

Daily Creative

practice

Use the following spaces to create a plan for your individual creative practice.

1. Keep it short.

2. Focus on process.

3. Prepare your space.

4. Keep it fun!

10 CREATIVE PRACTICE IDEAS

MAKE A 1-LINE DRAWING

Put your pencil down and don't lift it until you are finished.

COLLECTION CREATION

Collect a few things and make something! Anything!

COLORING PAGE

Spend your time coloring in a coloring page.

FREE WRITING POEM

Write down five related words in a row, then build a poem around them.

RAINBOW NATURE WALK

Go on a walk and collect items of all of the colors of the rainbow.

RECIPE CREATION

Choose a simple new recipe to make, or riff on one you already love.

DRAW YOUR DINNER

Draw your meal! Use any medium you'd like and enjoy the process.

MAKE A HANDMADE CARD

Use whatever materials you have on hand to make a card.

TAKE 10 PHOTOS FOR FUN

Stay inside or go outside and take a series of 10 photos.

HAND STITCH

Embroider, cross stitch, quilt or sew. Take the project slow.