



THE JANUARY CHALLENGE 2022

64 Million *artists!*



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Design and development by
**Hamilton
Brown**

THE CHAMPIONS PACK 2022

— 03

05–16

17–28

29–40

What's in
the pack...

Welcome!

We are Human

We are Culture

We are Connected

The challenges



About

Welcome to The January Challenge Pack, 2022! We're so pleased that you're here. The January Challenge is a 31 day creativity and wellbeing campaign from [64 Million Artists](#), designed to help you kickstart the New Year the right way. All of the challenge ideas come from people around the country. From young people, to residents in care homes - makers, activists, performers, writers, musician, chefs and many many more. You can find out more about this year's collaborators [here](#).



Using the pack

The general public can sign up to receive a challenge email for each day of the month. To help whole organisations take part in The January Challenge **together** - we've created this Pack, including all of challenges ahead of time. This means that you have the inside scoop!

With this pack, you have control over your experience. Use it to get prepared, set up your own ways of sharing, pick and choose your favourites, adapt challenges - make it work for you!

For support or advice on getting the most out of the pack - email us at jemima@64millionartists.com

Choose Your Own Adventure

This year, we have themed the challenges into three programmes for you to choose from. The themes were designed in consultation with the 64 Million Artists community - we hope that they take you on a journey throughout the month!

Pick the theme that appeals to you most - or create your own 'Wildcard' and pick and choose your favourites.

More about the themes



We are Human

Explore the senses, the natural world and what makes us human.

This theme is about the wonder of humanity and the different ways we all experience and interpret the world around us. Choose this theme if you want to immerse yourself in a 'sense of wonder' at what it means to be a human on planet Earth...

We are Culture

Explore our identities, cultures and communities.

Who are you? What makes you, you? How do you express who you are? Why do you express who you are? This theme is about the many layers of you, and the ways you connect with the people, places and communities around you.

We are Connected

Explore what happens when we create together.

We can create a connection across oceans, mountains, and continents. What does connection mean to you? Is it making new friends, or being part of a team? Or is it the way we connect – online, digitally, WhatsApp, letter, a shared experience? Choose this theme if you want to use creativity to connect with other people.

A note from 64 Million Artists



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. We aim to be a catalyst for the creativity of everyone in the UK.

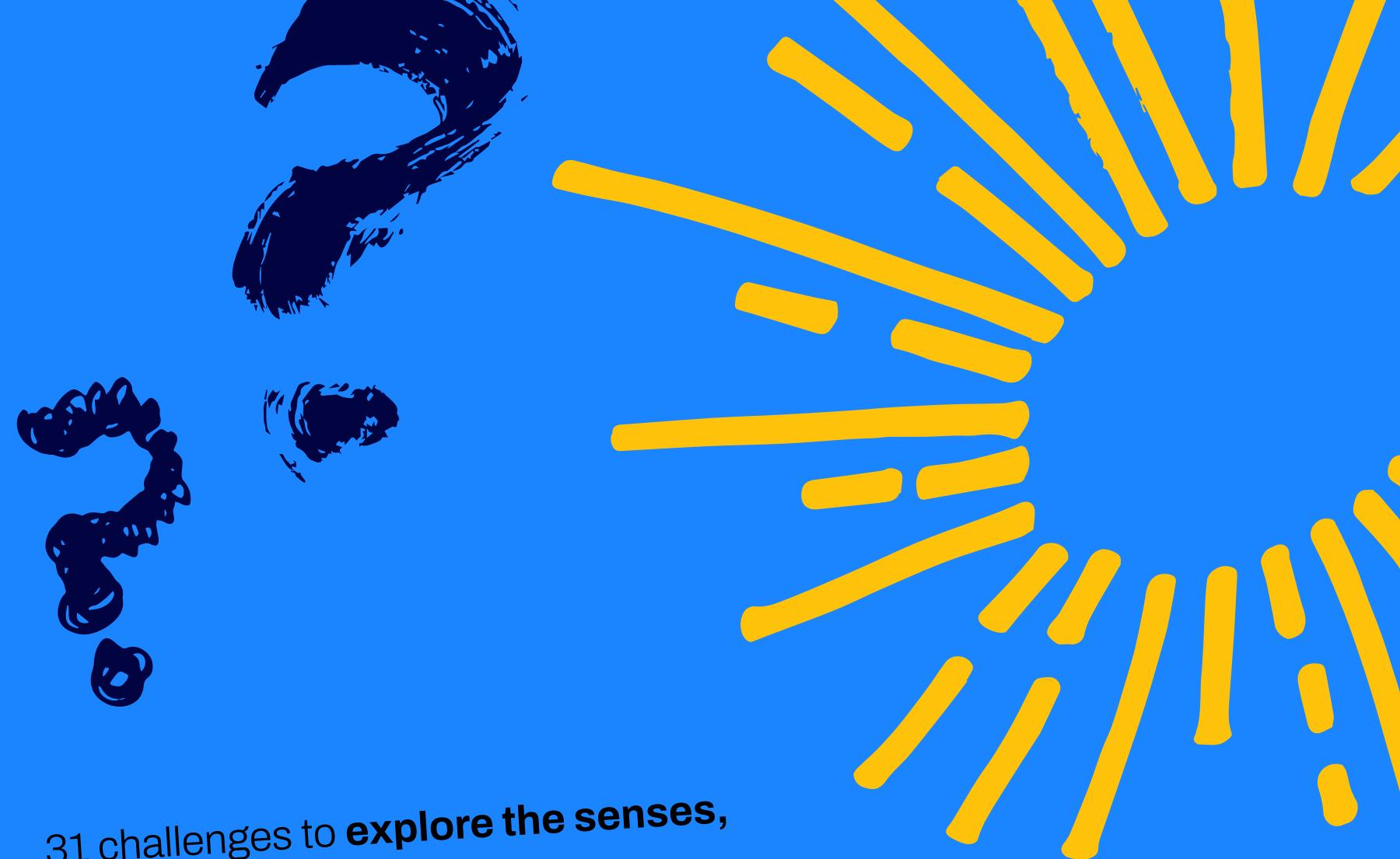
The January Challenge is designed to inspire a little bit of creativity everyday. We hope it kickstarts conversations, adventures and a creative year ahead. With this pack, we invite you to make it your own.

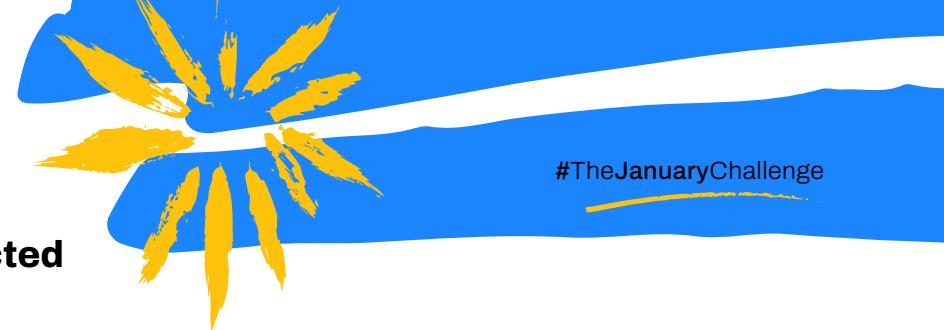
Have fun!



We are Human

31 challenges to **explore the senses**,
the natural world and what **makes us human**.





We are Human

1. One Line Self Portrait

By Pearl

"My name is Pearl, I'm 38 years old, I'm originally from Dublin Ireland but live in Wiltshire with my family.

I think it is interesting to create any kind of portrait, but to do a self portrait in any form really makes us look at ourselves."

Create a self portrait in one line. You could create your line in pen, paint, string - or anything else you can find.

We are Culture

2. The Marks We Make

By Julia Underwood

" A print from a body part could be a starting point for anything - tree, flowers, animal, something completely new and designed by you. It could be a fingerprint picture or as detailed as you like."

Create a picture using a print from your body as the starting point. Find a material that makes a mark (paint, ketchup, coffee...) and choose a body part! You could use hands, fingers, an arm, foot, hair, ears, chin - whatever you can get a starting print from. What does that print or mark inspire? Build your image around your print using materials of your choice.

We are Connected

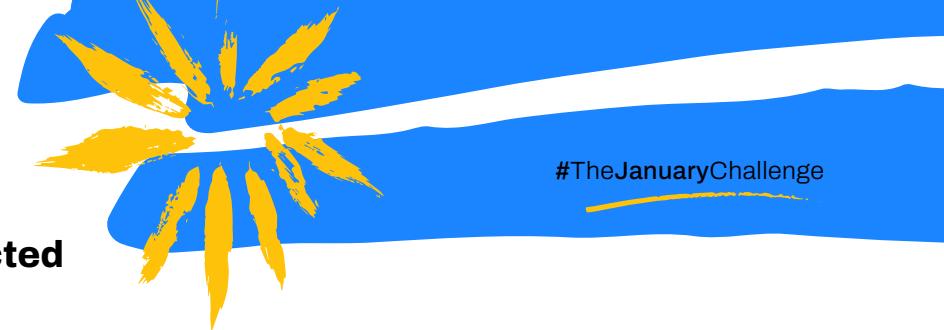
3. Map Your Mind

By Heather Ashley

Heather is a Graeae BEYOND Artist. BEYOND is designed to transform the careers of Deaf and Disabled artists, supporting new connections to artistic development opportunities.

