

DAY 1

THE TOGETHER COLLECTIVE



Together is a powerful word at the moment. It reminds us that we're all in this together, and you are not alone. This challenge comes from a fashion lecturer, mum and illustrator called Chloe Ward who runs TicketyBooStudio. She is currently making NHS/Key worker and missing you posters which you can find [here](#).

Do

Create the word 'Together' to inspire other people in isolation and keyworkers right now. Use the things around you to spell out the word 'Together.' You could use dry pasta, sticks, beads, scarves, clothes - anything you like the look of.

If you have more time...

Can you find and photograph the letters in the things round you, in your home or on your daily exercise?

Make part of a window frame the 'T', a wheel for the 'O'...what can you see?

Think

What does togetherness mean for you?

How have you found moments of togetherness, apart?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @ticketybooillustration
 @ticketybooillus
 www.ticketyboostudio.com

Resources

Bits and bobs that you have around you. Get creative to turn your things into letters!

If you are going on a photography walk, you'll need a camera or smartphone.

DAY 2

MUNDANE MEMOIRS



Today's Challenge is set by *It's Not Your Birthday But...* champions of the lost art of letter writing, who connect people through letters, words and visual arts. They work in community settings such as schools, prisons, care homes, hospices and hospitals to encourage people to explore their own creativity, challenge assumptions that may be made about them and to share what's important or helpful to them.

Do

Capture your lockdown experience in your own Mundane Memoir. Find a piece of paper that is approximately 10cm by 10cm and draw or write something that reflects a task or activity you've undertaken during lockdown. These small squares of moments, tasks and activities created by thousands of people will come together to create a lockdown landscape. You might want to draw, colour, paint, sew, write or collage.

Share your Mundane Memoir with us, so we can piece them together to create a mass artwork. Take a photo of your paper and share with us online or by email, or post your work to us at: [INYBB, The Old Bank House, 26 Station Approach, Hinchley Wood, Surrey KT10 0SR](#)

If you have more time...

What's the first thing you'll do once lockdown is lifted? Could you repeat the exercise to capture the things you are looking forward to doing?

Think

The small things come together to form the big picture! What have you been reflecting on, or had time to notice in the lockdown period?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

-  @itsnotyourbirthdaybut
-  @INYBB_
-  www.itsnotyourbirthdaybut.com

Resources

A piece of paper or card that's approximately 10 by 10cm, and something to create with - a pen, pencil, collage materials, paint...



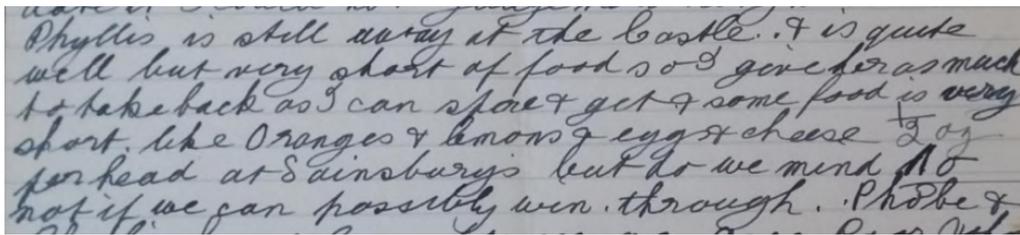
DAY 2

MUNDANE MEMOIRS

IT'S NOT
YOUR
BIRTHDAY
BUT...

Examples to inspire today's challenge...

As part of their Lost Letters project with Surrey History Centre, they're inviting you to reflect on a task or activity that has helped you get through lockdown. The examples below are reading, eating and doing puzzles! Looking at their archives, we can take comfort from how our ancestors made it through difficult times. We can see how the mundane provides comfort and routine when there is fear and uncertainty around us. The example here is a letter from a mother to a son at war in Europe in February 1941. She shares her experience of trying to get food for herself and her friend Phyllis from Sainsbury's. "Some food is very short, like oranges & lemons & eggs & cheese, 2oz per head at Sainsburys but do we mind, NO, not if we can possibly win through."



Phyllis is still away at the castle. I is quite well but very short of food so I gave her as much to take back as I can spare & get & some food is very short. like Oranges & lemons & eggs & cheese 2oz per head at Sainsburys but do we mind NO not if we can possibly win through. Phoebe &



DAY 3

PEN TO PAPER



Arts in Care Homes champions arts and creativity in care homes and provides accessible resources for anyone who wants to organise arts activities with older people. Over 70 care homes across the UK have already been linked up with pen pal partners in their Only Connect project. Now they've launched a digital version of Only Connect, and you can get involved as a volunteer pen pal [here](#).

