

The January Challenge 2025

CREATIVITY CHAMPIONS PACK

for care homes and those
living with dementia



Supported using public funding by
ARTS COUNCIL
ENGLAND

64 Million
artists

boom saloon.



What's inside this Creativity Champions Pack?



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Eco tip: You can select 'Print pages 17-49' if you'd like to save on paper and print only the creative prompts and poster.

Welcome!

Welcome! This resource is for people that work in care homes, and with individuals and families living with dementia. It is your free tool to help you use [The January Challenge](#) to inspire creativity and connection.

You are a Creativity Champion. A Creativity Champion is someone who wants to inspire creative activity in others - whether that's one-to-one, in a group of service users or colleagues, or across your whole community.

The January Challenge is the perfect tool to support you; 31 quick, fun and accessible creative prompts, each designed to get people doing, thinking and sharing.

This Pack gives you everything you might need to use The January Challenge to aid your work. Inside, you will find top tips, useful links and bright ideas. You'll also find the 31 creative prompts, ready to go or adapt to suit you.

This resource has been kindly informed by Rachel Arthur, and the groups of people living with dementia she works with through her organisation [boom saloon](#).

boom saloon is a global media movement to democratise creativity for good. They collaborate with STAND, a peer support group for people who are living with a diagnosis of young onset dementia - that is people who are diagnosed with dementia under the age of 65 - and their families and friends.

This resource also draws on the wisdom of care homes and care-focussed organisations 64 Million Artists have worked with over the previous few years, Sharon Lewis and Jules Walker from [Hill Care Homes](#), and charity [Learning for the Fourth Age](#).

64 Million Artists offer programmes, resources, training and sharing spaces year-round to support Creativity Champions to do their great work, supporting their local communities, their teams and their organisations. Make sure you are [signed up to our mailing list](#) to stay in the loop of all upcoming opportunities - including our brand new programme for 2025, [Creative Cultures](#).

Why take part in The January Challenge?

Our data shows that when we practice our creativity, we can make a real difference in our lives and our communities - and as a care home, or community organisation, you have a unique opportunity to connect with your community in meaningful and inspiring ways.

When Creativity Champions nurture creativity in care settings, it impacts the tens, hundreds, thousands and millions of people that interact with them. Creativity can be fun and frivolous, but it is also a powerful, necessary ingredient that can teach us things, and make change happen.

95% of participants report a positive impact on their wellbeing. By promoting creativity, your work can contribute positively to the health of the community you work with. Read more about the impact of The January Challenge in our [Impact Reports](#).

Jump in, get inspired - and let us know where your creativity takes you and the people around you. We also have an Easy Read resource to support engagement with residents if helpful. [Find the Easy Read Pack here](#).

Creativity benefits staff:

It can enhance job satisfaction, equip staff with new skills and approaches to care giving, enhance their toolkit of creative activities, improve team dynamics and camaraderie and offer an outlet for stress.

Creativity benefits residents:

It can stimulate cognitive function, providing meaningful engagement and an opportunity to express themselves beyond conversation. It can foster social interaction, reducing feelings of loneliness or isolation, and can invite a sense of accomplishment, purpose and joy.

Creativity benefits environment:

It can cultivate a vibrant, engaging environment, build a sense of community and align with a holistic approach to care, recognising the importance of emotional, social and cognitive wellbeing in addition to physical health.

“Work in the 21st Century isn’t working. Stress and burnout are rising, societal and financial turbulence are creating additional pressure on teams, hybrid working can cause additional siloes, the list goes on. Too often when things are tough we tend to turn inwards and cling to the same old patterns but **what we need now, more than ever is creativity.**

When the creativity of all of our teams are activated we can foster better relationships, have better ideas and work more effectively.

When we celebrate the creative contribution of each person in the team and allow them to work to their full potential, we can really do things differently.”

Jo Hunter, CEO of 64 Million Artists



Want to learn how to bring everyday creativity into your workplace for positive culture change? Download our free ['Manifesto for Transformative Workplace Culture'](#).



“The beauty of The January Challenge is the variety of creative prompts on offer and flexibility in delivering them. We've found that creative prompts can be easily adapted to specific settings and circumstances, for example, delivered in-person or online, either in a formal or more informal setting. It is available to anyone who wants to take part, but we've also organised sessions targeted towards specific groups and share the creative prompts on our social media.”

Creativity Champion, 2024



Using this Pack

The creative prompts are designed as quick, fun and accessible ideas to spark creativity in individuals and groups. They include a varied mix of ideas, from writing to drawing and making to moving - and all of them are an invitation to 'do, think and share.' To make the most of this pack;

Do

Read through the top tips and creative prompts and let your imagination wander. What could you do to bring The January Challenge to life with the people you work with?

You could:

- organise a weekly creativity group, and try out your favourite prompts
- set up a creativity station in the home for residents and their families to come and engage with in their own time?
- create daily posters, and place them around the rooms to catch people's attention?
- work towards one or two bigger events, where your local community can come and explore the prompts together - perhaps even contributing to one big community collage or writing creation!

Remember, 64 Million Artists, and a community of Creativity Champions are here to chat through ideas.

Think

What do you hope to get out of The January Challenge 2025? You might be aiming to reduce loneliness, support wellbeing, promote community and connection, get to know your colleagues and groups better.

Take the time to reflect on your hopes (you might even find it helpful to write them down). These can become your impact goals.

Share

Share your plans and ideas with your colleagues and groups and invite them to support you. Perhaps they have some ideas to contribute too. Share out tasks and check in with each other to work through any challenges, be responsive to new ideas and to get excited!

And...when you are up and running in January, share your experience of The January Challenge with us and the 64 Million Artists community - we love cheering everyone on. Share pictures of your creative activities and displays on social media, tag us and use the hashtag [#TheJanuaryChallenge](#) so that other people can find you, too.

Instagram - [@64MillionArtists](#)
Facebook - [64 Million Artists](#)

Creative Evaluation

Why evaluate?



Evaluation is an important part of any process, helping us to identify what worked well, what was more challenging - and to understand why. Knowing what you, and the people that you work with gain from your creative activities will support you to do your work, and to advocate for creativity in the workplace.



Measuring impact



Knowing who takes part and how it makes them feel is helpful learning for all of us. It also means that we can keep co-creating a campaign that works.

Keep in touch with us using the contact information at the back of the Pack. We will email you an accessible survey to share with your groups.



Creative tools

What do you hope to achieve with The January Challenge, and how you will know if you have met your impact goals? How could you make this as accessible as possible to residents and to those living with dementia? You might want to use very short surveys, a feedback wall, simply ask people what they've enjoyed, or found challenging, within a session - or you can find more ideas for creative evaluation tools on our Research Associate, [tialt's](#) website.

Accessing support

We are running free training sessions throughout November 2024 to support you to use this Pack. Sign up [here](#) (and find a recording on the website after the dates.)

We encourage you to share online using #TheJanuaryChallenge to connect with other Creativity Champions.

Facilitating creative activity

The January Challenge is your opportunity to facilitate creative activity, one to one, or in a group setting.

Creative prompts are designed to take about 5-10 minutes each, but sometimes, people like to spend longer on them. Do you want to factor in social, or 'getting to know you' time into your sessions? Let participants know what to expect from the session - including timings and breaks (make sure you stick to them) and consider the set up of your space so that people can comfortably settle in. Consider what creates a welcoming environment, including background noise, wheelchair access, comfortable seating, lighting, space - and refreshments (a small snack can go a long way!)

Set a consistent time and place for your group to meet to help participants build a routine and foster a sense of community.

Value everyone's contribution. Let all voices be heard and encourage everyone to participate. People feel vulnerable being creative because they don't want to look silly or be judged. Give clear and simple instructions, and allow people to respond to the creative prompt in their own way. We all have different skills, abilities and challenges. Keep open-minded about people's comfort levels around reading, writing and drawing. Encourage everyone to join in, providing support as needed. Offer ideas or suggestions without taking over their creative process. And most importantly - enjoy the joy!

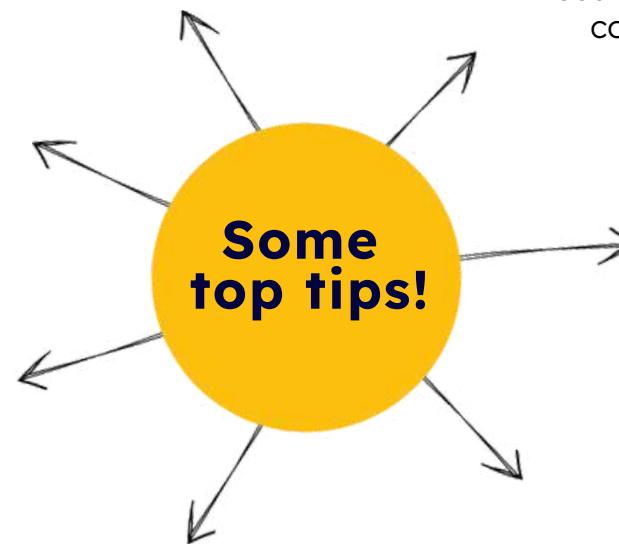


Tailor, tailor, tailor: Although we've designed the prompts to be as accessible as possible, you understand the preferences, abilities, and interests of the residents you're working with. Tailor prompts to ensure everyone can participate meaningfully - we've offered adaptations throughout to inspire you.