Find a pen and piece of paper. Set a timer for up to 5 minutes, and settle somewhere quiet. When you notice a thought pop into your mind, make a note of it. Capture everything you can, from the fleeting thoughts to the bigger ones.

When your timer goes, see if you can connect or 'map' any of your thoughts. Did something remind you of something else? Are your thoughts connected? Where do your thoughts lead you?



We are Human

4. Nature Investigators

By Coral Wylie

"As the lush greenery we loved in summer receded, not only did it make room for new nature residents to move in, but they left behind clues of the wildlife that resided in them before. From graffiti artist moths with the ability to stop winter in its tracks, to the tree dwelling nurseries of baby wasps, with time, patience and a closer look, a whole new world will reveal itself."

Start by heading outside and taking a deep breath. Inhale for 5, exhale for 5. What can you see, feel or hear? Look to the trees, look to the ground. Nature is all around us...

Coral has created a BRILLIANT guide to help you explore the nature in your area, wherever that may be.

[Find Coral's Nature Investigators guide by clicking here.](#)

We are Culture

We are Connected

5. Biro Dreams

By Melissa Mostyn

"I'm a Deaf artist, writer and a lone parent-carer living in Buckinghamshire. I love to draw and try to practise for upwards of 10 minutes every day. Drawing is my means of escape.

I love spontaneity and 'happy accidents', and drawing in pen makes those accidents permanent. It forces you to forgo perfectionism and improvise instead. Using colour more freely too also releases your creativity, cultivating more pleasure in the act of mark-making."

Choose an object to create a very quick sketch of. Choose the colours that completely contrast with your chosen object! A blue banana, purple cat, or green orange...

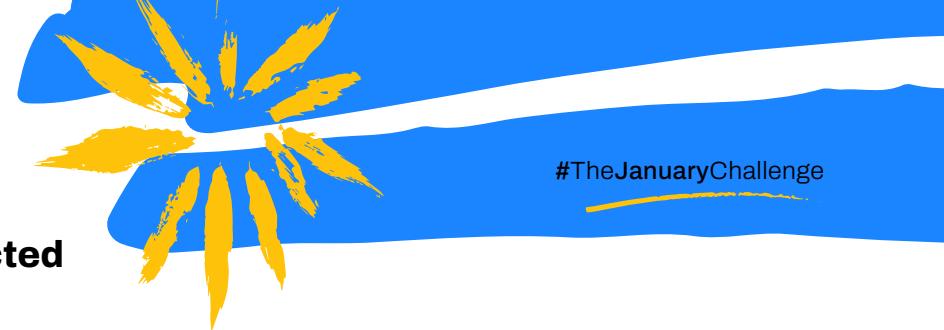
6. Unique Like You

By Angela Curror

"I'm 67 years old and live in South Croydon. I find that self-imposed limitations help to free and inspire and can often lead to interesting series of artwork."

Cut or tear a rectangle, square and circle from your choice of any material. Then, cut or tear two more shapes of your choice. The material you use is up to you - what can you find? You could use a leaflet, newspaper, scrap paper, something you have painted, drawn, doodled or written on, fabric, a leaf or a previous challenge.

Now you have your shapes - what can you create? Arrange them on a background of your choice, add to them with drawing, paint, cut, scratch, pierce, stitch - or leave them as they are.



We are Human

7. An Ode to Access

By Cathy Reay

"We all have access needs that help us to feel safe, comfortable, and enable us to achieve something. Let's normalise access needs and the wonderful things that help us in our journeys to better access."

Take the time to reflect on the things you use to navigate the world a little easier. It might come to you quickly, or it might require some thought throughout your day.

Today, Cathy challenges you to celebrate that thing, in whatever form feels comfortable and meaningful to you. Whether that's an ode to your step stool, a spoken word text on boundaries, SAD lamps or friends, a song about period pants or a drawing of your favourite chair.

We are Culture

We are Connected

8. Land Art

By Amy Louise Nettleton

"I'm a Trained professional artist in fine art sculpture and I also work as a British Sign Language Communicator. I'm 35, born "Up North" but live in sunny Suffolk. I'm paralysed from my collar bones down (tetraplegic) with a degenerative life limiting disability and I have the inability to sit and do nothing!"

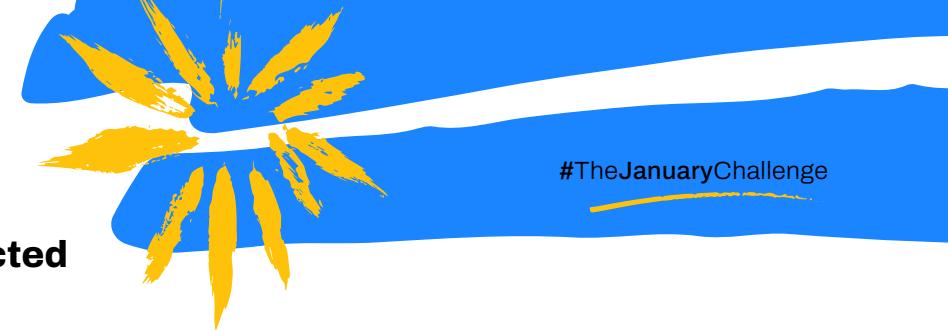
Pick an area, up to around 3m square. Your chosen area could be inside or outside - perhaps somewhere that you've not been before. Within your chosen area, collect everything and anything that inspires you, and create a piece of "land art." Use leaves, stones, children's toys - whatever you find. It can be tiny or massive! You could manipulate the ground with a stick, or with your feet. Flatten grass, make a tower, line up sticks... whatever you like.

9. Reflections

By Elaine

"I'm 65 but no bus pass yet!! I live in NE England. I like to take photographs of many things but I particularly like photographing processes that become hidden. January is a time for resolutions and much reflection. I love photographing reflections in puddles, rivers, mirrors; also creating reflections of objects with glass tiles. Reflections can be visible or invisible so this challenge can be to record in any media reflections you see, perceive or feel."

Capture a reflection that you see, perceive or feel. Like Elaine, you could take photographs of reflections in water or glass, or you could sketch, write or describe an 'invisible' reflection that's on your mind.



We are Human

10. Minute of Listening

By Sound and Music

“Sound and Music is the UK’s national organisation for new music, and a charity. Our mission is to maximise the opportunities for people to create and enjoy new music.”

Map the noise and sounds you experience over the course of a minute. You might hear, feel or visualise sound.

On a piece of paper, mark yourself in the middle using a cross, an ear, or a little self-portrait!

After a minute, try drawing the sounds you heard or experienced. How can you represent different directions, volumes, how near or far away sounds were, and whether they were constant or stopping and starting?

We are Culture

We are Connected

11. What Feeds your Fire?

By You Okay, Doc?

You Okay, Doc? works to change the perceptions of mental health for those working in the medical sector and to develop bespoke mental health support for doctors.

Create the outline of a hand by tracing your own, someone else's or by freestyling.

Fill your hand with your BEST qualities, your hopes, your thoughts, feelings and ideas. What are the things that 'feed your fire'?

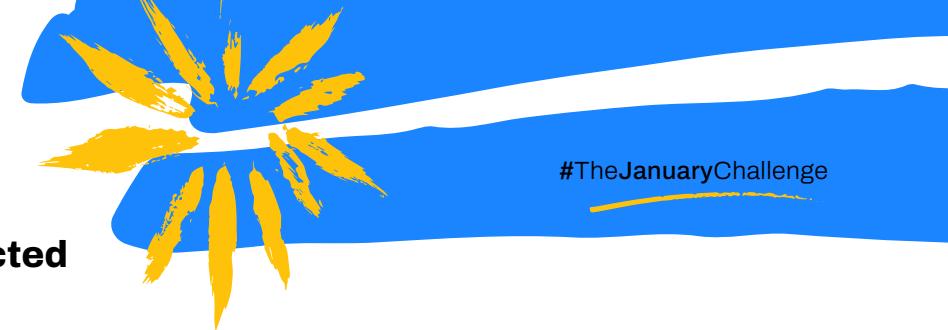
12. What does yellow taste like?

By NAPA?

NAPA works with Arts Coordinators in care homes and believe that every care and support setting should be full of life, love and laughter.

What does Yellow taste like?

Pick a colour, any colour. If you could taste that colour, what would it be like? Let your imagination flow, and use it to write a poem or create a sketch inspired by your tastebuds...



We are Human

13. Word Recycling

By Jacqueline Atta-Hayford

"I'm Jackie, I'm a 29 year old writer and library supervisor, and I've lived in London my entire life.

"Word Recycling" is a mash up of my favourite ways to be creative with words: writing prompts and using physical cut outs of words in collages. I also love the idea of utilising the words we see every day and take for granted in our art. Let's use them instead of throwing them away."