Do

Think of someone you want to connect with, it could be someone you know, or you could connect with someone new in your community. Do you have any older neighbours or local organisations who might like to receive positive messages? Form a postcard pen pal partnership. Postcards can either be sent through the post or via email, by attaching the photos.

If you have more time...

Suggest an art or poetry exchange to your new pen pal.

You could send a self portrait, a sketch of the view from your window, or write a poem and ask for one in return.

Think

What does it feel like to receive a thoughtful message?

How do people connect with each other using words and pictures?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @artsincarehome
 @Artsincarehomes
 www.artsincarehomes.org.uk

Resources

Pen and paper, and anything you'd like to use to decorate your letter.

Or, if you are using email - you'll just need your computer or phone.

DAY 4

LITTLE BOX OF CALM

YOUNGMINDS
fighting for young people's mental health

YoungMinds are leading the fight for young people's mental health. Right now, at a time when so many young people's lives have been turned upside down, they're working to make sure young people get the best possible mental health support, and know that whatever they're going through, they are not alone.

Do

Find and gather things that help you to feel calm, or that engage your senses. You might choose a scented candle, your favourite picture or snack, cards, a book, a bit of play dough or soft material - you could even capture your favourite music by writing down the lyrics or a drawing of the album cover. Put your objects into a box so you can come back to them any time you want to relax and feel calm. You could add other objects to your box as the month goes on! Eve, a young blogger for YoungMinds has written about their soothing box, and you can find more tips [here](#).

If you have more time...

Ask a friend what they would put in their Little Box of Calm.

Have a conversation about the things that help you feel relaxed and calm - share your playlists, book or film recommendations, or any mindfulness tips you might have.

Think

What was it like to put your box together?

How did you feel before and after this challenge?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @youngmindsuk
 @youngmindsUK
 www.youngminds.org.uk

Resources

Something to help you gather your chosen objects - a shoe box, bag, or even a quiet corner around you.

If you're struggling with how lockdown is making you feel visit youngminds.org.uk/coronavirus

DAY 5

#TEXTURE HUNTERGATHERER



Liz Atkin is an artist and mental health advocate based in London. She has Compulsive Skin Picking, a complex physical and mental disorder, but she reimagines the body-focused repetitive behaviour and anxiety into drawings and photographs. Liz raises awareness for Compulsive Skin Picking, and has given away more than 18,000 free #CompulsiveCharcoal newspaper drawings to commuters on public transport around the world. Liz has started focusing on tiny texture details on her daily exercise walk. It's a soothing and mindful way to keep present, grounded and in the moment.

Do

Become a #texturehuntergatherer wherever you are. Notice tiny texture details by seeing or feeling them, and capture them however you like - in a photograph, quick sketch or in writing. Can you find interesting textures in nature or in your home? What can you see or feel in your food, clothes, wallpaper...?

If you have more time...

Could you create drawings, paintings and prints of the textures that have caught your attention?

Think

Notice what your eye was drawn to. What did you find? Where did you find it? What words would you use to describe the textures?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @liz_atkin
 @LizAtkin
 www.lizatkin.com

Resources

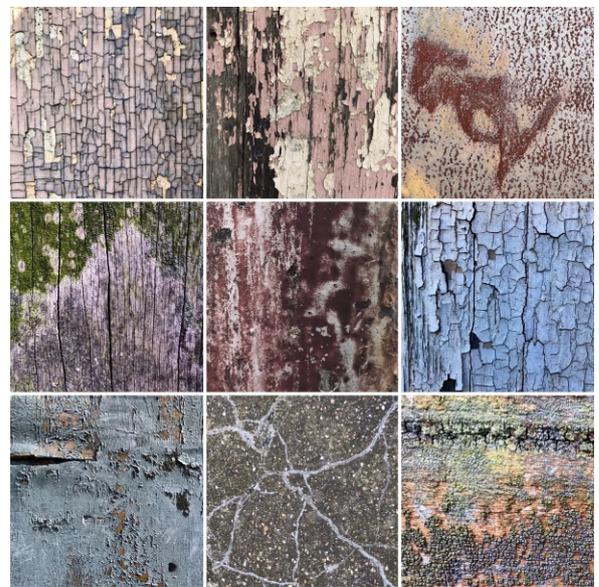
If you want to photograph your found textures you'll need a phone or camera.