Let them lead: Encourage your residents and groups to tell you what they might want to do, how and when. Let them have some control of the schedule and plans based on their interests. If helpful, you could share with them some ideas for them to choose from.

Create a schedule: Designate specific times for creative activities throughout the month. Consistency can help residents anticipate and look forward to these sessions.

Celebrate outcomes: Recognize and celebrate efforts, regardless of the outcome. After completing the activity, take time to appreciate everyone's contributions. This can be through simple acknowledgments, displaying creations, or even hosting a small exhibition. Invite discussions about how people feel about the experience.



Get to know your community better: Participating in the Challenge can provide valuable insights into community interests and preferences, helping shape future programming. Stay open to adjusting the format or focus based on participant feedback, and promote sharing to build confidence and community spirit.

Use available resources: Leverage materials already present in the care home, such as magazines, craft supplies, or even everyday objects, to keep activities accessible and budget-friendly. The January Challenge will not require you to use any special equipment - but occasionally will invite you to use the things around you to get creative.

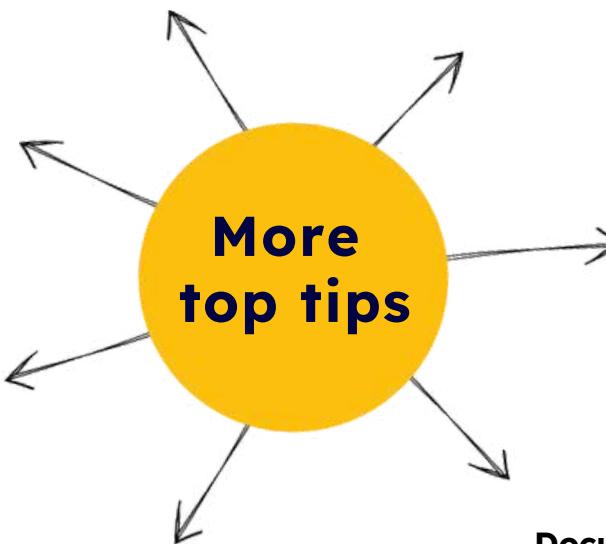
Start small: Begin with the simpler prompts that require minimal materials and time. Warm up yours and others creative muscles before you get stuck into the Challenge! If a resident shows interest in a particular activity, explore it further, even if it means deviating from the original prompt.

Compliment your community: Align your creative activities you might already offer, with local events or themes relevant to the community to increase engagement and interest. Remember - you don't need to do them in order, and you can adapt them if they inspire a thought or connection! You could introduce weekly themes ("Mindful Mondays") to create anticipation and routine.

Collaboration opportunities: The January Challenge could open up avenues for partnerships with local artists, schools, libraries or community organisations. Spread the word and let people know your taking part! Perhaps a local school would like to join you, and (if appropriate to the group) you can invite classes in to get creative together with residents.

Encourage collaboration: Involve staff and residents in group activities to foster social interaction and teamwork. This can enhance the experience for everyone!

Collaborative creativity: Encourage community involvement through collaborative creativity, like a community mural or collage, or a shared piece of writing, where everyone can contribute. Several of the prompts can be adapted for use in this way - and we've left a note on the ones we think might work nicely!



What would you add to the mix...?

Fun incentives: How many creative prompts can each staff member, resident or visitor complete? Who is the first to complete the creative prompt? Could you offer simple things for people taking part, like entry into a raffle for (chocolate) goodies or creative supplies. Small incentives can encourage more people to join in!

Document and Share: Capture moments from creative sessions with photos or notes. This can be shared with families and used for reflections on progress and engagement. You could also highlight what you've been up to in newsletters or social media. This can showcase your work and connect you to other organisations taking part.

Who has designed the creative prompts this year?

We have worked with several brilliant people and organisations to co-create The January Challenge 2025. We have had lots of fun designing this year's campaign and are excited to be working with these fantastic people, as they set up tailored groups for communities across the UK to take part in The January Challenge. You can [read more about them all on our website](#) – it's a treat!

We curate the programme to take you on a journey. You'll notice different themes throughout their prompts, and often they have a mini 3 day takeover to deep-dive into their ideas and ways of working.



Designing The January Challenge



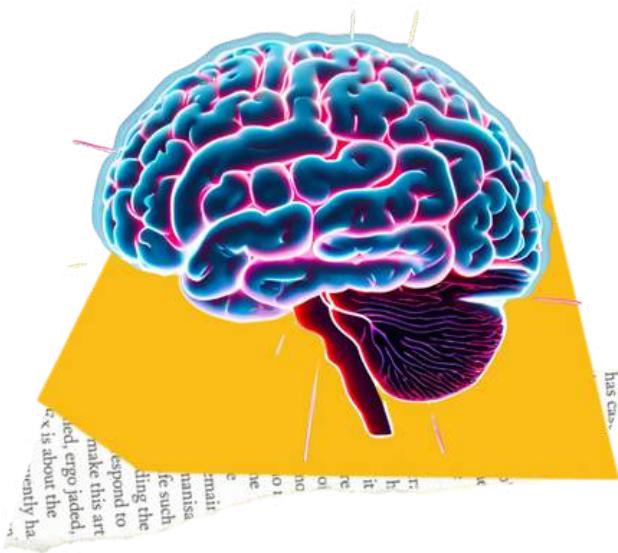
This year, we teamed up with the brilliant [Cut Out Club](#) to craft the visual images to promote The January Challenge in a fun, collaborative way.

With Cut Out Club's Tasch and Iona leading a community workshop, we explored themes like nature, food, people, and places - transforming magazine imagery into playful collages. We've scanned everyone's incredible creations, and they are used throughout this Pack, and The January Challenge campaign to bring it all to life. The January Challenge has never looked better... thank you Cut Out Club!

“When you put something out there, either onto a piece of paper, or what you've actually done, it takes something out of your head and **enables you to look at yourself**. And that takes you beyond feeling satisfied; it takes you into **a kind of serenity**. And it may not last, but as you do that moment of looking, **there is a kind of peace that comes to you.**”

Michael Rosen, speaking on the 64 Million Artists [Creativity is...](#) podcast





The creative prompts!

Here, you'll find 31 creative prompts to take you through from the 1st of January right through to the 31st.

Of course, you can try these out whenever you like, year-round. You can switch up the order, choose your favourites, and adapt them to suit you and your groups.

Eco tip: You can select ‘Print pages 16-48’ if you’d like to save on paper and print only the creative prompts and poster.

“People living with dementia can greatly benefit from enjoying time playing with words. So often written off as incapable, in truth many living with dementia can unlock new ways of playing with language due to their current experiences – breathing life and colour into the words which share these stories.

Dementia can lead people to experience things differently, seeing smells, hearing pictures and tasting sounds. The effects it can have on an individual’s understanding, and use, of language is often viewed as detrimental. Yet, might a more playful take be to consider this truly poetic? When freed from the confines of grammar or format, what new meaning might be uncovered in the play of the words of someone living with dementia?”

Rachel Arthur, boom saloon.

Rachel has informed this resource with brilliant guidance and care. You will also notice 3 word-based prompts in the list designed by Rachel and the groups she works with! Find out more about the work of boom saloon by [clicking on this link](#).



Pictures of boom saloon’s work,
by Kajsa Wingerup.

Day 1

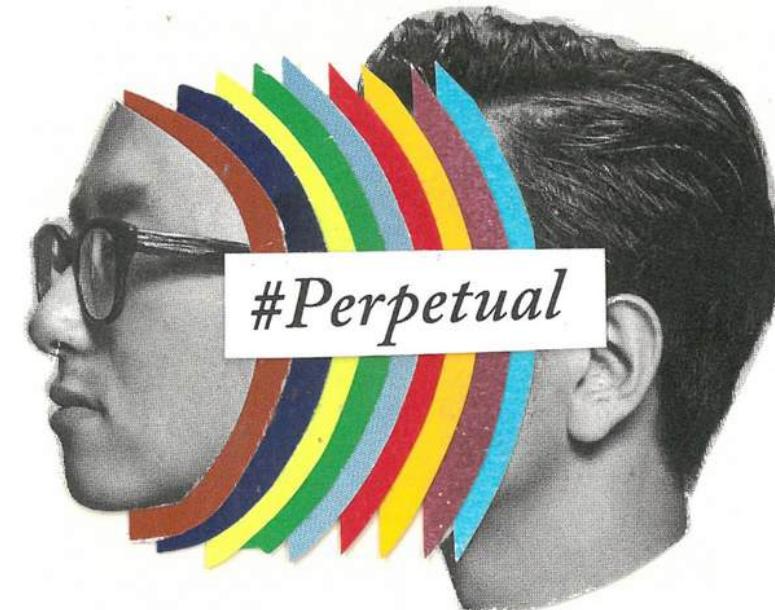
Word of the Year

Hello, 2025! We have a brand new year ahead of us. What's to come? Choose your 'word of the year.'

What word are you drawn to today?
Perhaps it captures what you want from 2025.

Create that word with your pen or by making shapes with your body, or using the things around you. Spell it in socks, or design it in a doodle...