Collect the words that you find today. You might find the words in your house, at work, or outside. Take those words and turn them into a brand new piece of art. You could take a series of photographs, or manipulate written words by cutting them up and adding them to a collage. Use them to create a poem, story or any other ideas you have.

We are Culture

14. Beats

By SignKid

"I use my work to encourage deaf and disabled people to gain more confidence in making their own music and to show that people with disabilities can access the music industry and can be mainstream artists on their own merit, through excellence and innovation."

SignKid experiences, composes and performs music through BSL and vibration.

Create a sound experiment and experience music in a new way. You could create music with unlikely objects, experiment with bits of audio, create beats with your body, or your surroundings. Can you feel the music via vibrations, or capture the sounds in a sketch - noticing the different qualities or volumes. Can you learn how to sign your favourite lyric?

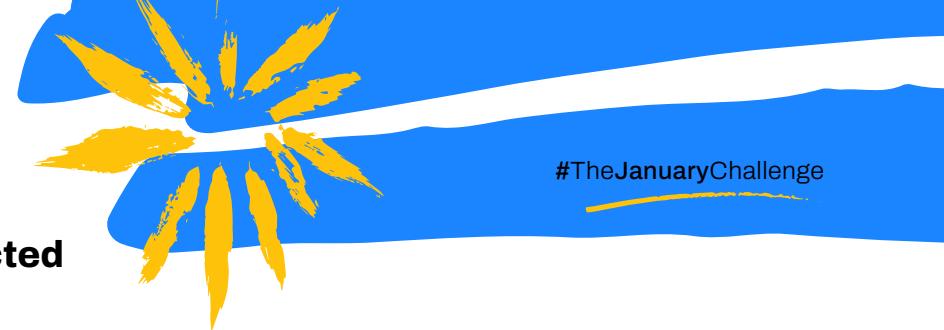
We are Connected

15. A Day in the Life

By Alice Christina-Corrigan

"I was thinking a lot about the theme of humans and that's what led me to this idea. It's inspired by a quote in Matt Haig's book 'The Humans'... 'Humans as a rule, don't like mad people unless they are good at painting' I have created a short sensory exploration surrounding the idea of what it is to be human."

Imagine you are an alien visiting planet earth for the first time. What can you see, smell, taste, hear and touch? Let your imagination wander for 1-2 minutes, and write down what happens in the day in the life of this alien. If you like, add doodles, or create something to capture the alien's story.



We are Human

16. Find a Flower

By Ayisatu Emore

"I'm Ayisatu, I'm 31 and I live in Wigan with my hubby and 2 kiddos and I've been on a journey of reconnecting with my creativity. I think being creatively expressive is a right that all humans should be able to enjoy. I have started to draw again after giving up so long ago. I want everyone to know that feeling."

Find a flower. You might find it outside, inside, in a book, magazine or online.

Consider the colour, shapes and textures of the flower. Is it rough, soft, rotting, smooth...or anything else?

Capture the essence and colours of your flower in a picture, sketch or haiku.

We are Culture

We are Connected

17. Blue

By Helen Carter-Shaw

"Today is what is sometimes known as Blue Monday. It's the day of the year where we are supposed to be feeling most blue (I think blue can be a nice uplifting colour if you choose your time and place...) and at our lowest. So here's our chance to enjoy a bit of colour in our lives by focusing on the positive and what makes us happy."

Invite joy into your day! Helen's ideas include (and are not limited to...);

Putting on your favourite clothes, writing a poem or story using all the colours of the rainbow. Or, going for a walk and collecting or observing something in each colour of the rainbow (or as near as you can get) and marvelling at how lucky we are.

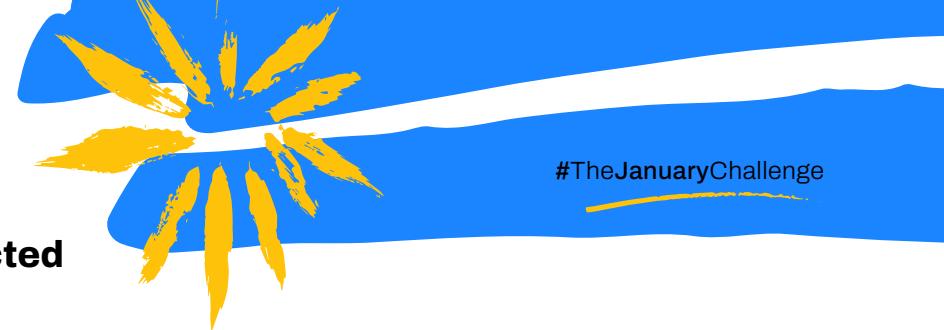
18. Lifted by Colour

By H

Today's challenge is from H. H is supported by 'It's Not Your Birthday, But...', and they have worked together to set today's challenge!

H has created a pastel piece of art called 'Lifted By Colour' that won a Koestler Arts Award, which has inspired today's challenge.

What does the phrase 'Lifted by Colour' make you think about? Today's challenge is to interpret this phrase in a way that is meaningful to you. Where do you find or imagine colour, and how does it make you feel? You could celebrate your favourite colour, spot the rainbow in different objects throughout your day, create a sketch or collage that uses all of the colours you can find.



We are Human

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19. Raisin Meditation

By Claire Bridges, Now Go Create

"Hello! We all have busy lives and time pressures, and sometimes stressful situations. This can mean that we become distracted and disconnected from ourselves and the rich stimulus all around us. For the next five minutes, you're going to study a raisin like you've never studied anything before!"

Collect a small food item, like a raisin, a sweet, nut or piece of rice. Get comfy, and spend up to 5 minutes really focussing on the item. Every time your attention wonders, gently bring it back to focus.

The idea is that by focusing all your attention on the tiny raisin, you help to bring your mind into the moment and train it to notice the present.

20. A Brush with Nature

By Emma Kerr

"I am an artist and mother. I live in Bournemouth. I am extremely proud to be a part of the creative team on the 'The Multi-Sensory Art Project'. A Brush with Nature' invites you to get up close to nature, feeling its texture in the palm of your hand."

1. Collect a few natural objects from around your space or a green space nearby. These objects could be a stone, a feather, a pine cone or a leaf, or perhaps it's something made of wood or sponge.

2. Using these objects, brush each one in turn in the palm of your hand or up your arms to explore each through touch. Allow 1-2 minutes to do this.

3. Take a few moments to reflect and record your experience.

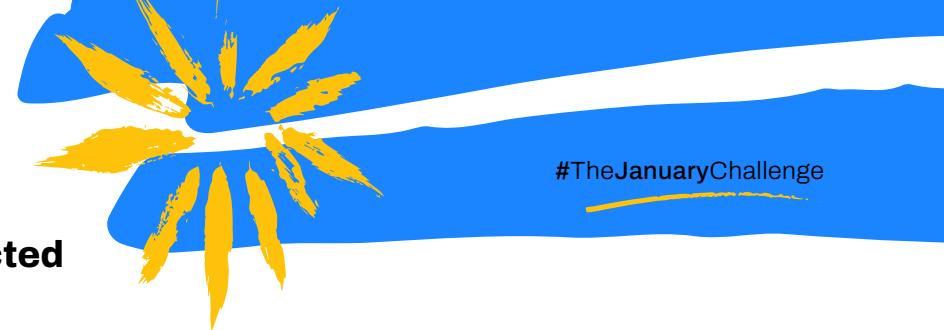
21. Nature of Impermanence

By Anna Chojnicka

Anna Chojnicka is an artist and social entrepreneur creating art by bruising the peel of a banana with a blunt point. Every day she makes a new piece of art about something that inspires her.

Think of something that you love about the world outside that brings you joy (like listening to rain against your window, or seeing the first flowers of spring).

Bruise it onto a banana peel by writing it in words or drawing a picture using a blunt point (a toothpick, pen lid or seam ripper will do!). With time, the image will get gradually darker. The artwork won't last forever as the peel gradually rots, so capture it by taking a photo and sharing it, online or offline.



We are Human

22. Today's the Day

By Jo B

"I loved the symmetry of turning 55 in 2020 and made a time capsule to mark the occasion. Then Covid happened & I spent the year at home. Next year is my chance! My birthday is on the 22nd of the month in 2022 :-) On the 22nd of every month I'll find something to go in my capsule. It might be a flower to press, a pretty stamp off a letter, something that sums up the day. I'll write a card about why I've chosen it, & at the end of the year I'll have 12 things to evoke memories & bring me joy."

Select one thing that made today, today. What captures what you did today, or how you felt today? Write a short note about the thing that you have chosen and why. Perhaps, you'll join Jo and add something new to your collection on the 22nd of February - or on the date of your birthday.

We are Culture

We are Connected

23. Listen

By Alan McKee

"I come from the North East of England and like to create things. I have a piece of art with the words 'What people need is a good listening to' on it. Usually, what is said is 'What people need is a good talking to.'

It is powerful when people feel listened to rather than being told what they should feel or what they should do."

Take a few minutes to think about what it feels like for you to feel listened to, or heard.

