Top Tips.

See What You Say

*Ralph Waldo Emerson.* “Every artist was first an amateur”

**Why be creative?**

Creative activities provide opportunities for everyone, regardless of their ability. They enable people to engage with each other and their own creativity, directly improving their sense of wellbeing. Taking part in creative activities can reduce stress and increase social engagement, providing a fantastic opportunity for self-expression.

**What you will need:**

- An object
- Pencils
- Paper

**The Benefits:**

- Supports thought process
- Reduces anxiety
- Promotes calm and relaxation
- Improves Dexterity
- Supports control of movement
- Promotes individuality
- Promote happiness
- Creates meaningful connections

**Let’s be creative**

_During this activity you will draw what you hear._

The speaker will pick an object and sit out of view from the rest of the group. They must describe the object in as much detail as possible without saying what it is.

For example, if you were describing a jug, you may say: “This object is made from clay and is about 20cm tall. It has a larger bottom to it & becomes narrower about two thirds of the way up.”

The other members of the group draw their interpretation of what they are hearing. Afterwards, get the group to share what they have drawn and compare their creative pieces!