You could turn this into a group activity by choosing the word of the year for the care home. Collectively make a large poster decorating the word. Display it in the common area and work towards being, or doing this word every day.



Collage Credit: Iona Gibson



Today's creative prompt has been dreamed up by: 64 Million Artists

"The dictionary definition of creativity is "the ability to go beyond traditional ideas, rules, and patterns and create new ones". So, you don't have to be a professional painter or musician; all it takes to be creative is to have a mind that can think new thoughts. No matter what you've been told or believed before, you ARE creative."

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

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Day 2

Look Up

Find a comfortable space to sit (or, if it's accessible, lay down) in a spot where you can look up to the sky. It could be a garden or park, or a bed / floor next to a window. Get yourself as comfortable as you can. If the sky's bright, wear sunglasses and don't look at the sun.

Look up for 2-3 minutes, longer if you wish. Let your eyes take you where they want. Perhaps you see clouds shaped like animals or objects, tree-tops, construction cranes, high-rises. You might notice new shapes or textures from this perspective. Notice the light right now. Connect with other senses – what can you hear, smell or touch/feel?

On a piece of paper, write or draw something to describe how you feel right now. You could ask somebody to write down your words for you.

Don't think too hard, whatever comes to mind straight away. You might want to use a colour you feel drawn to. You could anonymously leave your words or symbol for someone else to discover in a space you happen to be in,. You may also wish to note down the prompt of 'Look Up' on the paper so that someone might feel inspired to take part too!

"Not everyone can still write but we could all look out of the window together and talk about what we see. It's nice to have a conversation together as we all see different things from the same window; some see folk and some see cars but it's all the same window."

Today's creative prompt has been dreamed up by: Anita Kambo

"I've lived in Brixton for 14 years and I love my community. Community power and social justice are in my DNA. This creative prompt is rooted in strong nostalgia for me. As a child, we would often make long car journeys to visit family and friends. My dad would be playing old Hindi movie songs in the background. I loved sky-gazing and cloud-spotting from the back of the car. In the clouds I could see giant animals, mountains, the sea and more! My everyday ordinary world turned into something quite vast and epic when I gazed up into the sky. I now love doing this activity with my daughter."

Instagram: [@anitakainthkambo](#) LinkedIn: [Anita Kambo](#)



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Day 3

Your Memory Poem

Close your eyes and think of a favourite place or memory. Take 2 minutes, longer if you wish, to imagine you are there. Think about what you can see, hear, smell, touch and taste.

If it is upsetting to try to access memories, invite your group to instead describe their senses at this moment.

Take a few moments to reflect on how your memory has made you feel and think about it. Perhaps there are feelings of nostalgia, happiness, melancholy, gratitude, excitement or calm.

When you are ready, see if you can complete the 8 statements (on the right) based on those senses, feelings and thoughts. If you don't feel inspired to complete them all, just complete the ones you feel drawn to. If you are working in a group, you could take one statement each.

Your statements can be simple, a few words each or longer.

I see...
I smell...
I touch...
I hear...
I taste...
I think...
I feel...
I am grateful for...

Once you're done, remove the pre-filled words of each statement, e.g. remove "I see" and so forth. If you want, you can change the order of your statements or you may wish to combine one or two. Ta-da, you've imagined your way to your very own poem! If you wish you can name your poem.



Today's creative prompt has been dreamed up by: Anita Kambo

"I work as a Community Researcher to embed lived experiences and seldom-heard voices into the heart of processes. This creative prompt is inspired by a method of analysis, called I-statements or I-poems. I love using I-poems because of their focus on sense-of-self and how people and communities represent themselves, rather than an interpretation of what they say. I believe it is a simple, accessible and powerful way for people to connect and understand each other's diverse perspectives, beliefs and experiences." Instagram: [@anitakainthkambo](https://www.instagram.com/anitakainthkambo) LinkedIn: [Anita Kambo](https://www.linkedin.com/in/anitakambo/)

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CHALLENGE

Day 4

Capture Your Day

Set an alarm to go off every hour, or at an interval of your choice (activity leads might have to do this for the group.)

Each time the alarm goes off, take a photo that captures what you're doing in that moment. You could split the day up – and give each resident or group member the opportunity to take one photo each.

Perhaps you might find it helpful to choose a theme, like a colour or shape to look out for, or perhaps you'll simply be inspired in the moment. Include yourself in your photos if you'd like to. Importantly, have fun!

Don't worry about taking the 'perfect' photo – there's no right or wrong. We make images using our ability to see, notice and feel the moment. Cameras are simply a tool to capture those images. This prompt encourages you to pause and pay attention to everyday details.

"For those able to walk, a short January stroll around the garden [if accessible] where residents point out what they'd want the activity lead to take a photo of on their camera phone. By the end of the walk, a group selection of photos have been captured"



Collage Credit: Sam Drew-Jones



Today's creative prompt has been dreamed up by: Anita Kambo

"This creative prompt has been inspired by the method of Photovoice, a community and participatory research method. It is a powerful communication tool, empowering people and communities to understand and express their lived experiences and stories. "A picture paints 1000 words" and, as such, it can be used to help others understand and connect with issues that are important to you. It is a particularly useful method for expression when, for whatever reason, words are hard to find." Instagram: [@anitakainthkambo](#) LinkedIn: [Anita Kambo](#)

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Day 5

Erasure Poetry

Create an Erasure Poem.

Using existing texts, let's play with words to create our own poems. Erasure poetry is created by blacking out words to form new sentences, poems and stories from what remains. It allows us to play with words without the pressure of having to think of them from scratch. Instead, we can enjoy restructuring and playing with words which already exist to tell our own stories.

Tear out a page from a newspaper, magazine or book. Use a marker pen to cross out the words surrounding those you wish to remain. It can be helpful to first underline the words you wish to remain, before then blacking out all of the others.

If you'd like, add in any additional words around those you've selected. Once completed, read the poem you created by playing with someone else's words.



Today's creative prompt has been dreamed up by: boom saloon

“I’m Rachel and I run boom saloon, a global media movement to democratise creativity for good. Boom Saloon work in collaboration with STAND, a peer support group for people living with young onset dementia - that is people who are diagnosed with dementia under the age of 65 - and their families and friends in Fife, Scotland. Boom Saloon have been working with STAND since 2019 to support them tell the true story of those living with young onset dementia, in their own words.”

Instagram: [@boomsaloon](#) Website: [boomsaloon.com](#)



Image credit: boom saloon

THE JANUARY CHALLENGE

Day 6

A Word Walk

Go for a word walk! If you're unable to go for a walk, find a window and look outside or sit outdoors.

Notice how many words you can see, from those on signs to flags to buses, as you either walk or look around. Select your favourites and write them down, or record them by reading aloud.

Use the words you found to write a poem.

You may want to gather your words first and then re-order to make your poem – there is no right or wrong! If you wish, add in any additional words for context and look back over your word walk poem.

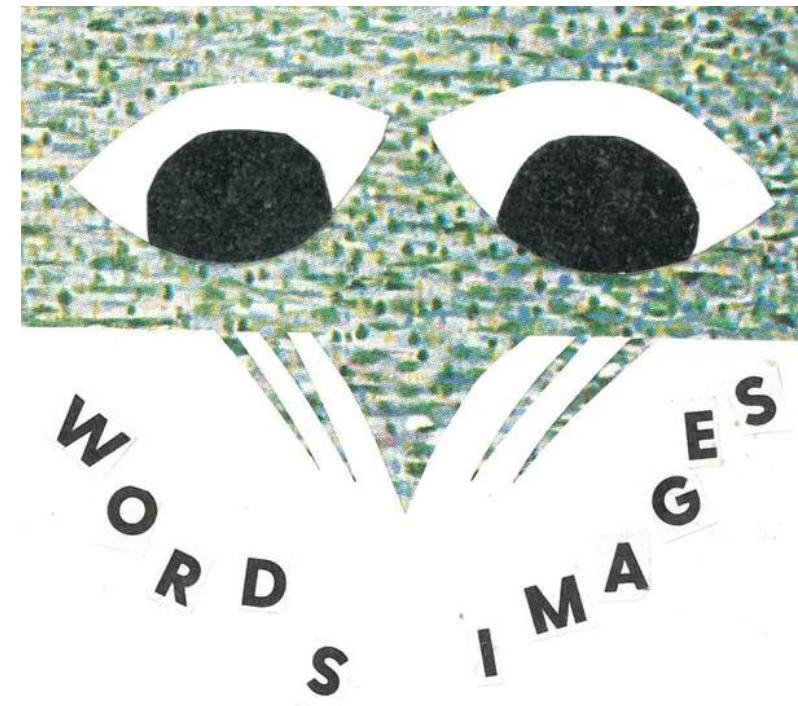
A word walk encourages us to get walking to find the words that surround us every day – 'gathering' them to create a piece of poetry. It highlights the potential all around us and supports us to view the world through a more creative lens.



Today's creative prompt has been dreamed up by: boom saloon

"Terms such as poetry and creative writing can feel incredibly daunting – they are filled with stanzas and haikus and villanelles, written by people such as Walt Whitman, Emily Dickinson and Yeats. And yet... at their core, they are nothing more than the words we each use day in, day out. This prompt encourages and guides you to think about the words that surround us each day and how we can play with them to discover that, in fact – we are all poets, even if we didn't know it!"

