

Happiness, Love and Understanding



Activity: Creative Bursts!

In a safe, supportive environment, we encourage children to play, create, take risks and have fun. These short creative exercises enable children to use their imagination and develop critical thinking.

Links to Curriculum for Excellence Experiences and Outcomes

- I am aware of and able to express my feelings and am developing the ability to talk about them. *HWB 1-01a / HWB 2-01a / HWB 3-01a*
- I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. *HWB 1-07a/HWB 2-07a/HWB 3-07a*
- I make full use of and value the opportunities I am given to improve and manage my learning, and in turn, I can help to encourage learning and confidence in others. *HWB 1-11a/HWB 2-11a/HWB 3-11a*

Learning Intentions

- Learners recognise that being creative can help them and others feel positive about themselves.

Duration

15 minutes for each activity – you might like to use a stopwatch or timer to time it.

These creative challenges can be used as a daily activity. They are great for after lunch to boost energy levels.

What You Need

These creative challenges are about experimenting and therefore the children should have a choice of which materials they wish to use. Here are some ideas:

- Drawing – oil pastels, pencils, colouring pens, a stick with a pen taped to the top, sticky tape
- Making – plasticine, pegs, boxes, tape, recycled cartons, boxes and cardboard
- Collage – glue, newspapers, magazine, recycled papers

Activity

Before beginning the activities, here are some suggested points to introduce to the children:

- Being creative can be good for our health and wellbeing as it can help us stay calm, think in different ways and have fun too.
- There are no rules, other than following the initial prompt or instruction.
- There are no right or wrong ways to be creative - it is about expressing yourself and having the freedom to do what you want to create!
- Being creative is about being who you are, celebrating your unique qualities and feeling good about yourself.

Pitch one or multiple creative bursts below to the children and, if using a stopwatch or timer, start the clock! Each creative task lends itself to sharing, talking and laughter, and children should be encouraged to let their imagination run freely:

1. Close your eyes and draw a picture of yourself.
2. Draw something you see without taking your pen off the page.
3. Draw round your hand with your non-dominant hand.
4. Make something tiny.
5. Make something large.
6. Make something you can wear.
7. Make a noisy sculpture.
8. Paint without using a paintbrush.
9. Make a golf club and ball out of materials you can find.
10. Draw what you would like to eat for dinner tonight.

Once the children have completed the above exercises, you can invite them to come up with their own ideas for challenges.

Taking this activity outdoors

The drawing challenges are purposefully open and loose to allow for individual interpretation and change of materials. For example, children could draw outdoors with chalk, into mud using sticks or with charcoal (after a campfire). They can make prints of textured surfaces using paper and rubbing charcoal or crayon over the object. Sticks, seaweed, rocks, shells, leaves, bark and moss make ideal materials for sculpture or collage. You could prepare an outdoors art bag with tape, pegs, rope or twine, bulldog clips, pencils, crayons and paper, so you are ready to go outside and be creative on any days when children need more energy or fresh air.

