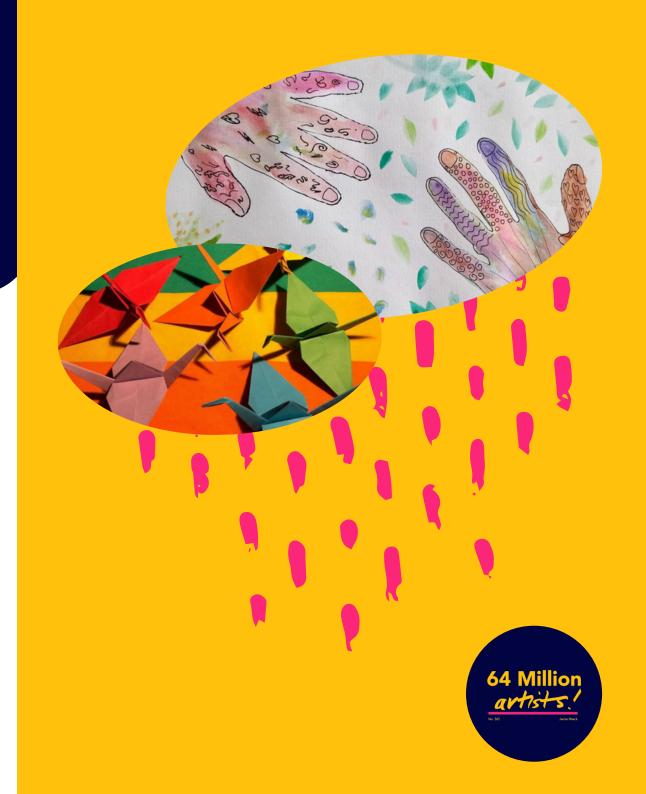# HOW TO DESIGN YOUR OWN CREATIVE CHALLENGE

WHAT IS A CREATIVE CHALLENGE?

- A playful and accessible prompt to inspire creative action.
- An opportunity to inspire people to try something new.
- It should be quick to take part in (roughly 15 - 20 minutes)
- It shouldn't require materials you aren't likely to find around you.

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FOLLOW THESE TIPS TO CREATE YOUR OWN

1 LOOK AROUND YOU.

- What can you see?
- What can you smell, taste, touch or hear?
- Does anything around you grab your attention or remind you of something?

Focus on one thing, or a collection of things around you and think about what words, feelings or memories it brings up for you.

Write down all the words that come up for you. Don't think too much, see what flows onto the paper!

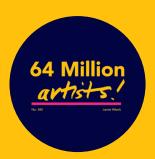## 2 WHAT WOULD YOU LIKE TO INSPIRE PEOPLE TO DO?

Think about your chosen object or words. What sort of creative acts might link to your words? What do the objects or words inspire you to 'do'? How will you capture your ideas? How do you like to channel your creativity?

Your challenge idea could get people doing anything from dancing to writing to exploring nature.

3 WHAT DO YOU WANT TO GET PEOPLE THINKING ABOUT?

What conversations do you want to inspire with your challenge? How might your challenge get people in taking part in your conversation?

What do you want the people doing your challenge to think or feel?

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REMEMBER...

NO IDEA IS TOO BIG OR TOO SMALL.

Write down any ideas that come to your mind, and see how they develop throughout the day.

What happens when you tell somebody else your challenge idea? Or give it a go yourself..?

NOW YOU HAVE YOUR IDEA, CHECK THE FOLLOWING THINGS:

- Can you do this challenge in 15 - 20 minutes?

- Is everybody likely to have, or be able to find the materials to try this challenge?

- Is this challenge accessible to everybody taking part?

- What do I want the people doing my challenge to think or feel?

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