Instagram: [@boomsaloon](https://www.instagram.com/@boomsaloon) Website: boomsaloon.com



Collage Credit: Ann Tran

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Day 7

A Word-less Construction

Let's reimagine what a 'poem' is and have some fun! Poems, at their core, are a collection of words brought together and constructed into a form.

Gather any objects you have around you – if you're in your kitchen, perhaps these are a pepper mill, loaf of bread and an egg timer. If you're at your desk, perhaps a notebook, stapler and pen. Don't worry what the objects are as this is all part of the fun.

Using any means possible, construct a form from these objects. You might tape them together, you might build the tallest tower, you might create a bridge.

Challenge yourself to push your construction as far as you can, whether that's via height, length or combination of multiple materials. You may want to gather your objects first and think about what you'd like to construct – and how – before you begin... or freestyle and make it up as you go along!

For many, terms such as 'poetry' and 'creative writing' can feel intimidating; for others, words may simply be inaccessible. Today, we'll create a word-less 'poem' by playing with objects to construct a physical form. This reminds us that creativity can take any shape; it needn't be prescriptive or expected!



Today's creative prompt has been dreamed up by: boom saloon

"Creativity is interwoven into so much of our everyday – from the design of the toothpaste cap you unscrew every morning to the fabric of the pillowcase you lay your head on at night. Our work at Boom Saloon allows us to recognise this and imagine how much better our world could be if we empowered others to recognise their own creative potential."

Instagram: [@boomsaloon](https://www.instagram.com/@boomsaloon) Website: boomsaloon.com

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Day 8

Makaton!

“At our school, some of us use Makaton to communicate with each other. Makaton is a language programme that uses symbols, signs and speech to enable people to communicate. With Makaton, signs are used, with speech, in spoken word order. Let’s learn some Makaton!”

Using the [links here](#), learn some signs or symbols in Makaton that communicate something about what you are doing with your day today - or something that you would like to do today.

Are you going anywhere? What are you going to eat? What will you see, hear or experience today? How do you feel about the day ahead?

Capture your day in Makaton signs and symbols, or create a picture story of your day.



The Makaton alphabet (credit fun-play.co.uk)



Today’s creative prompt has been dreamed up by: Daventry Hill School

“Daventry Hill School primarily serves the community of Daventry and the surrounding areas in the South West of Northamptonshire. We are a co-educational all-through (4-18) school for pupils with cognition and learning difficulties. Almost everything we do involves communication; everyday tasks such as learning at school, making requests, sorting out problems, making friends, having fun and creative expression and choices. These all rely on our ability to communicate with each other. At Daventry Hill, we have staff who use Makaton to support communication with some students.” Website: DaventryHillSchool.co.uk

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Day 9

Smile!

Create something to make someone else smile.

What could you do to make someone smile? You could:

- Tell stories and share any funny memories you have
- Tell a joke and make someone laugh
- Create a card, draw a picture, sing a song, bake a cake...give the gift of your creativity to someone else.

You could even put on a comedic film night! Host a daytime session where residents gather to discuss the comedy sketches which have made them laugh the most. These are then curated to form a comedy night to be screened in the evening.



Collage Credit: Jemima Frankel



Today's creative prompt has been dreamed up by: Daventry Hill School

"Our staff, governors, families and the local community are all partners in helping our young people to access an education that is focused on improving independence and life opportunities. Having fun, being safe and feeling happy are key to everything we do. Positivity is one of our five key values. We understand the importance of positivity as a life skill that can support mindset and learning development from childhood through to adulthood. As a school we explore the value of positivity in a variety of creative ways." Website: DaventryHillSchool.co.uk

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Day 10

A Musical Day

What is your favourite song?

Choose your song and play it. (Activity leads might need to support this process).

Make noise and interact with the song.

Hum, sing, stamp, clap, click, bang on the table in time to the beat - whatever you do, let yourself make some noise and enjoy your favourite song!

This could be a nice prompt to do together. Invite everybody to share their songs, and collate the group's songs into a playlist to be listened to regularly. You could send it to families as well. Perhaps there's even scope for a care home CD/ concert for families and friends!



Today's creative prompt has been dreamed up by: Daventry Hill School

"We use creativity every day to support students' development by learning creatively through interactions and play. In addition we explore our creative skills and development through art, music, dance, drama, recording studio sessions and movement. We love music! Music enables some students to express themselves, to support calmness and readiness for learning, to wake us up when we are feeling sleepy, to support understanding of language and topic, to play, to smile, to have fun!"

Website: DaventryHillSchool.co.uk



Collage Credit: Rathi Kumar

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Day 11

A New Word

Create a word that does not, as far as you know, exist.
Create it because you like, or hate, the sound of it.

Decide how it's written. You could even make up letters that don't exist in any alphabet you use. Write it down in several different ways – pencil, felt pens, on a steamed up bathroom mirror.

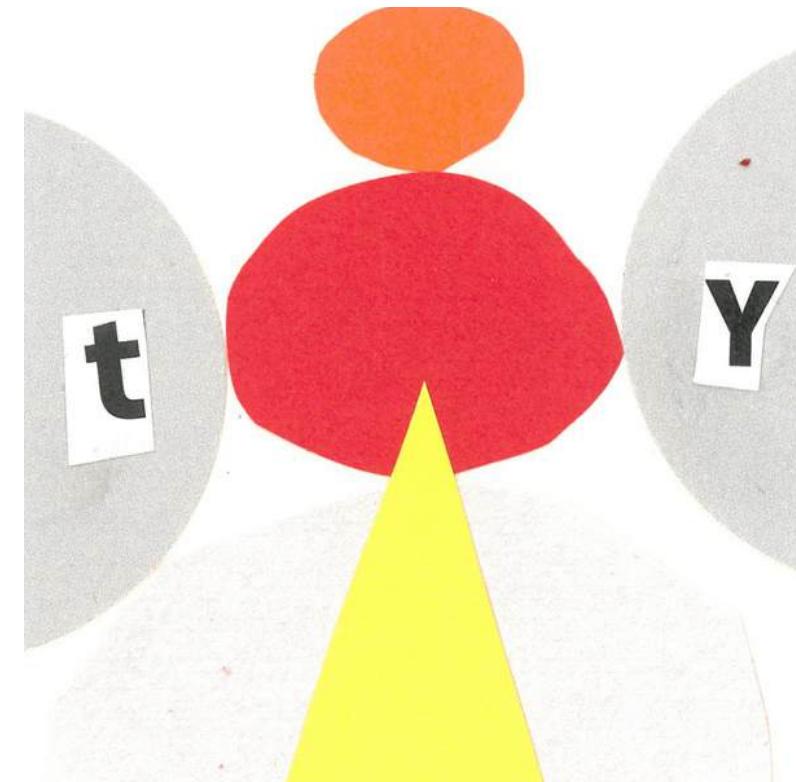
How is this word pronounced? Say it in different ways – in a whisper, in a sing-song voice, shouted. You could perhaps record yourself saying it and listen to it.

To help get you started – you could pick a favourite word then change the start of it to make a new word that rhymes, eg stove and 'throve.'



Today's creative prompt has been dreamed up by: Sian Northey

"I'm a freelance writer, poet and translator based in Penrhyneddraeth in Gwynedd, Wales. Most of my work is in Cymraeg (Welsh), and the translation that I do is mainly from English into Welsh. What was a hobby, writing, became the day job. Working with others, and especially others involved in different fields, helps to remind me that fun and creativity is an important part, the most important part, of my writing. This prompt is a simplified pared down version of something I've done when I've held creative translation workshops." Twitter/X: [@siannorthey](https://twitter.com/siannorthey)



Collage Credit: Polina Belenchuk

THE
JANUARY
CHALLENGE

Day 12

Making Waves

Find some clean water. It could be a stream or a beach, or it could be water in a sink or even in a cup.

Allow your skin to touch the water in some way – you may wade out until you are waist deep, dip your toes or your hand in it, even just put one finger in the cup.

And now play – move your body, hand or finger in the water, either gently or quickly, splash. Then stay still and feel the water.

This one could be messy! But that would be lots of fun... you could recreate the idea of going out to the beach. Could this idea take us there? You could bring in sandcastle moulds, umbrellas and beach towels, and all splash in water.



Today's creative prompt has been dreamed up by: Sian Northey

“Water is something so fundamental to life, but as we get older many of us forget the joy and emotion that it brings.” Twitter/X: [@siannorthey](https://twitter.com/siannorthey)



Collage Credit: Yashoda Rodgers

THE
JANUARY
CHALLENGE

Day 13

Follow the Sound

Find some instrumental music, any type of music. It could be familiar music, perhaps from old dances – or, if appropriate you could choose something that the group is unfamiliar with.

Play the music, not too loudly, and either start telling a story or make up a poem aloud guided by the music. The activity coordinator could write down what they hear the residents say.

Encourage the group not to think too hard – say or write what you instinctively want to say or write.

If the music evokes any memories, invite the residents to share.



Today's creative prompt has been dreamed up by: Sian Northey

"This prompt is the reverse of something I was invited to do and really enjoyed. A fellow poet and I read our work and a musician reacted to it as we read, without any preparation beforehand. At times we felt we were doing things in parallel, and at other times there was interaction. The musician improvising as we read, but his rhythms also having an influence on how we read."

