

EASY READ GUIDE

THE JANUARY CHALLENGE

64 Million Artists and The January Challenge

At 64 Million Artists we believe everyone is creative, and when we use our creativity we can make positive change in our lives and the world around us.

Every January, we release a different creative prompt on each day of the month.

You can sign up to receive the challenge in a daily email or follow along on social media.

You'll find a fantastic community online using the hashtag **#TheJanuaryChallenge** on Facebook, Twitter and Instagram. There, you can find other people's responses, and share your own.

What's happening in 2022?

This year, there are three programmes for you to choose from. Each programme will be full of brilliant ideas, designed creative people around the UK (like you!)

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How does it work?

When you sign up on the website, you can select to take part in the programme of your choice.

Choose the theme that inspires you most, and sign up for a creative challenge for each day of January.

We are Human - 31 challenges to explore the senses, the natural world and what makes us human.

We are Culture - 31 challenges to explore our identities, cultures and communities.

We are Connected - 31 challenges to explore what happens when we create together

Alternatively, you can sign up to receive the 'Wildcard' challenges, which is a mixture of all three selections.

Sign up by clicking [here](#).

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Be a part of the Programme

All of the challenge ideas come from creative people around the country including musicians, chefs, comedians, sports stars, authors and...you!

If you like, you can submit your own creative challenge idea by filling out a short form, or tell us your idea via email or a phone call.

The deadline for challenge ideas is Monday 15th November.

Submit your challenge idea:

Fill in a short form by clicking [here](#)

Or, email yashoda@64millionartists.com

Or, use WhatsApp to message or WhatsApp call us on **0203 882 4709**

Accessible Sharing

All of the content we share online will include image descriptions, and if we share videos they will be captioned and transcribed.

We subscribe to the Social Model of Disability and as an organisation we believe in Inclusion and Access without Judgement. We are committed to removing barriers that do not consider diversity of bodies and minds.

If you have any questions or want to get in touch, email us at jemima@64millionartists.com

We can't wait to get creative with you!

Find us on Social Media



Instagram - [@64millionartists](https://www.instagram.com/64millionartists)



Facebook - [@64millionartists](https://www.facebook.com/64millionartists)



Twitter - [@64M_Artists](https://twitter.com/64M_Artists)



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