How can you convey that feeling? You could draw the word 'listen' in big letters, or use torn up magazines, newspapers or words to express what it feels like. Or, write down the words 'When I feel listened to I...' and finish your statement. Fold it up and carry it around with you.

24. Tiny Landscapes

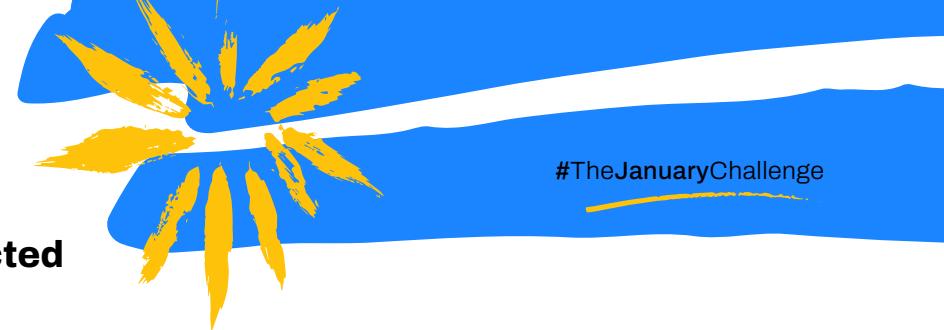
By Cris Thompson

"I'm Cris, 53 1/3. I make business things with computers, but also have a Fine Art Degree, so every couple of years I do something creative.

I'm currently in the process of setting up a tiny gallery. It's going to be a lot of work and a lot of fun. Maybe you will submit something when it opens."

Paint, draw or collage a 'tiny landscape.'

Traditionally, landscape paintings are large and take a long time. Look out your window and make a tiny picture of what you find, or dip into your memory or imagination to find a view to use as your subject. Can you create your landscape in a space smaller than 10cms?



We are Human

25. 3D Collage

By Janet

"I am partially sighted and have made a few cards for my friend who is blind. This challenge idea came from doing that. I am 58, I have a go at crafts but not in a big way. I find collage a good medium to work in and it's good to use junk as it saves money and good for the environment."

Create a collage that you can feel to experience what it looks like.

Choose an object that you would like to depict - a flower, bird, leaf or even a house, it's up to you. Recreate your chosen object in a collage with the things that you would throw away. Can you use the textures, bumps and shapes to build an image through feeling it?

We are Culture

26. Wonderful Wood

By John Thwaites

"I'm John, I'm 66 years and I was born and raised on a council estate and in the centre was a large woods, and as kids we used it as our playground. Building camps, making bows and arrows and chasing foxes (we never ever caught one), watching owls and other animals. We have seen much of our woodland chopped down."

Today's challenge is inspired by wood and the impact it has in our lives - from planting trees, to kicking through leaves, playing conkers or sitting on chairs. Could you capture a tree in as much detail as possible, by drawing, writing or taking photographs? Could you explain what you personally feel when you look at a tree or a forest, or how you feel when you find an animal in a tree? Or perhaps you could take the time to kick through those leaves...

We are Connected

27. One plus One

By NAPA

NAPA works with Arts Coordinators in care homes and believe that every care and support setting should be full of life, love and laughter.

Mix two things together, to create a new colour, texture or pattern.

Perhaps you mix paint, oil or powder with water, and watch the ingredients swirl. Perhaps you change the texture or consistency of ingredients with hot or cold temperatures. Or perhaps you watch milk swirl into your morning coffee...



We are Human

28. Word Portrait

By JB

Today's challenge is from JB. JB is supported by 'It's Not Your Birthday, But...', and they have worked together to set today's challenge!

Create a portrait of yourself using any words that are meaningful to you. Use the words to depict the shapes of your face, and choose which words you'd like to put where...

We are Culture

29. The Spirit of Giving

By Rianna Paterson

"I am a 24 year old social entrepreneur and TEDx speaker. I founded a youth-led dementia charity in memory of my grandfather in 2016. I love painting, blog writing, illustrating, journaling and photography.

Giving does not only help someone else but it can increase your mood. It provides a space to support others and it also builds empathy and awareness."

Today is all about the spirit of giving.. let's pass it on! How could you improve somebody's day today? Could you give the gift of time and catch up with a friend, family member or somebody seeking advice? Could you donate an item of clothing to a charity shop, surprise someone with a hot chocolate... or pass on one of your January Challenge creations?

We are Connected

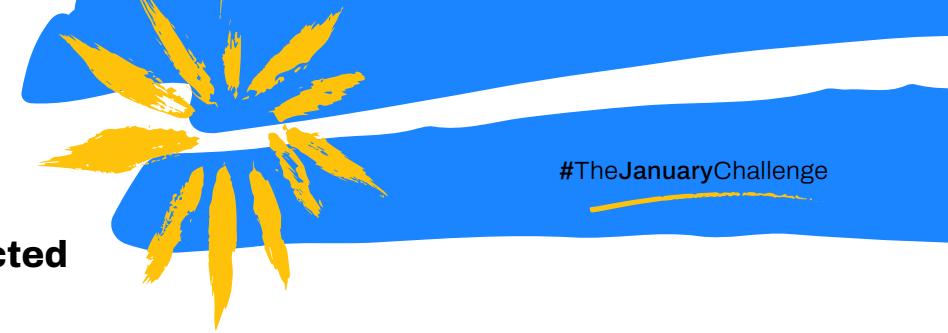
30. Into Another World

By Kelly

"I'm 41 and a stay at home mum from South East London. I use music to escape into another world."

Get comfy, and line up your favourite song. How do you experience music? Perhaps you listen to it, you visualise it or you feel it through vibrations and movement.

Use every second of your chosen piece or music to experience it fully. Perhaps you close your eyes, perhaps it compels you to move or dance.



We are Human

We are Culture

We are Connected

31. Human

By Graeae BEYOND Artists

BEYOND is designed to transform the careers of Deaf and Disabled artists, supporting new connections to artistic development opportunities, advice, training, mentoring and creative spaces within a national network of theatres.

Draw the outline of a human. Your human shape can look however you like, it might be big, small, standing, lying, sitting. The features of your human shape are yours to decide.

Fill the outline with words or a short poem inspired by the word 'Human.' What does the word make you think about?

What does it mean to be 'Human'?

Coming up next...

**We are
Culture**

We are **Culture**

31 challenges to **our identities,**
cultures and communities.



We are Human

We are Culture

We are Connected

#TheJanuaryChallenge

1. 2022

By Helen Carter-Shaw

“Most of us have our own customs and traditions at New Year. Some of us celebrate it at a different time of year for religious or cultural reasons. Some of us don’t really like it and prefer to let it slip in unnoticed. Others are keen to party all night long. This year I am inviting you to learn about how New Year is celebrated around the world. Perhaps it inspires a new tradition in your home.”

Learn about how different people and cultures around the world celebrate each new year, and share your own rituals or traditions! Perhaps you use this challenge as inspiration to start something new, inspired by the themes you find in your research. Learn with the help of google, friends or family, share your own celebrations - and get 2022 off to the right start...

2. Why I Love

By Louise Prince

“Recently I responded to “Why I Love London” and found it a really useful exercise as it drew an immediate response”

Think of a place or location that is important to you. Now, finish the sentence “Why I love...” with all of the things that you love about that place.

Keep going! You could set a timer for five minutes and see how many things you can note down about your love for this place. You could illustrate, or share photographs of some aspect of the natural or built environment. Capture your memories or the people and culture that make it what it is.

3. Leaf Printing

By Adam

“I’m 20 years old, I’m Hispanic and I have a very patriotic reason behind my idea. I use the colours red and white in my print that resemble the flag of where I’m from, Peru. The color red represents blood shed for independence and white symbolises purity and peace. The colors are believed to symbolize the lasting impact the Incas have had in the country.”

Create a print using painted leaves, or create a painting directly on a leaf. Collect some fallen leaves and cover one side of the leaf in something that makes a mark - like paint, or spices mixed with a small amount of water. You could also draw the outline of a leaf. Think about the colours you choose. You could choose colours that represent that flag of your country, or the colours that you associate with your culture or community.

We are Human

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#TheJanuaryChallenge

4. Lost and Found

By Joy McClean

I'm 42 and live in Glasgow. I have always collected things, in some shape or form, from an early age. I think I enjoy the way an object, image or sound connects me to a specific time, place or memory and the feelings that it evokes. I would like others to reflect on why they collect and what it means to them.

Think about the things that you have collected, or kept hold of, in the past or present. What will they mean to you in the future? You could choose anything from shells to memories. Why did, or do you collect them? How do they make you feel?

Create a poem, drawing, story or collage inspired by your collection. You could use some of your collected objects to form your creation.

5. Vision Board

By Zoe Adjonyoh

Zoe Adjonyoh is a chef, writer, entrepreneur and founder of Zoe's Ghana Kitchen. Zoe has been pioneering modern West African food in the forms of supper clubs (London, Berlin, New York, Accra, Wales), her own restaurant in Brixton, pop-ups, street food and events since 2010. In 2017 she released her debut cookbook - Zoe's Ghana Kitchen.