Twitter/X: [@siannorthey](https://twitter.com/siannorthey)



Collage Credit: Polina Belenchuk

THE
JANUARY
CHALLENGE

Day 14

Mindful Animal Movement

Choose an animal that inspires you. It could be a lion, a deer, a bird, or even a snake. Think about how this animal moves, how it occupies space, and what its presence feels like.

Begin to move like your chosen animal. Notice how it takes up space. Is it bold and expansive like an eagle soaring in the sky, or is it slow and deliberate like a turtle? How does it express confidence or vulnerability? Explore these movements with your whole body, letting go of any preconceived ideas about how you "should" move.

You can make this activity as 'big' or 'small' as you like. Remember, some people might feel silly moving like this. Try to foster an encouraging environment – and if they feel like being still, ask them to think about what sort of animals sit still like that?



Today's creative prompt has been dreamed up by: Move to Thrive at St Margaret's House

"I'm Aditi Kaushiva, a movement facilitator and founder of Move to Thrive a practice that blends mindful movement inspired by my Indian culture, and creative expression to help people reconnect with themselves and others. I design and lead movement sessions to encourage participants to step into their bodies away from the 'hustle' culture, explore their inner landscapes, and find peace, joy and presence in motion." In partnership with St Margaret's House, arts and wellbeing hub in East London. Instagram: [@move_to_thrive](https://www.instagram.com/move_to_thrive/) / [@st.margarets.house](https://www.instagram.com/st.margarets.house/) Website: stmargaretshouse.org.uk



Collage Credit: Cut Out Club

THE
JANUARY
CHALLENGE

Day 15

The Worm

Recall the last time you noticed a worm—whether in soil, on the street, or in a bird's mouth.

Using any paper and pen you have, write down the qualities you observed (slimy, long, pink) and how it moved.

Now, recreate the worm!

- You could make or illustrate the worm out of materials you have around you? What characteristics would it have? You could create a map of its journey. You could all contribute to the same long, wiggly picture!
- What materials around you can attach to yourself to create a worm like silhouette?



Today's creative prompt has been dreamed up by: Babette van Gerwen at St Margaret's House

“I’m a community-driven artist with a background in geography, exploring the many ways nature touches us in our everyday lives. Working primarily with painting, performance, and film, I highlight the beauty, absurdity, and aliveness of nature, especially in places where it often goes unnoticed. I co-run an arts initiative called Sundial Arts, which empowers creativity and deepens connections to nature within our community.” In partnership with St Margaret’s House, arts and wellbeing hub in East London. Instagram: [@babette.vangerwen/](https://www.instagram.com/babette.vangerwen/) [@st.margarets.house/](https://www.instagram.com/st.margarets.house/) Website: stmargaretshouse.org.uk



Collage Credit: Daniel Bernal

THE
JANUARY
CHALLENGE

Day 16

Recycle to Stitch

Experiment with stitching using paper, card, fabric and other found or recycled materials around you! Use a piece of card as your base (it could be one side of a cereal box or an A4 piece of card if you have one) – or, if you can, use a bigger piece of fabric.

Use a pen to mark out 3 lines of dots. Use the pen to punch through the card to make holes on each of the dots. You can continue to make the holes as big as you like.

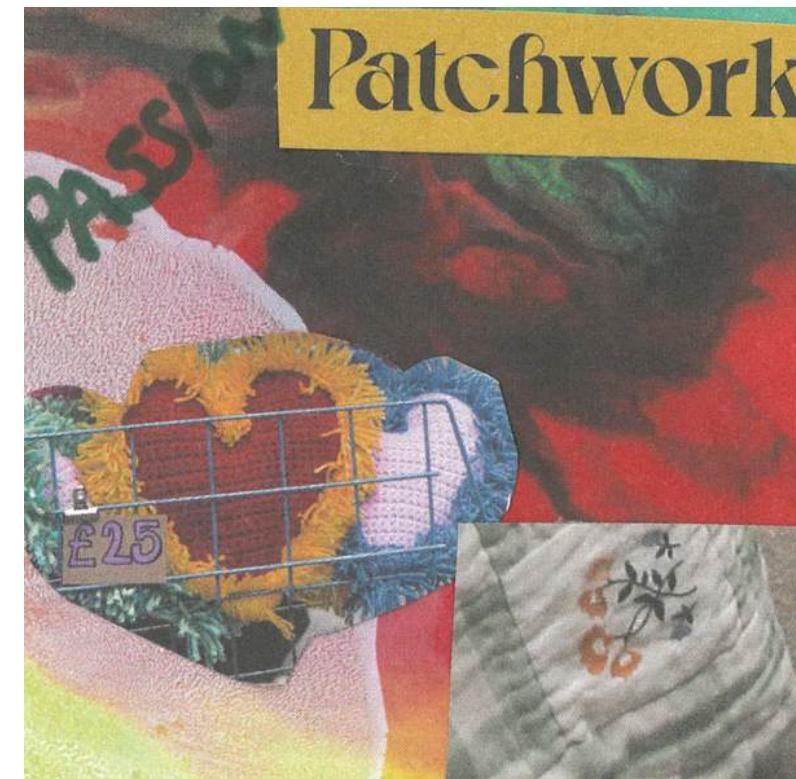
Once you have done this look around you to find materials to stitch in between the holes to create a pattern. You could use scissors to cut strips of the pages from a magazine, colourful string, fabric, tights, scarves, or cut up elastic bands – depending on the size of your holes!

Try overlapping your stitches or going in different directions to create a pattern.



Today's creative prompt has been dreamed up by: Fast Fashion Therapy at St Margaret's House

A collaboration between Eleanor and Sarah, Fast Fashion Therapy's ambition is to create a more sustainable fashion industry through sharing clothing repair and up-cycling skills. Every month, we host free workshops at community spaces across London and online sharing 'visible mending', upcycling and essential sewing skills. In partnership with St Margaret's House, arts and wellbeing hub in East London. Instagram: [@fastfashiontherapy/](https://www.instagram.com/fastfashiontherapy/) [@st.margarets.house/](https://www.instagram.com/st.margarets.house/) Website: stmargaretshouse.org.uk/ fastfashiontherapy.co.uk/



Collage Credit: Lerato Stanley-Dunn

THE
JANUARY
CHALLENGE

Day 17

Mind-Full Of...?

Spend 15 minutes writing a journal entry, poem or both - of the thing that is most pressing on your mind. If you are working with a resident, you could offer to scribe for them. If they don't want to share what's on their mind, you could set up a voice recorder for them to speak into (and listen back to).

It can be important, inane, personal, public.
If it's the first thing you think of, take the time to explore why.

This prompt is about having a mindful moment. If this prompt isn't working for your residents, simply invite them to think about how they feel today (in silence, or perhaps with some gentle music playing). If they like, invite them to share what they are feeling.



Collage Credit: Jemima Frankel



Today's creative prompt has been dreamed up by: David Larbi

"I am a writer, creator and musician from London. Through my experimentation with diverse platforms and forms of expression, I've built a wonderful online community based on introspection and emotional connection, with whom I share my thoughts in written, long and short video forms. I have a deep love for words, and only want anyone who comes across my work to leave feeling better for it. Creativity shows up in everything I do!"

Instagram: [@davidlarbi](https://www.instagram.com/davidlarbi) Tiktok: [@davidlarbi](https://www.tiktok.com/@davidlarbi) YouTube: [@davidlarbi](https://www.youtube.com/@davidlarbi)

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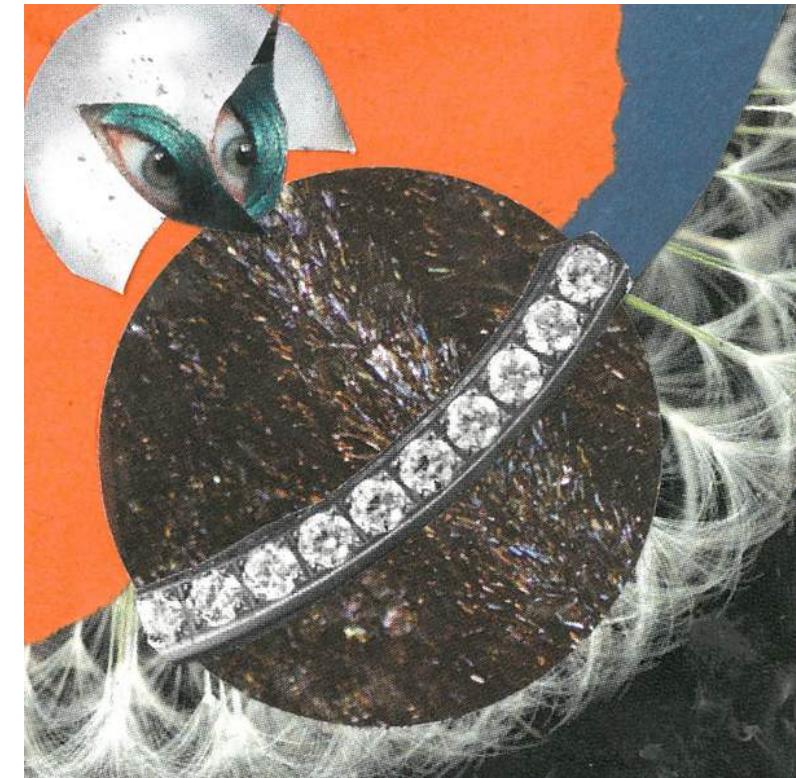
Day 18

Dressed to Impress

Invite residents to choose their favourite item of clothing or shoes—the one that makes you feel the most confident, comfortable, or truly you. Wear it today!

