

7 CREATIVE PROMPTS

These 7 prompts are designed to spark your creativity - no experience needed! It doesn't matter if you don't see yourself as an artist, musician, or performer.

Creativity is for everyone!

Each activity takes around 5 minutes or less and requires little to no materials. Just have fun, explore, and don't overthink it. The process matters more than the final result, so let go of expectations and enjoy creating!

upload your creations (if you want to), tag @wearecreativity & hashtag #creativityprompts - inspire others to create :)

Doodle Your Mood

Take 5 minutes to draw how you're feeling right now using simple shapes, lines, symbols or colours.

No drawing skills are needed, stick figures and scribbles work just fine.

Example: If you're feeling stressed, maybe you'd draw a red jagged shape. If you are feeling calm, maybe you'd draw blue swirly lines.

Reimagine an object

Pick an object near you (like a mug, pen, or shoe) and spend 5 minutes imagining 3 new uses for it.

What are some unexpected uses for the object?

Example: A mug could also be a flowerpot or a percussion instrument and a smashed mug could be turned into a mosaic.

Write A Poem

Write a short poem with just one sentence.

You could make a poem about anything, whether it's something you can currently see or hear, a feeling or emotion you are experiencing, your favourite (or least favourite) food or colour.

Example: "Blue like the sea, blue like the skies, blue like the colour of my cat's eyes".

Emoji Story 🤗

Pick three random emojis (use an emoji generator or close your eyes and pick from your phone).

Write a short, silly, or dramatic story that connects all three.

Example: 🐕🚀🍕 → A dog astronaut goes on a space mission to find the best pizza in the universe!

Shape Scribble 📝

Draw a random squiggly line or shape without thinking about it. Now, look at it and imagine what it could become, an animal, a spaceship, a face?

Add a few details to turn the scribble into something recognisable.

Tip: Rotate the paper if you're stuck, new perspectives help!

time to perform

Choose a song you like and play it out loud. Pick your chosen instrument (e.g. air guitar, air drums, air violin) that is also featured in the song and "play" the instrument along to the music.

Strum, drum, or bow like you're on a big stage!

Tip: You don't need to know how to play an instrument, just go wild, there are no rules in air music!

Make some noise

Pick a location (e.g. city, jungle, ocean) and think of three sounds you'd hear there. Vocalise each sound separately, mimicking how it might actually sound.

Now, layer each sound together, repeating them in a rhythm or pattern to create a soundscape.

Example: For a city: "Honk-honk... Vroom-vroom... Wooo-wooo (siren)... Honk-honk... Vroom-vroom... Wooo-wooo."

Experiment with volume, speed, and patterns for extra fun!