Create a vision board for 2022! Put down your hopes, your dreams, whatever it is that you want to achieve - get it on paper. Use colour, words, collage, whatever inspires you. Bring your visions to life, and make it come true!

6. The Making of You

By Fred Corbett

I am in my early seventies and love geography and the influence of place. In recent years I have become involved in family history and all the stories that make my background more complex (and I think more interesting) than if I just answered the usual question people ask - "Where are you from?"

Create a map of all of the places and spaces that make you, you. You might choose different parts of the world, where you and your family have lived or live, different parts of the country you live in now - or the buildings and spaces that hold special memories.

We are Human**We are Culture****We are Connected**

7. An Ode to Access

By Cathy Reay

"We all have access needs that help us to feel safe, comfortable, and enable us to achieve something. Let's normalise access needs and the wonderful things that help us in our journeys to better access."

Take the time to reflect on the things you use to navigate the world a little easier. It might come to you quickly, or it might require some thought throughout your day.

Today, Cathy challenges you to celebrate that thing, in whatever form feels comfortable and meaningful to you. Whether that's an ode to your step stool, a spoken word text on boundaries, SAD lamps or friends, a song about period pants or a drawing of your favourite chair.

8. Origins of a Phrase

By Men's Sheds

Men's Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun. Find out more about them.

Find out the origin of an idiom or phrase that is commonly used in your family or culture. Idioms are phrases that are often not understandable based solely on the words - but they have specific cultural meanings to the people that use them.

Have you ever wondered how a certain phrase has developed? Now's your chance to find out! If you have more time, create a doodle that suits, or tells the story of the phrase.

9. The Gift of Food

By Julia Wolska

"I'm Julia, I'm 29 years old and I'm originally from Germany and I have Polish roots too. I've lived in the UK for 6 years. I love cooking and baking lots of different dishes from lots of different cultures and from time to time, I like to cook or bake traditional Polish or German dishes and share it with my friends or colleagues. Apart from cooking and baking, I like rock climbing and hiking."

Tell the story of a dish that's important in your culture, or country. Share it with your friends, colleagues, neighbours. Maybe there's a traditional story behind the dish, or you love it because it reminds you of home. If you have time, perhaps you'll cook the dish - who will you share it with?

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10. Puzzle

By Sally Hirst

"I am 21 years old, I come from Manchester U.K. and like creating interactive and multi sensory art. I am a wheelchair user and find cars parked in awkward places a real challenge so I created an escape room for the culprits to educate them! I invite others to take part in creating a puzzle to educate people on a 'crime' that affects them too."

Think of a small crime, habit or situation that annoys you, for whatever reason you choose. Create a puzzle that might help the person to understand why, and learn their lesson..!

Sally has created an 'escape room' style puzzle, where you have to work out clues about what is happening. You might be inspired by Sally - or you could create an anagram, a word search, or cut up a sketch for somebody to piece together.

11. Language of Love

By Pratishka

"I'm 41 and a British Indian English teacher residing in the Scottish Highlands. I love sharing my culture and love hearing about different cultures. Often I find we have more in common than different. I love words and how they express meaning in different sounds"

Write the word 'LOVE' in different languages. Create a collage or word cloud showcasing your findings. You could ask people in your community and create a video with different people saying the word in their language. Don't overthink it and keep it simple.

Give the love back to your community and share your findings!

12. Abstract Drawing

By Louise Page

"I am 28 years old and I come from Northumberland. I use the creation of artwork to release the pent-up energy that stems from my mental health conditions. By making abstract artwork, I am able to empty out what is going on in my head, onto the page. This makes it easier to work out exactly what is happening, and how the stuff hidden in there is affecting me."

With your chosen mark maker, press the nib against paper and begin to draw a shape. Once you have that first shape, begin to draw other shapes that branch out from it.

Try to relax, follow your instincts and channel what is in your head, onto the paper, using shapes and the movements of your hand, rather than producing anything that looks impressive or like the real world.

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13. Traditions

By Travis Alabanza

"My name is Travis Alabanza, I'm 26 and I'm a writer and performer from Bristol. My writing, performance and public discourse centres on trans and Black identities."

"I'm interested in how we share with others things that feel specifically about us. It's important to understand what is specific about you - and to find creative ways to share that!"

Ask somebody older than you in your family, friendship circles or life - What was something they were told was a "tradition" in their family to do? Write down a set of instructions for someone not in your family, so that they can learn about or recreate that tradition. You can be as playful in tone as you wish.

14. Beats

By SignKid

"I use my work to encourage deaf and disabled people to gain more confidence in making their own music and to show that people with disabilities can access the music industry and can be mainstream artists on their own merit, through excellence and innovation."

SignKid experiences, composes and performs music through BSL and vibration.

Create a sound experiment and experience music in a new way. You could create music with unlikely objects, experiment with bits of audio, create beats with your body, or your surroundings. Can you feel the music via vibrations, or capture the sounds in a sketch - noticing the different qualities or volumes. Can you learn how to sign your favourite lyric?

15. How we Dress

By Rati Purana Rhada Devi Das

"I am a follower of Lord Krishna, and we wear Tulasi neck beads, often as three strands at the base of the neck. Tulasi beads are said to protect one from bad dreams, accidents, attack by weapons, and inauspicious destinations at death. For these reasons and because we are dear to Krishna, devotees always wear Tulasi."

Identify and celebrate something you wear everyday, or very often. It could be an item of clothing, a piece of jewelry or an accessory.

What does wearing it represent to you? Maybe it's to do with your faith, your heritage or your preferred style of dress. Celebrate in any way you like - you could draw, annotate or write a poem about why you wear what you do.

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16. Journey

By Graeae BEYOND Artists

BEYOND is designed to transform the careers of Deaf and Disabled artists, supporting new connections to artistic development opportunities, advice, training, mentoring and creative spaces within a national network of theatres.

A murmuration is a large group of birds, usually starlings, that fly together and change direction together. The flock is always changing - it shrinks, grows, changes direction and pace. It is a beautiful sight!

Who and what is in your flock? Think about the food, music, celebrations, people and traditions that make up your ever-moving journey.

Capture your flock in a sketch, poem, photograph - it's up to you.

17. Musical Memories

By Kara and Mia Harvey-Hill

"We are 17 and 15, and we both love to play badminton, listen to music, cook and draw :) It's nice to share the things you enjoy in your life in creative ways and it allows us to better understand others in our community as well as grow and reflect on our own experiences.

We are also running The January Challenge TikTok!"

What is your favourite piece of music and why? Where, who and what does it remind you of? Reflect on those memories, and choose - or write - a lyric that captures the meaning of the song for you. Present your lyric however you like.

18. Food Lettering

By Serena Raymond

"I'm Serena, I'm 27, from Utah, I'm a mom and part-time kindergarten teacher."

Pick a food that you have available to you, and that is important to your culture. Perhaps it is a certain spice, sauce or grain. On a clean surface, use that ingredient to write out a word of your choice. Perhaps it is your name, the dish that you associate with your chosen ingredient, or a different word altogether. Once you've created your food-inspired calligraphy, put the food back into the cupboard - or into a dish!

If you can't find what you're looking for, doodle a written word to capture the essence of your chosen food.

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19. Treasure Box

By Becky Morrisson

This challenge is brought to us by Becky Morrisson, a retired Head teacher who is learning how to be a well being coach!

Fill a box, big or small, with the items that capture a landscape that you love.

It could be where you are now, where you grew up or somewhere you've been once, but think about often. What are the things that tell the story of that place? You could put in natural materials, tickets, leaflets or photographs.

Perhaps you write a poem or a description of why your landscape is treasured by you. Who is with you in this landscape? What would you be doing there?

20. Characters

By Derek Owusu

Derek Owusu is an award-winning writer and poet from North London. In 2019, Derek collated, edited and contributed to SAFE: On Black British Men Reclaiming Space, an anthology exploring the experiences of Black men in Britain.

Today's challenge is designed to help you get to know, or create a character for a new piece of writing, or for a story you're already working on. Imagine that a character in your story has died, and that you have been tasked to write their eulogy in a thoughtful, compassionate way, highlighting the important moments of their life and giving those attending the funeral the broadest picture of who they were.

What are the words you choose to capture the story of a character in your story?

21. Nature of Impermanence

By Anna Chojnicka

Anna Chojnicka is an artist and social entrepreneur creating art by bruising the peel of a banana with a blunt point. Every day she makes a new piece of art about something that inspires her.

Think of something that you love about the world outside that brings you joy (like listening to rain against your window, or seeing the first flowers of spring).

Bruise it onto a banana peel by writing it in words or drawing a picture using a blunt point (a toothpick, pen lid or seam ripper will do!). With time, the image will get gradually darker. The artwork won't last forever as the peel gradually rots, so capture it by taking a photo and sharing it, online or offline.

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22. Art Review

By Leah Murray

"I am 65 years old, currently launching my second career as a digital multi-media artist. When I start feeling stale I take myself off to a local venue of some sort and do this exercise to refresh my creative brain and chill out the lizard brain."

Write an art review! First, you need to find a piece of art. Go outside, to a local gallery, search Google Images - or find something in the space around you. It might be a sculpture, a painting, fountain, shop window, cartoon, anything goes.