As you go about your day, take notice of how it makes you feel. Did it give you a boost of confidence? Did it bring back a memory? Reflect on how your clothing impacts your day.

Note – sometimes, residents are unable to choose what they want to wear. You could use the prompt to inspire a dressing up box day – give those who want to take part the option to choose something, with clothes that are glam! Some residents might get attached to the clothes, so may want to keep them for the rest of the day.



Collage Credit: Anita Kambo



Today's creative prompt has been dreamed up by: Angie Ouya

"I am an independent designer based in Manchester running my own clothing brand; Janus. I was on my way to an interview when I thought about this prompt. I had decided to wear a pair of my favourite boots! I had worn this boots to all my previous job interviews, I had also worn these boots to hand in my resignation at a job where I was unhappy. I had worn these boots on nights out with my friends and to community projects. I thought about all the times I had worn these boots and how they made me feel confident and powerful! I wondered if others had a similar piece of clothing item that represented something similar for them."

Instagram: [@master_toffee](https://www.instagram.com/master_toffee) Website: janusstudios.co.uk

THE
JANUARY
CHALLENGE

Day 19

Unseen Borders

Pick a song that makes you feel like moving. It can be slow and soothing or fast and upbeat, whatever resonates with, or means something to you.

As the music plays, allow your body to respond instinctively. This can be subtle movements like stretching, swaying, or moving just your hands, waist, or feet. The key is to move in a way that feels natural and freeing for you, without thinking too much about it. Let the rhythm guide you and focus on the sensations in your body.

Now, try doing the same prompt but with a friend, carer or another person in the space.

Move in a way that's comfortable and accessible to you - as big, small, slow, fast as you like.



Collage Credit: Zara Veerapen-Padayachy



Today's creative prompt has been dreamed up by: Angie Ouya

"For this prompt, I reflected on a recent essay I read on intersectional feminism that specifically explored the policing of ethnic minority's bodies in a bid to preserve white supremacy. I reflected on how there are 'hidden rules' that are embedded in our psyche which cause us to police ourselves and our own bodies in turn. I wanted to create a prompt that specifically explores a moment of free movement outside of our daily routines, a protest to the policing of our bodies and a way to connect with and centre us in our bodies with music as an aid."

Instagram: [@master_toffee](https://www.instagram.com/master_toffee) Website: janusstudios.co.uk

THE
JANUARY
CHALLENGE

Day 20

A Meaningful Touch

Select an everyday bag or item of clothing that you use or wear regularly, such as a tote bag, backpack, wallet or jacket.

Create something meaningful to hide inside. It could be:

- **A small picture:** Draw or capture an image that has personal significance to you. It might be of a person or a scene from a memory or place.
- **A personal note or quote:** Write a positive affirmation, inspirational quote, or personal note on a small piece of paper or fabric.
- **A keepsake or token:** Create a small 3d item, like a collection of charms, or fabrics that holds special meaning for you.

Then, secure your 'meaningful touch' inside your bag or chosen item and attach it if you can. You could place it in a pocket, or attach it with a pin or sew it on.



Collage Credit: Jemima Frankel



Today's creative prompt has been dreamed up by: Angie Ouya

"I reflected on the clothing items I've personalized and the deep meaning they hold for me. It reminded me of how my mum would personalize her belongings, especially how she used to carry pictures of us inside her wallet. This inspired me to think about personalizing something we carry with us every day. It's like having a little secret inside your bag—something that offers inspiration, comfort, or a reminder of love whenever you need it. Each time you open your bag, you find this personal touch, making your daily routine a bit more special." Instagram: [@master_toffee](https://www.instagram.com/master_toffee) Website: janusstudios.co.uk

THE
JANUARY
CHALLENGE

Day 21

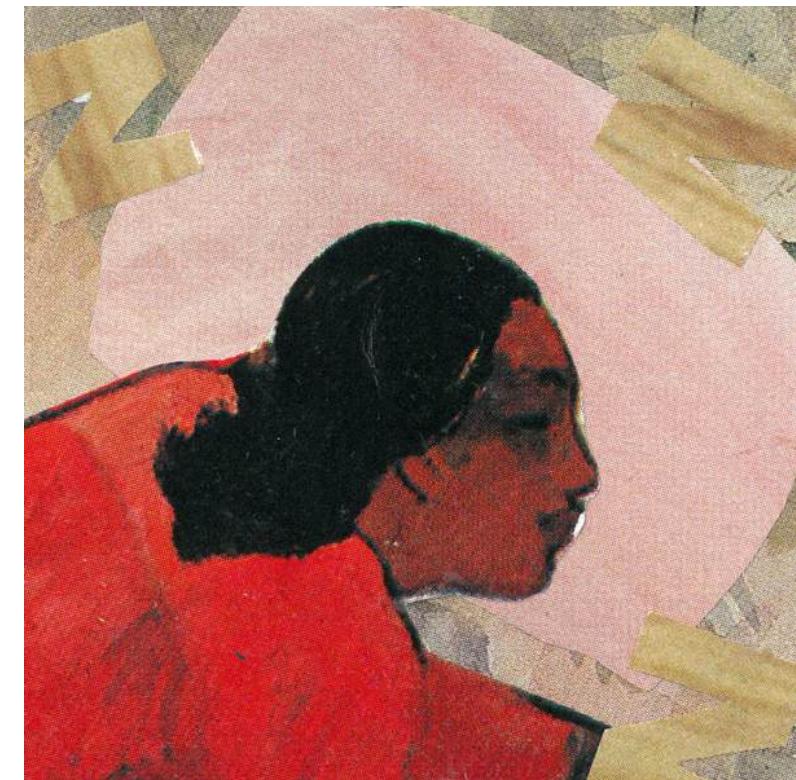
You Inspire Me

Imagine you have all of the people who have ever inspired you in your contacts list (friends, family and famous people through the ages).

Draft a message or write a letter to one of them letting them know why they are inspirational and what they have inspired you to do.

If it's in any way possible, send that message or letter.
Share your thoughts with the person who has inspired you.

"It makes me think of writing to Santa!"



Collage Credit: Ann Tran



Today's creative prompt has been dreamed up by: Natasha Whittaker, St Thomas Medical Group

"I work within primary care and I'm taking this opportunity to bring creativity, connectivity and the chance to 'give it a go' to our practice teams and our patients via January Challenge.

In our fast-moving world, it's sometimes easy to forget just how big a small gesture can be. I know that, when I receive a message that makes me smile, I can go back to it and re-ignite that smile whenever I want to. It would be great for people to give this a go because by spontaneously sharing and receiving inspirational messages, we can create a ripple of positivity that could spread across the country." Website: www.stthomas.nhs.uk

**THE
JANUARY
CHALLENGE**

Day 22

Take Back the Trash

Today – we're inviting the residents to get crafty! Gather some clean recycling from the care home's stash.

Take time to think about that thing differently.
Could it be re-used at all?
Could it be used for something completely different?
Could it be made into a friendly character?

Revive that piece of trash and give it a new life.



Collage Credit: Cut Out Club



Today's creative prompt has been dreamed up by: Natasha Whittaker, St Thomas Medical Group

"I'm always very conscious of the volume of waste I put out for collection & I try to think of alternative outcomes wherever possible. I have many styles of rescued food containers, a fairy light pickle jar, an old spice rack that now holds my essential oils and many tubs and pots that come in useful when painting. I also have a pile of magazines that are great material for collage projects! I think it would be great for people to give this a go because it not only makes you think about what you're throwing away but also focuses your mind a little more on what you're buying in the first place." Website: www.stthomas.nhs.uk

THE
JANUARY
CHALLENGE

Day 23

This Is Me

Imagine, in 100 years time, someone finds a photo of you. It could be your favourite photo of yourself, taken at some point in your past. If you like, it could be taken today.

Describe what is happening in the photo. Activity leads can write down the description. Together, you could write a single word, a headline, or you could create a poem.

“I’d like to do this with an old photo of mine – of my wedding, of my family. It would be nice to remember the good times and write about them.”



Today's creative prompt has been dreamed up by: Natasha Whittaker, St Thomas Medical Group

“Whenever I’m exploring charity shops, car boot sales or vintage fairs, I’m always drawn to old photographs. I’m always intrigued about what was happening for the people in those photos. I wonder if it ever crossed their minds that someone, so many years later, would be looking at their photo. I think it would be great for people to give this a go as it will encourage people to think about how things have changed, and will continue to change, over the years. When we notice that things are constantly evolving, it allows us to both value the moment and (if things are not too great) appreciate that ‘this too shall pass’.” Website: www.stthomas.nhs.uk



Collage Credit: Aaron Peters

**THE
JANUARY
CHALLENGE**

Day 24

Heart Beat

Feel and notice your heartbeat and pulse.

