

UNITY SPIRITUAL COMMUNITY IN CITRUS HEIGHTS

WEEK SIX—EXERCISING CREATIVITY

Class Handout

Activities

Continue Daily Exercises

Create an original design to share in class next week.

CREATING AN ORIGINAL DESIGN

This is a free-form exercise that can be as simple or as complex as you wish. The medium is up to you as is the form and the expression.

Examples of creative designs:

Make an arrangement of live or artificial flowers.

Paint a picture.

Write a poem.

Write an essay.

Write a song.

Sculpt some clay.

String some beads.

Cook a dish.

Rearrange a room.

Frame one of your photographs.

Crochet a scarf.

Decorate a flower pot, or a picture frame.

Create a page for a scrap book.

Sew a poncho.

Create a syllabus for a class you'd like to teach.

Design a boat.

Design some jewelry.

Design a tattoo.

Set up a home altar.

Write a children's book.

Illustrate a children's book.

Apply dollar store decals to your shower doors.

Etc.