

Flourish!

Choose well – Think well – Live well

Choose Creativity!

And whatever you do, do it heartily, as to the Lord and not to men. Col. 3:23 NKJV

Creativity can help us to be happy! Focus on enjoying whatever you are doing, rather than being critical of your work!

Use whatever colouring materials and creative resources you can find – even old magazines will do!

- **Gather things you can find in your home and make something to remind you how much God loves you.**

Write your own psalm or song of praise to God for all the good things He has done for you.

Go into the woods and find a safe place to make a den. It's even more fun if you do this with your friends or family!

Be creative with your food! Use what you have in your kitchen to make a smoothie, salad or meal that you have never made before. Or arrange your food create a picture or interesting design.

- Use one colour of the rainbow at a time and fill a page with all kinds of red – using paint, crayons, pieces of red paper, and pieces of red pictures cut from magazines, etc. Then try orange, yellow, green, blue, purple and indigo. Enjoy the process!

Mary was creative when she made a bed for Jesus in a manger. Jochebed was creative when she made a little boat for baby Moses. Choose 5 objects in your home, such as a book, jar, piece of wood, etc., and think of 5 different ways you could use each of them.

Visit an art gallery or similar place where you can see or hear other people's creativity. Use their creativity to inspire some of your own.

Design a machine that would solve one of your biggest problems. How would it work and what would it do? Even though you can't really have this machine, what can it teach you about solving your real problem?

- **Read any Bible story. Reflect on it. Then create something simple in response to what you have learned from the story. No one else needs to see what you make, but it will help you to think more deeply about the story and remember it.**