DAY 5

#TEXTURE HUNTERGATHERER

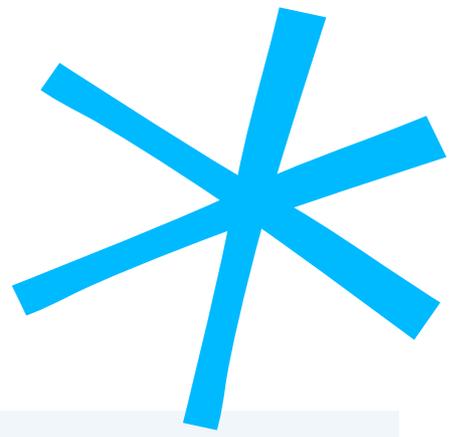
Examples to inspire today's challenge...

Liz has been extending the textures she's found into colour palette collections, and to inspire new charcoal and pastel drawings!



DAY 6

YOU ARE POETRY



This poetry challenge is set by Sophie Symington, a teacher from Birmingham who's finding fun and engaging ways to support homeschooling. Today - you are poetry!

Do

Make a Kenning Poem about you. A Kenning is a pair of words that describes something without calling it by its name. A Kenning poem uses a list of Kennings to describe something in an interesting way, like this one about snow:

Cloud confetti
Land icing
Field blanket
Solid rain

Make a Kenning poem about you. You might be a Picture drawer, Cake maker, Smile spreader, Hug giver, Goal scorer, Friend maker...

If you have more time...

Try writing a Kenning poem about something else. The sun, the ocean, a particular animal... can someone else guess what it's about?

Think

If someone heard your poem, how would they guess it was about you?

Are we only defined by the things we have and the things we like or do?
How else are we defined?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

Resources

If you want to photograph your found textures you'll need a phone or camera.



DAY 7

TIME CAPSULE

company

Today's challenge is from Company Three. Company Three believe that teenagers should be better understood, listened to and celebrated, and make plays that help young people tell their own stories and make their own change. Today's challenge asks who are you, right this second?

Do

Make a video, or a series of photos, or drawings to capture yourself in time, right now. You could include:

Your name

Your exact age (to the second!)

Your hair (colour, length, style)

The amount of time you've spent in lockdown

Your primary lockdown habitat, diet, sleeping habits and any skills you've acquired.

Keep your time capsule safe - can you make a reminder to look at it in a month, a year, in 10 years...?

If you have more time...

Do you know, or work with any teenagers? Company Three have started a Coronavirus Time Capsule free project for community groups who have closed because of COVID-19. Check it out at companythreeco.uk.

Think

What do you think will be your lasting memory from this time?

Have you developed any positive habits that you would like to keep?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@companythree



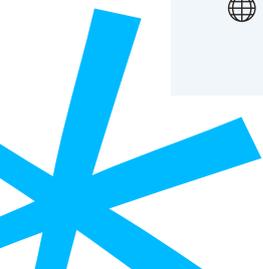
@company_three



www.companythree.co.uk

Resources

A camera or smart phone, or something to draw/create with!



CREATE  **CONNECT**

MAY 2020

DAY 8

NATURE SCENES

AGE OF
CREATIVITY

Today's challenge is set by the Age of Creativity network. The Age of Creativity is a network of more than 1,000 professionals who all believe that creativity and culture supports older people to experience better health, wellbeing and quality of life. You can find lots of events to get involved with online on their website!

Do

Create the outside, inside. Recreate the natural world in a collage. Use newspapers, magazines, scrap paper, clothes - whatever materials you can find. What landscape will you choose? You might recreate mountains, the sea, a jungle or a snowy scene. You could work off of a photograph or your imagination...

If you have more time...

Could you repeat this challenge using words?

Write down the words you might use to describe the scene, and layer and shape them to create some word art that captures your landscape.

Think

Why did you choose the landscape you recreated?

If you could go there, what would you like to experience in that place?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @ageofcreativityfestival
 @AgeofCreativity
 www.ageofcreativity.co.uk

Resources

Collage materials...of any kind!
Paper, material, magazines - whatever you have to hand.

DAY 9

WILD PEOPLE

IGNITE
IMAGINATIONS

Today's challenge is from *Ignite Imaginations*, an arts charity based in South Yorkshire who work with people of all ages to celebrate and connect communities through art and creativity. This activity is designed by Ignite Imagination's artist, Laura Page.

Do

Make your own wild character from things you can find around your house or in the garden...think snowman but with no snow!

Is your wild character green and leafy, beady-eyed or colourful with blossom petals? Perhaps they're tall with tins, or long with loo roll?