You can feel the pulse in your wrist, neck or any other part of your body. If you happen to have a stethoscope, or any safe instruments that can pick up the beats and pulse, use it!

Then, notice what you notice. How fast or slow is your heart beat or pulse? If it's tricky to hear the beats – play the residents the sound of a heartbeat from YouTube or similar.

Now, replicate the beats or pulse by making vocal sounds, by tapping your feet on the ground, clapping your hands or tapping your hands on your thighs. Perhaps you have a drum, or pots and pans. Perhaps you even use drum sticks and bouncy balls [just like this group here!](#)

Use whatever is available, takes your fancy and feels safe and comfortable.



Today's creative prompt has been dreamed up by: Isaac Acheampong

"I'm a Ghanaian born British multidisciplinary artist, librarian, coach and group facilitator. I live and work in Hull, and around the country. I have an academic background in Architecture and over 20 years' experience facilitating workshops as a creative practitioner. My work includes African drumming, drum circles, musical instrument making, photography, design and other making practices. I love bringing people together to connect, collaborate and share our creativity and what we have in common. I chose this prompt because I want to share something of myself, my heritage and my love of rhythm." Isaac works at Hull Libraries: www.hulllibraries.co.uk



Collage Credit: Ann Tran

**THE
JANUARY
CHALLENGE**

Day 25

Gratitude Bank

Reflect on 3 things that you are grateful for. It could be anything, small, large, ordinary or profound. Write them down.

Start a Gratitude Bank. You could do this together as a group – perhaps coming back to it each week to give and take from the gratitude bank!

Find a jar or box and label or decorate it as a Gratitude Bank. Daily, or as regularly as you can manage from time to time, write down things that you are grateful for onto slips of paper and deposit them in the jar or box.

Withdraw from the Gratitude Bank from time to time, especially when feeling 'skint' in mood or morale and ready for inspiration and motivation.

As a group activity, take it in turns to withdraw from the Bank and read out to the rest of the group.

Then, the person who's 'gratitude deposit' is being read out can choose to say something or tell a story about it, if they want.



Today's creative prompt has been dreamed up by: Isaac Acheampong

"Practicing gratitude has been researched and scientifically shown to improve feelings of wellbeing. I can add anecdotally to this, from my own personal experience of vastly improving my mood and wellbeing by regularly practicing gratitude for a period of time."

Isaac works at Hull Libraries: www.hulllibraries.co.uk

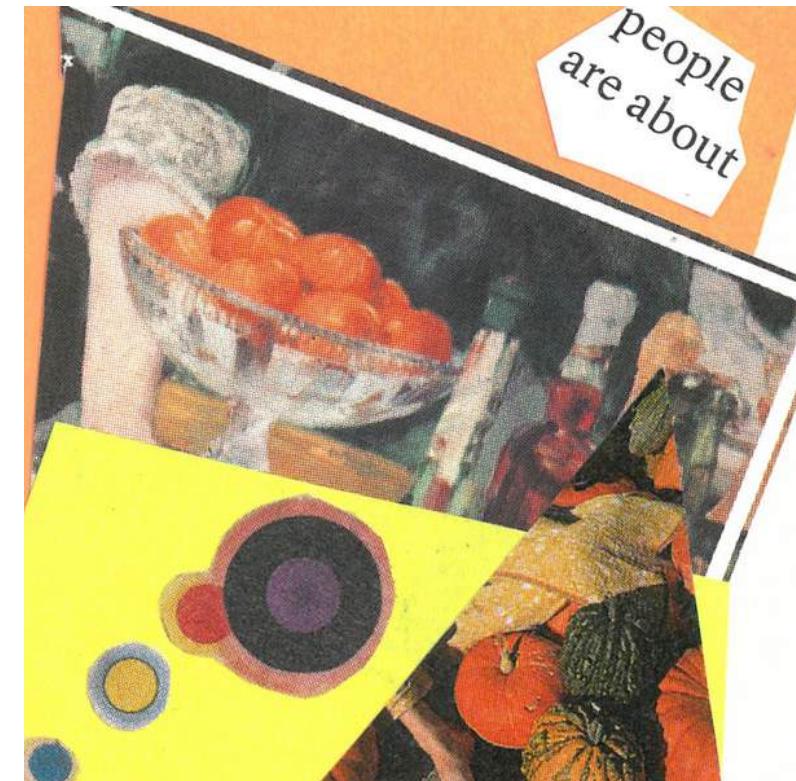
Day 26

Pieces Together (Peace is Together)

Create a collage or mixed media assemblage responding to the themes of 'Peace' and/or 'Together'.

What does Peace mean to you?
What does being 'together' mean to you?
Who do you like to be 'together' with?

When you are 'together' with people how does it make you feel?
Flick through scrap paper, magazines or newspapers and rip out any images or words that you associate with the theme, and piece together a collage. Do this activity as a group, or individually. Perhaps you could support residents to give their collages to their families.



Collage Credit: Mariana Feijó



Today's creative prompt has been dreamed up by: Isaac Acheampong

"One of the groups I'll be working with to bring The January Challenge to life is Friends For English - a befriending project to help newcomers, mainly asylum seekers and refugees, to practice English and make new friends in Hull. In a meeting with the group a prominent theme that came up was the idea of individuals' contributions connecting with a larger whole. This is reflected in this prompt." Isaac works at Hull Libraries: www.hulllibraries.co.uk

**THE
JANUARY
CHALLENGE**

Day 27

Grounding

Step outside or open a window. [Listen out for birdsong.](#)

What can you hear? Is there a bird song you can recognise?

If so, do you know the name of the bird? If you don't recognise any bird songs that's ok! Look out for the birds who are singing and make a connection between their appearance and the sounds they make.

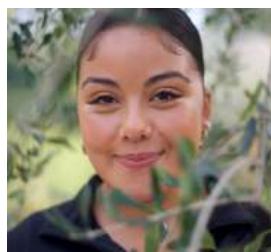
You could all go outside together. You could even feed the birds!

If you don't hear birdsong, imagine a bird and the vibrations it creates with its voice.

Capture the bird on paper. Draw, paint or collage your image. How big is it? What colour are its feathers? What is its name?



Collage Credit: Jemima Frankel



Today's creative prompt has been dreamed up by: **OutsideWithLira**

"I am a South London born and raised wildlife enthusiast who currently works in a nature reserve as a ranger. For as long as I can remember, I've had a fascination of other living things around me. Since completing my degree in Zoology, I have taken part in many wildlife projects abroad and in the UK which led to my particular interest in birds. In 2023 I started an Instagram @outsidewithlira to teach urban communities about birds and other wildlife around them. Birding has helped me through tough times, and I want others to experience the benefits too." Instagram: [@outsidewithlira](#) Tiktok: [@outsidewithlira](#)

**THE
JANUARY
CHALLENGE**

Day 28

Silly Self Portrait

Create a visual self-portrait of yourself.

It can be abstract, cartoonish, or lifelike out of objects around you. It can be a simple drawing or painting, or maybe even made with any scrap materials on offer like pasta shapes or discarded bits of ribbon and buttons.

Focus on the silly and the daft, maybe you can draw yourself in bright, colourful clothing, with fun make-up or hair, and maybe surround yourself with drawings or lists of all the silly things you enjoy doing. Fill the page with the silly stuff.



Collage Credit: Sam Drew-Jones



Today's creative prompt has been dreamed up by: **Rachel Baker**

"I am a comedian and community arts facilitator based in Birmingham. I work within a few disciplines, writing, improv, crafting, and photography. My work has laughter and togetherness at the heart of it, embracing silliness and joy. I began to embrace myself more when I started focusing on enjoying being silly and weird rather than worrying about how others perceived me or fretting about what I looked like. This activity is to draw and realise all the silly stuff we do in our lives and enjoy that.

Instagram: [@racheltheginge](https://www.instagram.com/racheltheginge/) Tiktok: [@racheltheginge](https://www.tiktok.com/@racheltheginge)

THE
JANUARY
CHALLENGE

Day 29

Character Creation

Take two or three random letters, if you can see a car number plate near you take the letters from that, if not look around your space and take the first letter of the two/three objects you look at.

These two letters are initials, for example, 'WP'. Create a name with these initials for example 'William Percy'. This character can be a human, animal or alien, whatever you want.

Now you have the name, you can either draw the character or just imagine what they look like.

Think about who the character is – what are they like?

Consider what the backstory is for your new made up character.

If this prompt is tricky for some – invite residents to think about their favourite person. As they think of their favourite person, they could create a card for them, perhaps with their decorated initials on the front.



Today's creative prompt has been dreamed up by: **Rachel Baker**

"I have always enjoyed creating characters but sometimes it can be tricky to just think of one from nowhere. This prompt allows you to think of a name and then asks you some 'hot seat' questions which allows you to flesh out that character. It's a mixture of an improv exercise and a writing exercise, I have found it a really useful exercise when introducing people to either practice. Also you never know what other ideas might spring from your character profile."

Instagram: [@racheltheginge](https://www.instagram.com/racheltheginge/) Tiktok: [@racheltheginge](https://www.tiktok.com/@racheltheginge)

THE
JANUARY
CHALLENGE

Day 30

I Make Myself Laugh

Do something that makes **you** giggle.

