

21ST MAY 2019

Cover Story

**AGE OF
CREATIVITY
FESTIVAL 2019**



I'm not sure people would believe some of the things that have happened to me!



DO

Imagine you were the main character in a book. Maybe a novel or even a biography. Can you design the front cover? Maybe even the jacket blurb!

THINK

Who would be the main characters in the story of your life?

SHARE

Share your work with others in your local group, and online using #AoCFestival #64MillionArtists



22ND MAY 2019

Animal Kingdom

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I'd be a tiger I think...that sounds fun!



DO

If you were an animal, what sort of animal would you be and why? Draw, describe or imagine your animal side!

THINK

What do animals mean to you? Are you a pet lover or a distant admirer?

SHARE

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23RD MAY 2019

Mindful Magic

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Mindfulness helps me feel calmer
and more grounded.



DO

**Sit comfortably in a chair.
Close your eyes. Just be quiet
for ten minutes and pay
attention to your breathing.**

THINK

How do you feel? How do you relax and
unwind?

SHARE

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24TH MAY 2019

Flattery Gets You Everywhere

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A nice word makes my day.



DO

Slow down, look around and tell someone something that will make them smile. It could be a stranger on the street, or a fellow group member.

THINK

What was the outcome of this challenge? How did it impact your day?

SHARE

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25TH MAY 2019

Sweet Treat

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Laughter is key! That's always
top of my list.



DO

If you were making a cake filled with the ingredients to a happy life, what would you put in? Draw or write out your recipe.

THINK

Who would you share your cake with?
What flavour would it be?

SHARE

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