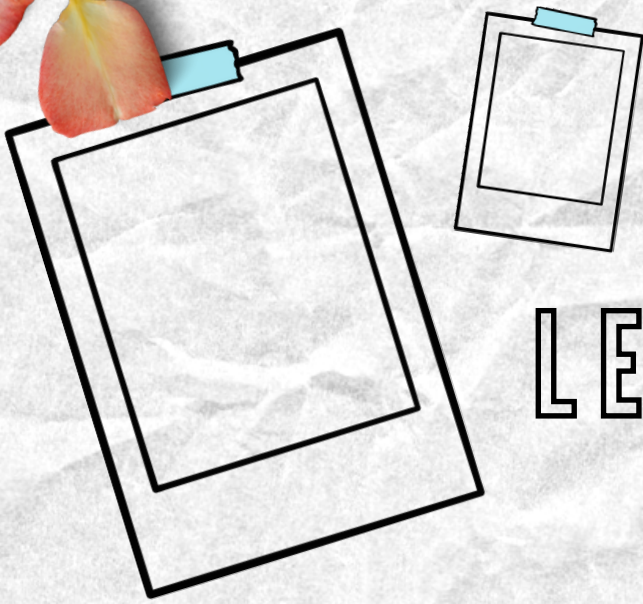


SOUNDS OF NATURE

Capture the sound of nature. What sound encapsulates nature for you? Is it trickling water, birdsong, the pitter patter of rain, a clap of thunder? Maybe it's simply silence? The sounds of nature are all around us, venture into the great outdoors and seek those sounds. You could share a recording, capture the sound through a piece of descriptive writing or re-create the sound with materials you have around you.

**CHALLENGE BY: OAK PROJECT @OAKPROJECTUK
#THEWEEKLYCHALLENGE #CREATIVITYANDWELLBEINGWEEK**





LET'S GO FOR A WANDER

Go for a wander, wherever your curiosity takes you.

Try to see the beauty in everything - that's everything, even what doesn't seem beautiful at first. Take the word 'gratitude' and place it like colourful wallpaper at the back of your brain. Notice how that changes the way you see this present moment.

How will you capture your wander? It could be through photos or words, or a sculpture from things you collect along the way.

**CHALLENGE BY: STREET WISDOM @STREETWISDOM_
#THEWEEKLYCHALLENGE #CREATIVITYANDWELLBEINGWEEK**



PLANET PORTRAIT

Create a collage portrait of someone who inspires you to make steps, great or small, to protect and care for our shared planet. It might be a famous activist, a friend, a teacher, or maybe someone who has not arrived on planet earth yet...

Here's the twist! Can you make your collage entirely out of found materials? Collect items from an outdoor walk, rifle through your recycling bin, see what's lurking at the back of your kitchen cupboard.

**CHALLENGE BY: KOESTLER ARTS @KOESTLERARTS
#THEWEEKLYCHALLENGE #CREATIVITYANDWELLBEINGWEEK**