Set a timer for 5 minutes, and write about the image that grabbed you. Beauty is only one of many criteria when selecting an image: your choice may attract you because of the loud colours, textures or shapes, but repel you on account of what is represented.

23. The Taste of Home

By David Burn

Today's challenge comes from David Burn.

Create a recipe that celebrates your surroundings. Some of the best recipes are inspired by local food, climates and stories. Design a recipe that captures your place! What ingredients would it include? Think about types of food that represent where you live, where you were born, your community, a memory or someone you love.

...Try cooking it! What do you want someone eating your celebratory dish to feel or think about?

24. Movement

By Yashoda Rodgers

"Dancing is one of my favourite ways to express myself. I find it meditative to get lost in music and see where my movement takes me. There is also no better feeling than when music and dance bring people together on the dance floor. Shout out to the Candy Dance aka The Electric Slide - I have fond memories of family get-togethers and parties shaking a leg alongside people of all ages!"

Choose a song that brings you a feeling of joy and togetherness - put the music on and dance!

Think about what the song represents to you. What memories does it bring up? What movements are you drawn to when listening to the song? Share a video of you dancing!

We are Human**We are Culture****We are Connected****25. In Praise Of...**

By Inge Kuijt

"I am 58 and live in the Netherlands. Earlier this year I made a collage of pictures of my gran from various ages, and I wrote a long poem about her life."

Share your stories or memories about an older person in your life that has inspired you. It could be one of your grandparents, a mentor, or someone you never met, but has left an impression on you.

What are or were their lives like and what do you remember about them? What is special about them and how have they influenced you to this day? How did they make a mark in their world and what did they tell you about their memories? Draw their picture, describe their habits, sing their praises in any which way.

26. 5 a Day

By Madame Zucchini

"I'm 56. My dad was a fruit and vegetable merchant. I live in Sheffield, and now my artist practice is all about having fun with vegetables (and sometimes with fruit) I think vegetables are brilliant: accessible, colourful, edible."

Inspired by Madame Zucchini's childhood with fruit and veg - let's create ourselves out of vegetables! Using whatever fruit and vegetables you have to hand - a wonky carrot, a seedy spud, build an edible version of you. You could use craft sticks, pen tops, or wire to help you.

"It would be amazing if you also eat your creations or compost them, and, you can have a look at my twitter and insta for some inspiration @madamezucchini "

27. Fabric

By NAPA

NAPA works with Arts Coordinators in care homes and believe that every care and support setting should be full of life, love and laughter.

Find or recall the fabric that you grew up with. Perhaps it was traditional or familiar clothing worn by you, your parents, grandparents or siblings. Perhaps it was a tablecloth bought out for special occasions; memorable curtains, bed sheets or the fabric on your favourite toy.

Give new life to that fabric. Use the patterns, textures or materials to inspire an upcycled outfit, repair it, or re-create the pattern in a doodle.

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28. Word Portrait

By JB

Today's challenge is from JB. JB is supported by 'It's Not Your Birthday, But...', and they have worked together to set today's challenge!

Create a portrait of yourself using any words that are meaningful to you. Use the words to depict the shapes of your face, and choose which words you'd like to put where...

29. The Power

By Yumna Hussein

Yumna is a youth campaigner and an elected Member of Youth Parliament for Birmingham, committed to influencing transformational change to ensure young people's voices are embedded in policy making. She is an avid writer, spoken-word poet and co-author of the fiction book 'Struggles of War'.

Write a short spoken word piece with the repeating phrase of;

"I (or) We have the power to change mindsets, and in turn, change the world."

What does this phrase make you think about, or inspire in you? What mindsets do you want to change? Put pen to paper, fingers to keyboards, thoughts to words - and share your power.

30. Gratitude

By Ginny Koppenhol

"I am a portrait photographer from Lancashire. A few years ago I felt burnt out at work and took some time off. I set myself a daily challenge to take a photo of something that was good about each day. I learnt lots about photography but it really shifted my perspective. This challenge isn't about ignoring the challenges in our life, but it's about planting positive seeds so that when we encounter the tough times, we can see the bigger (more varied) picture."

Find 10 things that you appreciate or make you smile and capture them in a photograph. You could also hold, sketch or write down their names. Don't overthink it. Maybe ask yourself "What am I grateful for in this very moment?" They can be simple reasons, or multi-layered.

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31. Layers

By Dominique Robathan

“I am from Paris and came over to England in my early 20s. I believe that we all have common humanity and also that we are all unique, through our lived experiences, origins, languages. I have always enjoyed the rich tapestry of us all.”

Create a layered collage that represents the layers that make you who you are. There are so many things that make us who we are - our beliefs and values, our experiences, our heritage, our community. You could use images, text, drawings, photos, found images or textiles that reflect parts of who you are.

What do you build?

Coming up next...

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31 challenges to **explore what happens,**
when we create together.



We are Human

1. Cut and Paste

By You Okay, Doc?

You Okay, Doc? works to change the perceptions of mental health for those working in the medical sector and to develop bespoke mental health support for doctors.

Fill a page with a quick sketch, doodle, face - whatever you like. Cut or tear the page into pieces, and ask somebody else to rearrange the pieces back together.

If the person you are working with isn't with you - you could both have a go at the challenge, and compare your results. Perhaps you start by drawing the same thing!

What do you like about your newly rearranged picture?

We are Culture

2. Quiz

By NAPA

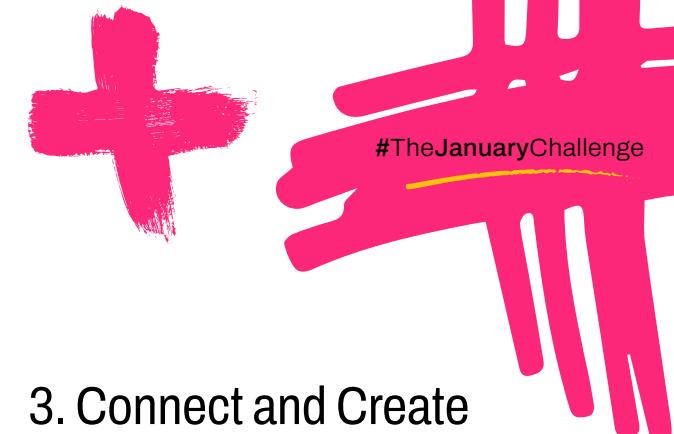
NAPA works with Arts Coordinators in care homes and believe that every care and support setting should be full of life, love and laughter. And, everybody loves a quiz...

Create a quiz for somebody to answer. Have somebody in mind before you write your quiz questions - and aim to create a quiz that will get them thinking, reminiscing or even laughing.

Your quiz could be a test of how much they know about you! It could be about your relationship or a memory that you share.

Whatever you choose...game on!

We are Connected



3. Connect and Create

By 64 Million Artists

Today's challenge is inspired by all sorts of ideas that were sent to us, and that came out of creative workshops. So, although this idea is from us at 64 Million Artists - really it's a little bit of a lot of people's imagination - just like the challenge.

What does the word 'Connected' mean to you? Find a small piece of paper, a post-it or the back of an envelope. Use it to capture the images, stories or memories that you associate with the word connected. It might capture your connection to a friend, nature, a hobby, a memory...anything goes.

Take a picture of your creation, and send it to us on email, or tag us on social media. We will collect (and connect) all of your creations, and send it back to you soon.

We are Human

4. Waterfall Wonder

By Men's Sheds

Men's Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun.

Work together to build a 'waterfall' - something that water can slide down and away from. Build your waterfall from items you find around you, or outside. Perhaps you take inspiration from the way rain rolls off leaves, or splashes through bath toys, or the way condensation trickles down a window. Your waterfall might be big, small, or anything in between.

We are Culture

We are Connected

5. Break the Internet

By You Okay, Doc?

You Okay, Doc? works to change the perceptions of mental health for those working in the medical sector and to develop bespoke mental health support for doctors.

Challenge somebody to find out the answer to a question of your choice, without using the internet. It should be a question that you know the answer to already!

They could find out the answer to the question using a book, a puzzle that you give them...or an inquisitive conversation.

6. Come as You Are

By Steam Down

Steam Down is an artist collective, weekly event and music community based in Deptford, South-East London.

There are currently 9 members of Steam Down, with regular visits from their extended musical family. Each musician brings their own energy, voices, ideas and instruments.

Today, we're making music! How you make music, and what it sounds and feels like is up to you - anything goes. Use your voices, make beats and sounds with your body or the objects around you, use your instruments (ready-made or home-made) and experiment. Invite others to join you - whether they are with you, or at the end of a phone or computer screen. Come as you are.



We are Human

7. An Ode to Access

By Cathy Reay

"We all have access needs that help us to feel safe, comfortable, and enable us to achieve something. Let's normalise access needs and the wonderful things that help us in our journeys to better access."

Take the time to reflect on the things you use to navigate the world a little easier. It might come to you quickly, or it might require some thought throughout your day.

