

# Bursts of

Simple ways to invite  
creativity into your everyday life.

# JOY!



Here you will find five simple tips for living a more creative life day to day. This can sometimes be challenging with children around, so I have also included tips to encourage creative expression in kids. Dancing, drawing, photography, cooking... invite your children to join in and give them the gift of that delicious freedom to experiment free from inhibitions and expectations. In allowing them this freedom, you will likely learn from them too. I am constantly learning from my own children and the kids in my art clubs. It is a beautiful creative exchange. EnJOY! **Julia x**

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## *Put together a simple kit of essentials that enable you to create anytime, anywhere.*

This will differ from person to person, but my art kit includes a small box of watercolour paints, brush, watercolour postcards, fine tipped pen, oil pastels, scissors and glue. A bottle of water and a jar are also useful when on the move. A writer might simply require a notebook and pen or make notes on their mobile phone. If you write music, a simple voice recorder may be enough to capture the tunes in your head.

*Tip:* Make sure your kit is kept together in one easily accessible place and always at hand. Take it out wherever you go as you never know when inspiration will strike.

*If you have kids:* Put together a little kit for them too and encourage them to create with you. Dance and they will dance with you; make up a song and let them help with rhyming words.



## 2 *Don't wait for inspiration to strike, make time to create.*

If you have time to check Facebook, you have time to create. If you have time to paint your nails, you have time to make art... it's all about how you choose to spend your time. Draw in the café or restaurant whilst waiting for your order; stop the car for 5 minutes on the way home if you spot something pretty and draw it; write a poem on the train on your way to work; sit opposite your child and draw each other; leave the voice recorder on the passenger seat as you go for a drive and fill it with words, sounds, songs, ideas.

*Tip:* Make short bursts of creativity a daily habit. Chances are, if you start small and tend to them regularly, those little seeds of creativity will soon grow.

*If you have kids:* Let natural creativity be a part of their daily lives. Start painting and they will probably join in; dance and they will dance with you; make up a song and let them help with rhyming words.



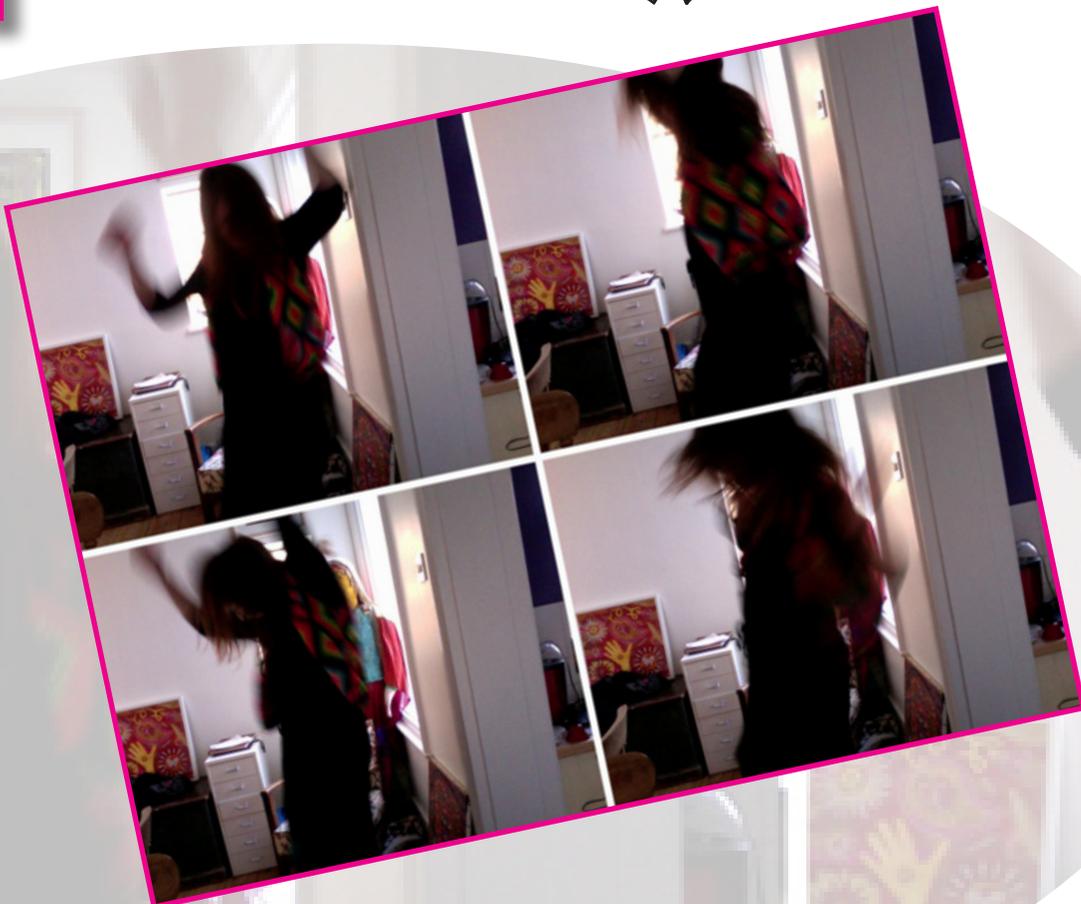
# 3

## *Create a playlist of music that gets you going.*

Be your own DJ and put together a collection of music that inspires you. Include something for every occasion... calm music for writing, something lively and uplifting to raise our energy, something to dream to when you need inspiration. Keep your playlists in a format that enables you to listen at home or on the move.

*Tip:* If you are feeling stuck, put on some lively music and dance. Move your body; express yourself fully. I find that even just 5 minutes full-on dancing really sets me up for the day. It shakes out the cobwebs, loosens up the muscles that contract with too much screen time and enables me to focus and be productive.

*If you have kids:* Encourage them to select music and create and use their own playlists.



# 4 *Broaden your idea of what 'being creative' means.*

Acknowledge and give yourself due praise for all the things you are already doing. You take creative actions every day... in the way you make up a little game to encourage your children to get dressed quickly; when you add a new ingredient to a tried and tested recipe; in the clothes and accessories you choose to wear.

*Tip:* Seek to become more aware of these actions; take pleasure in them and be on the look out for other ways to explore and express your creativity.

*If you have kids:* Praise all of the wonderful, creative things they do each day, from that special dance to their suggestions for unusual food combinations and encourage them to experiment.



# 5 *Always carry a camera and use it daily.*

Photography is a quick, easy, accessible way to tap into your creativity and better appreciate the beauty that is all around you. Take photographs every day and create a visual record of your daily life.

*Tip:* Don't stop at taking the photos... you can use photography to further your creative practice in so many different ways... print your photographs, cut them up, collage with them, paint over them use them as inspiration for drawings and paintings. What other creative ideas can you think of for using your photographs?

*If you have kids:* Handing over the camera to them can be a wonderful way to experience life through your child's eyes and to see things from a new perspective.