Maybe you can wear a fancy dress hat or prop while eating your breakfast or carrying out chores. Maybe whenever you pass a mirror that day you can pull a funny face at yourself.

Take a bit of time out of this particular day to make yourself chuckle. And if it makes someone else chuckle – great!



Today's creative prompt has been dreamed up by: Rachel Baker

“Every day I love doing silly stuff. I like making eggs in my rollerblades, sometimes I jump over a bench, or gesture squirrels in the park, even though that doesn't ever seem to work. It allows me to have these fun moments each day and never stop playing and having fun.”

Instagram: [@racheltheginge](https://www.instagram.com/racheltheginge/) Tiktok: [@racheltheginge](https://www.tiktok.com/@racheltheginge)



Collage Credit: Mariana Feijó

**THE
JANUARY
CHALLENGE**

Day 31

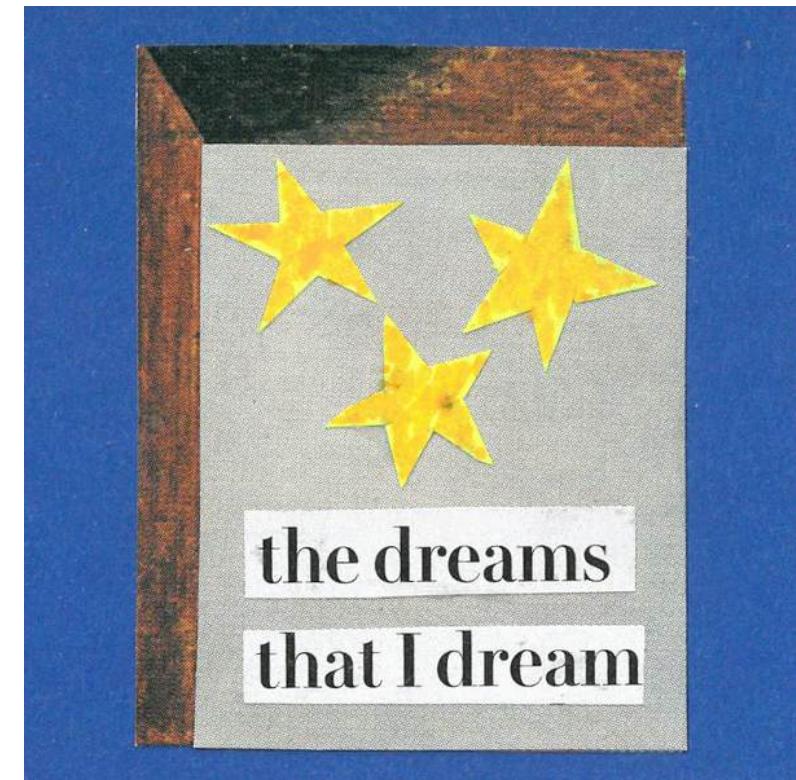
Changemaker

What change do you want to make - in your life, or in the world around you? Write down the change you want to make. Be bold! Try not to overthink it.

Write down what comes to your mind. Take a moment to read your statement.

Choose one creative action you could take today to move towards that change. It might be a tiny thing, or it might be the start of something bigger. Perhaps you recall your 'word of the year' from [Day 1](#) to help you choose what to do.

If this prompt is tricky, invite them instead to think about what they would do today if they could do anything at all - the bigger, the more elaborate, the better!



Collage Credit: Amun. A. S.



Today's creative prompt has been dreamed up by: 64 Million Artists

At 64 Million Artists, we believe that when we use our creativity, we can make changes in our lives and in the world around us. Even small, micro-moments of creativity can help us shift our mindset, spark ideas and conversations, and reimagine something. And when we use our creativity in community - perhaps it can help us to reimagine something big.

THE
JANUARY
CHALLENGE

And a lucky bonus..!

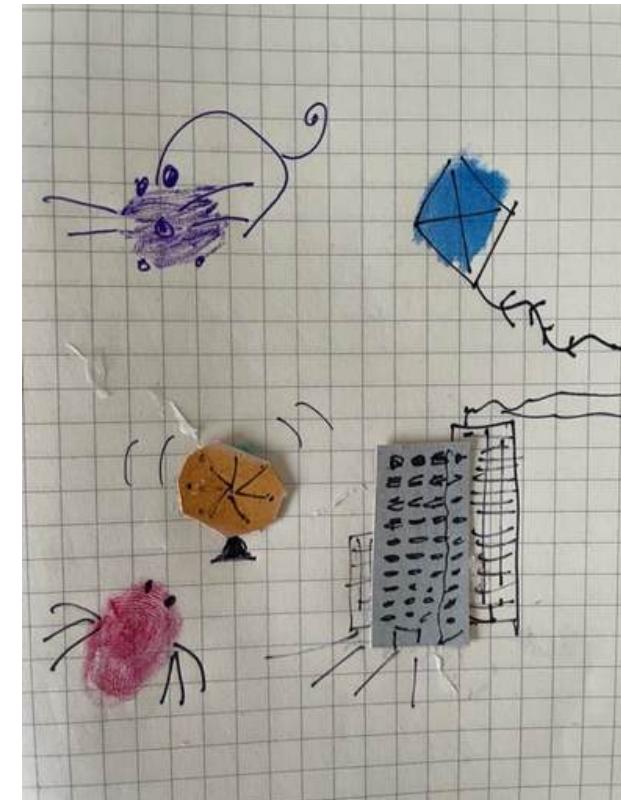
Thank you very much to our partners at the [National Society for Education in Art & Design](#) for a BONUS prompt for our Creativity Champions Pack!

Fingerprint-imaginations

Cover your finger tip with felt tip pen, then print your finger on paper. Use another pen and your imagination to turn the finger prints into anything you like. On this example, you can see a crab, a cat, a kite.

You could also add collage shapes as an extension, an extra approach or for anyone not wanting to cover their fingers in pen.

And - [here is a graphic template](#) with some ready made thumb prints of different shapes and sizes to get you started.



Picture credit: NSEAD

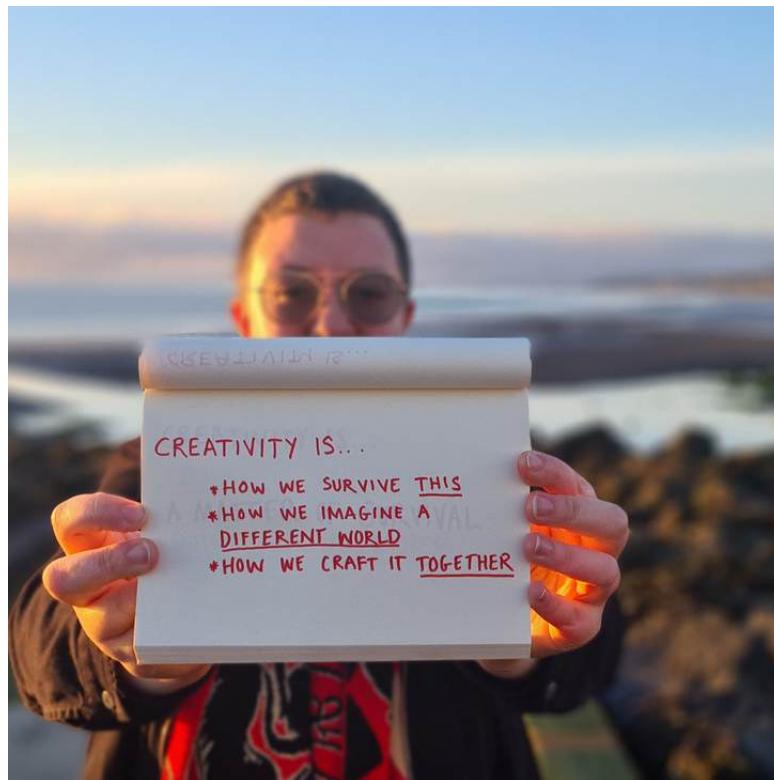


This BONUS creative prompt has been dreamed up by the team at NSEAD

NSEAD protect, support and inspire art, craft & design education. Find out more about their work at www.nsead.org.

THE
JANUARY
CHALLENGE

Share what creativity is...to you!



Thousands of people take part in The January Challenge and we love connecting with those people online.

Join in online by sharing your response to what creativity is to YOU. Who knows, you might just inspire other Creativity Champions to jump in too!

You can print the next page, fill it in and take a picture with it. Include your groups and colleagues – or fly solo!

Use the hashtag **#TheJanuaryChallenge** and tag 64 Million Artists on [Instagram](#) and [Facebook](#).

CREATIVITY IS ...

#TheJanuaryChallenge

More downloadables available at 64millionartists.com/thejanuarychallenge

64 Million artists



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Contact us via email:
hello@64millionartists.com



Thank you!

We hope you enjoyed The January Challenge 2025.

We really value feedback - and we really listen to it! Understanding how this Pack has worked for you and your community will help us to continue to reach more people in more places in the future.

We will be sharing with you an accessible survey (using the email address you used to download this pack.) We'd be grateful for your feedback and some insights into how you used your Pack.

Remember to [sign up to our mailing list](#) for creative prompts, resources and opportunities, all year round.

And, you can find out more about our brand new programme for 2025 - Creative Cultures - [by clicking here](#).

See you soon!