Today, Cathy challenges you to celebrate that thing, in whatever form feels comfortable and meaningful to you. Whether that's an ode to your step stool, a spoken word text on boundaries, SAD lamps or friends, a song about period pants or a drawing of your favourite chair.

We are Culture

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8. Swap Shop

By Jemima Frankel

"I'm 28 and live in Brighton. Someone's rubbish is someone else's treasure! My favourite way to shop is by digging about in charity shops, and I love finding book swaps on hidden corners. It's a more sustainable, and fun way to find a new outfit or gift for somebody."

Find something to swap with another person! Do you own something that you rarely use? Are you looking for something in particular? Invite somebody to your swap shop, and see what you could trade. Perhaps it's a clothes swap, or something practical for your home, school or work. Perhaps you swap ideas, advice, phone numbers...or perhaps you swap art, cards or letters. Have fun!

9. Dancing Shoes

By You Okay, Doc?

You Okay, Doc? works to change the perceptions of mental health for those working in the medical sector and to develop bespoke mental health support for doctors.

Put on your dancing shoes and...dance! Choose your music and let it inspire your movements.

You could create a new dance routine or move together, or you could just move to the music.



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10. Nature is Everywhere

By the young people at GROW

"GROW works with local children who experience poverty, personal, or social barriers to learning, healthy living, and employment. We offer our participants the skills, knowledge, and confidence to make positive changes in their lives and in the world around them."

Move to a place where you can see or feel the outside world and find something to respond to these 7 statements. Your answers might be things that you can see, hear, taste, smell or touch.

Something beautiful; Something soft;
Something spiky; Something human-made;
Something that rustles; Something not green;
Something with a strong smell.

Compare your answers with someone else.

11. Starter for 10

By Lisa Williams

"I'm Lisa Williams. I'm half a century old and have been using this to get words out for decades. Sometimes creativity doesn't flow easily. This is a good standby for those days. It gets words out and on the page. Some will develop into bigger things but it doesn't matter if they don't."

Choose a book that you have around you - any book will do. Turn to page 10, and take the first sentence from the page. This is the first sentence of your short story. For 5 minutes, continue to write the rest of your story. Keep going if you've got more to write. Then, cross out the sentence you started from. Your story is complete!

Do it with a group and compare.

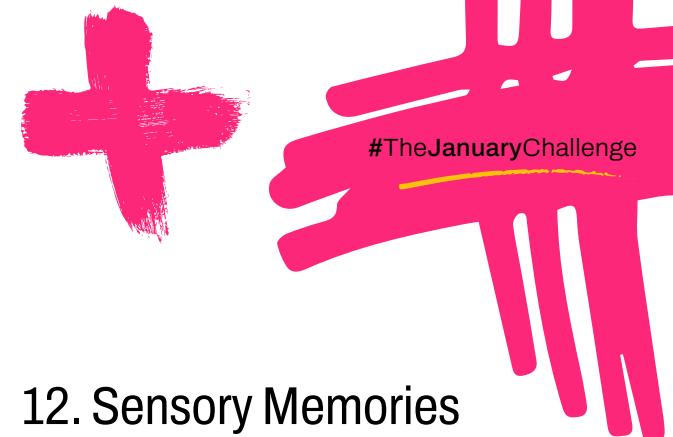
12. Sensory Memories

By Oily Cart

"Oily cart creates accessible, sensory theatre for and with disabled and non-disabled children and their families. Using touch, sounds, smells, music and movement, our shows prioritise the enjoyment of children for whom standardised theatre formats create barriers to access."

Reflect on a moment in your life that made you feel joyful. It might be a memory that you share with somebody else.

What are your sensory memories of that moment? What could you see, smell, hear, taste or feel? Can you find a way to recreate any of those sensory memories together - by sharing the food or drink you had, listening to the music or sounds you heard, or looking at photographs. Transport yourself back in time.



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13. Reach Out

By Frank Bonner

Today's challenge is from Frank Bonner. If you're looking for a sign, this is it!

Reach out to somebody that you've not spoken to in a while. Perhaps you've lost touch, perhaps you've had a disagreement, or perhaps you've been meaning to have a conversation and never quite found the right time. Now's the time - use it however you like.

Pick up the phone, send a text, email - or, as Frank is going to do today:

"Fold a blank A4 sheet into quarters. Decorate the front with a smiley colourful face. Put a cheery message of welcome inside. Pop your card into an envelope. Deliver if possible, or post the same day."

14. Beats

By SignKid

"I use my work to encourage deaf and disabled people to gain more confidence in making their own music and to show that people with disabilities can access the music industry and can be mainstream artists on their own merit, through excellence and innovation."

SignKid experiences, composes and performs music through BSL and vibration.

Create a sound experiment and experience music in a new way. You could create music with unlikely objects, experiment with bits of audio, create beats with your body, or your surroundings. Can you feel the music via vibrations, or capture the sounds in a sketch - noticing the different qualities or volumes. Can you learn how to sign your favourite lyric?

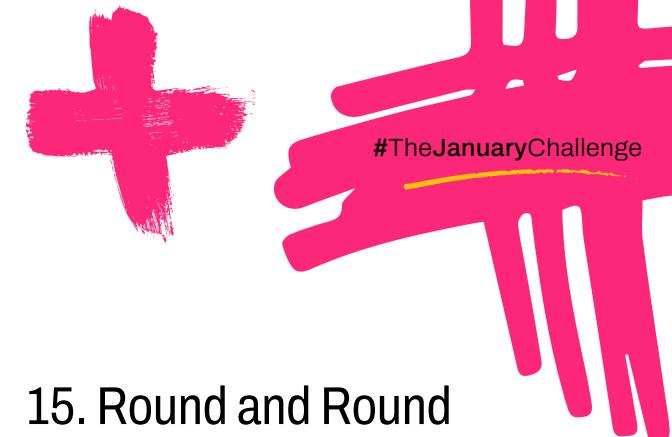
15. Round and Round

By Jo Hunter

Today's challenge is from the CEO and co-founder of 64 Million Artists, Jo Hunter. Clear your throats and prepare the mic!

Make up a simple round and sing it together. A round is a song that more than one person sings. One person starts, then the next person joins in half way through but starts from the beginning.

To keep it simple you could use the tune of a round you might know, like Frere Jacques, London's burning or Row Row Row your boat and make up new words. Or you could do one that is more like a rap, with no tune, just a rhythm. Or if you feel more confident have a play around with using a tune. It's all for fun so just experiment!



We are Human

16. Story time

By Tilly

"I'm Tilly. I'm 61, I live in North Wales and I love taking the time to be creative. The January Challenge and Weekly Challenges help encourage me to do just that.

I think it's fun to think on your feet, and this challenge will entail some fast thinking in order to keep the story going in sequence..."

Write the opening sentence to a story, and invite somebody to add the next line. Keep on passing it round - adding on sentence by sentence until your story finds its end. You could pass it between a pair, a three or a group of people. You could start off a story in the 64 Million Artists Facebook group, create your story by text, email or a phone call - or send somebody your story starter by post.

Where does your story go?

We are Culture

17. Shadow Dancing

By NAPA

NAPA works with Arts Coordinators in care homes and believe that every care and support setting should be full of life, love and laughter.

Create shadow puppets with your hands, body or the objects around you. Move your shadows so that they dance together on the wall, pavement or ground.

Can the shadows work together to create something new?

We are Connected



18. Send a Song

By ConnectForce

"Connectforce's work centres around using creativity to forge connections. We're lucky enough to have seen the wonderful impact of using creative expression to brighten someone's day, and we hope that this challenge will encapsulate and encourage that! This challenge can be interpreted in whatever way speaks to you - it doesn't have to be a musical or artistic masterpiece! It's simply about exploring your connection with another person and sharing the results. We hope you enjoy it!"

Find (or write...) a poem or song that might mean something to you and another person. Send (or perform...) it to them, and ask them to send one back.

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19. Random Act of Kindness

By Rotherham United CST

"Rotherham United CST is the Official Charitable Partner of Rotherham United Football Club and works to create long lasting positive change in communities."

Today's challenge is to try a random act of kindness! Inspired by the community values behind Rotherham United CST, do something unexpected for a member of your community, wherever and whatever that might be.

Perhaps you leave a note for a stranger, bake a cake for your colleagues or classmates, offer to take out a neighbour's dog, donate whatever you can to a local sports organisation - or perhaps you choose to be kind to yourself, in whatever way that means to you. You could work together on your act of kindness, or individually.

20. Portrait of Love

By Susan Carter

"I'm Susan Carter. I'm 67, live in Bridport and we were given this challenge during lockdown by our local community theatre, the Lyric. Everyone put their portraits up in their front windows and you could tour the town to view. This appealed to all ages and abilities and ended with professional artists sketching portraits in the town centre on market day after lockdown."

Draw, or make a collage, of somebody you love. Don't spend too long on it - you could doodle, sketch or copy a photograph. This challenge isn't about creating something perfect!

Share it with them however you would like to.

