

CREATIVE ACTIVITIES

12 DAYS OF CREATIVITY

People find that by being creative it can help with their mental health.

We are all born with the ability to imagine, play, explore, create and to dream. It gives us a sense of self, helps with where we fit in, meaning and helps to build energy.

HERE IS A LIST OF CREATIVITY IDEAS:

- Decorate for the holidays
- Photography/videography
- Wrap a gift for someone
- Animation
- Music
- Read
- Paint/online art
- Watch an inspiring TED talk
- Crafts
- Play a game
- Poetry
- Creative things to do with friends - Host a spa day - clay mask and cucumber for relaxation
- Writing/story
- Start book club
- Baking/try a new recipe
- Plant/gardening
- Decorate
- Make jewellery
- Upcycle
- Learn calligraphy
- Museum or exhibit



Day	Activity
1	Decorate Christmas tree
2	Wrap presents
3	Decorate biscuits
4	Dance to music
5	Go and visit a place of interest
6	Make cards
7	Enjoy a home spa day with friends
8	Learn something new - calligraphy
9	Read something inspiring
10	Find a new song and sing along
11	Bake a cake
12	Learn a new dance/learn to dance

Fill in your own 12 Day Creativity list:



Day	Activity
1	
2	
3	
4	
5	
6	



Day	Activity
7	
8	
9	
10	
11	
12	