

5 DAY CREATIVITY REBOOT



1. CRUMPLE A PIECE OF PAPER. FLATTEN IT OUT AND DRAW ALONG THE CREASES TO MAKE A DESIGN.

PRINT THIS PAGE OUT

CHOOSE A NEW WHACKTIVITY EACH DAY

USE THE SUPPLIES YOU HAVE AT HOME

CREATE AND HAVE FUN

2. 5 MINUTES. SET YOUR TIMER AND CONSCIOUSLY TAKE NOTE OF SHADOWS AND HIGHLIGHTS ON EVERY OBJECT AROUND YOU.

3. DRAW ON A PAPER TOWEL OR NAPKIN. USE A SHARPIE OR ANY PAINTS AND SEE HOW THEY STAIN THE PAPER.

4. MAKE A PIECE OF ART TO LEAVE UP IN YOUR HOME FOR 1 DAY: ARRANGE STICKS OR OTHER OBJECTS TO CREATE YOUR TEMPORARY DESIGN.

- TAKE YOUR TIME
- LISTEN TO MUSIC
- BE CHILDLIKE
- COMMIT TO 5 DAYS

5. FIND AND TAKE PHOTOS OF 5 INTERESTING SHAPES, TEXTURES, OR COLORS, PRINT THEM OUT AND MAKE A COLLAGE.