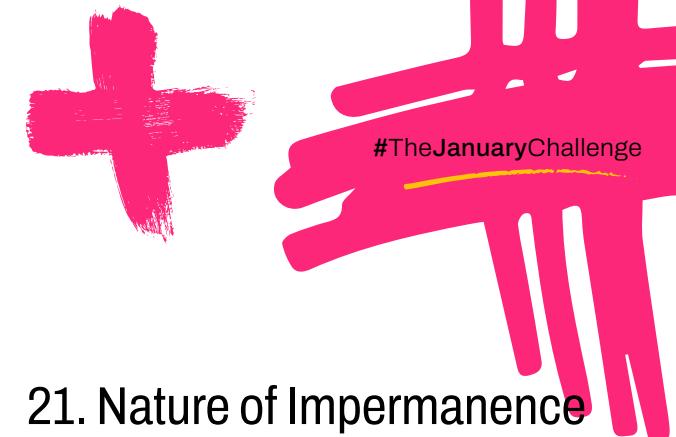
21. Nature of Impermanence

By Anna Chojnicka

Anna Chojnicka is an artist and social entrepreneur creating art by bruising the peel of a banana with a blunt point. Every day she makes a new piece of art about something that inspires her.

Think of something that you love about the world outside that brings you joy (like listening to rain against your window, or seeing the first flowers of spring).

Bruise it onto a banana peel by writing it in words or drawing a picture using a blunt point (a toothpick, pen lid or seam ripper will do!). With time, the image will get gradually darker. The artwork won't last forever as the peel gradually rots, so capture it by taking a photo and sharing it, online or offline.



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22. Kitchen Stories

By Kara and Mia Harvey-Hill

“We are 17 and 15, and we both love to play badminton, listen to music, cook and draw :) It's nice to share the things you enjoy in your life in creative ways and it allows us to better understand others in our community as well as grow and reflect on our own experiences.

We are also running The January Challenge TikTok!"

Think of a recipe or dish that is important to you and your family or culture. Share the recipe with somebody else, and ask them to share a recipe that is important to them.

Happy cooking!

23. Relax like a tree at Sunset

By NAPA

NAPA works with Arts Coordinators in care homes and believe that every care and support setting should be full of life, love and laughter.

‘Relax like a tree at sunset.’ What does that statement conjure up in your mind? What colours, movements, images, feelings does it make you think about?

Let those ideas inspire you. As you move through your day, “Relax like a tree at sunset.” If you are compelled to draw, write or take a photograph, what happens if you title it “Relax like a tree at sunset”?

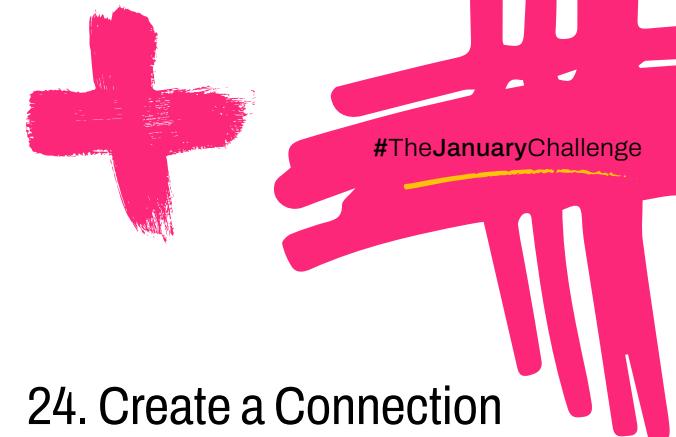
Discuss your responses with somebody else. Perhaps you “Relax like a tree at sunset” together.

24. Create a Connection

By Michaela Tranfield

“Hey I'm Michaela! I'm a huge believer in relationships and stories. Having a chat with someone new helps you to form a new relationship & brand new stories. I used to think people would judge me for being too chatty, but actually once I stopped being embarrassed to be myself I felt the most fulfilled and creative.”

Reach out to someone new, and start a conversation. This can be someone next to you on the bus, a member of the maintenance team at your university, a neighbour you've never spoken to or a friend of a friend. It can be in person, virtual or over the phone. The one rule is that it must be someone you haven't spoken to before.



We are Human

25. Searching for the Words

By Wendy Oldershaw

“I am 72 from Manchester, but now I live in rural Lincolnshire. This challenge is inspired by some artwork that I saw...”

Create a Word Search that includes the words that describe who you are - your passions, your values and memorable things in your life.

Ask someone else to carry out your WordSearch so they know more about you. Perhaps they'll send you one back?

We are Culture

26. Belonging

By Men's Sheds

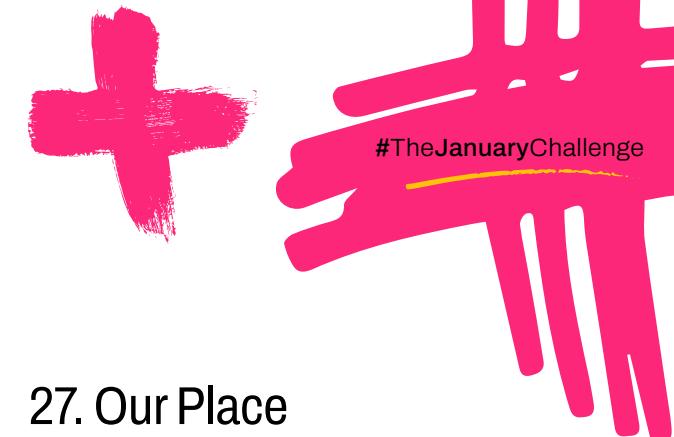
Men's Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun

What does the word 'belonging' mean to you? How could you capture the thoughts or feelings you have about the places or communities you belong to?

Ask somebody about their thoughts.

Perhaps you use this as inspiration to help somebody else feel like they belong somewhere, too.

We are Connected



27. Our Place

By Tony Vale

“I'm Tony Vale. I am 67 years old and have lived in Wymondham, Norfolk, with my wife, for 25 years. I helped to launch the local Talking Newspaper in 1998, the University of the Third Age group in 2000 and I have been a volunteer supporter of Wymondham Farmers' Market.

This challenge is an antidote to the negative news that always seems prominent these days.”

Work together to list 5 things that you love about your community. Your community could be your family, your workplace, your school, your friends, a group that you're a part of - or people that you share interests with. Co-create your list remotely or in person. And celebrate it!

We are Human

28. Word Portrait

By JB

Today's challenge is from JB. JB is supported by 'It's Not Your Birthday, But...', and they have worked together to set today's challenge!

Create a portrait of yourself using any words that are meaningful to you. Use the words to depict the shapes of your face, and choose which words you'd like to put where...

We are Culture

29. Love on a Leaf

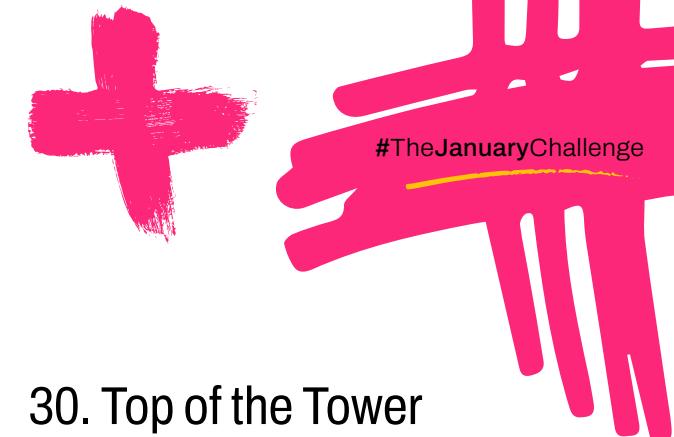
By Men's Sheds

Men's Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun

Find a leaf, or draw the outline of your favourite leaf. Find tiny objects around you and use them to spell out the word 'LOVE' and build the word on your leaf. Or, perhaps you build a love heart, or choose things that mean 'LOVE' for you for whatever reason.

Place your leaf in water, and let it float.

We are Connected



30. Top of the Tower

By Alison

"I'm Alison. I'm a very keen swimmer and love the sea, having been born in Bournemouth. Living in West Yorkshire for over 30 years means I swim in lakes and rivers in the summer as the sea is 2 hours away. I'll often collect a pebble or shell from the river bank/beach and make a tower of them when I'm home again."

Take it in turns to add objects to a tower - as tall or small as you like!

You might be inspired by Alison to use natural objects, like stones, shells, or driftwood - or your building blocks might be tins, books, shoes, whatever you can find. Work together to decide who places each piece.

We are Human

We are Culture

We are Connected

#TheJanuaryChallenge

31. A Note for Future You

By Georgia Attlesey

“I’m Georgia, the founder of Pudding, a post event forum that helps audiences to savour experiences of live events for longer and gives organisations insights into their impact. Simply put, we serve people cake after events and invite them for a natter, creating space to turn inspiring ideas on stage into actions in the world around us.”

Write A Note for Future You, including an idea or memory that you would like to hold onto from The January Challenge. It might be a particular challenge you’ve loved. Or maybe it’s something inspiring someone has said along the way.

Jot down your tasty morsel somewhere where you’ll find it after the challenge has finished.



**Thanks
For
Reading**



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