If you have more time...

Place your wild character in different scenarios in your area.

Can you make a big picture of something out of random materials to fill a floor or a window in your house?

Think

How did it feel to create 'something' out of 'nothing'? How quickly did your wild character appear?

How have you had to be resourceful over the lockdown period?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@igniteimagination
@ignite_sheff
@LauraPagePhoto
www.igniteimagination.org.uk

Resources

...the choice is yours!

What have you got to hand?

DAY 10

SING FOR YOUR SUPPER



Mafwa Theatre is a community theatre organisation working with refugees, asylum seekers and low-income communities in Leeds. Inspired by their most recent project 'Cooking with Parveen', this challenge is to make a song about food. Essential ingredients are a pen and paper, and your voice - loud and proud!

Do

Think about your favourite food. Write a short line about it. Use this to start writing a call and response song about food, in any language. Here's an example:

Call: I said yum chicken-yum!

Response: yum chicken-yum

Call: I said yummy-chicken-spicy-chicken-spicy-chicken-yum!

Response: yummy-chicken-spicy-chicken-spicy-chicken-yum!

Your song should have at least 10 lines. The song can be in any language. Add a tune. You could use the tune of a song you already know. If you live with other people, teach the song to them.

If you have more time...

Turn the pots and pans in your kitchen upside down and hit your new drums with different kitchen utensils to find the best sounds. Practice a simple beat. Add the beat to your song.

Think

How does it feel to sing both alone and in front of others? How often do you sing? If it feels good, why not put music on every time you are preparing food in the kitchen?

Share

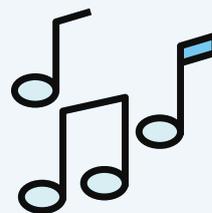
Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @mafwa Theatre
 @MafwaTheatre
 facebook.com/mafwa Theatre

Resources

Your voice!



DAY 11

THE MINDFULNESS PROJECT

tangled
feet

Today's challenge is set by [Tangled Feet](#) who create original theatre performances, sometimes inside theatres but often in other public spaces. Tangled Feet are delivering their Mindfulness Project through a series of online workshops for families on YouTube, as well as sharing short mindful activities.

Do

Create a sensory storm! Find a container to put some water in (a jar, a pot or a sink would work well.) Put into your container something that you can swirl around. You might like to use glitter, beads, food dye, cotton wool or even rice. Stir or shake the water, and watch the stormy swirls. Watch it and take big, deep breaths until the water is still and calm.

Emily from Tangled Feet made a Storm in a Jar. You can find the video on the Tangled Feet Youtube channel [here](#).

If you have more time...

Tangled Feet have got 10 mini mindful exercises like these. If you would like to have a go at another one, find the list [here](#).

Think

How did you feel before and after you did this challenge?

When you feel a bit 'stormy', what helps you to feel better?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@tangledfeet



@tangledfeet



www.tangledfeet.com

Resources

You'll need to find a container to fill with water, and something to swirl inside it.

DAY 12

HIDDEN HISTORIES

CONTACT

Today's challenge is set by a young artist at Contact, a theatre and arts venue in Manchester that place young people at the decision-making heart of everything. For the last 7 weeks they've commissioned young artists to invite people to 'Take Notice,' and spend a little bit of time each day creatively taking notice of what we're living through, and reflecting on how you are feeling. This challenge is set by a young artist at Contact called Adam Ali.

Do

Take notice of the hidden histories and heroes around you. Who are the people around you who you think should be celebrated - for what they are doing now, or for something they did in the past? Choose someone from your community, your family or from history...and then celebrate them! Tell their story to someone else you know, write them a poem, draw their picture or throw them a (virtual) party.

If you have more time...

What are you proud of yourself for? Find a way to take notice of and celebrate your achievements today. Cheers to you!

Think

How did this challenge make you feel? What impact might your celebrations have on the person or people you're celebrating? If you celebrated a historical figure, how have you helped to celebrate their legacy?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @contactmcr
 @ContactMcr
 www.contactmcr.com

Resources

How would you like to celebrate your chosen person? You might like to use materials to make a poster, or the ingredients to make a cake...! The choice is yours.

DAY 13

FURRY FACE



bringing words to life!

Gateshead
Libraries

Today's challenge is set by Gateshead Libraries, Arts & Heritage service. They encourage the love of reading, learning about your local heritage and exploring your creativity through arts activities.

Do

Make an animal face. You could use cut up magazines and newspapers, scrap paper, or cloth to make a collage of an animal you like. Or use objects around you to make an animal face appear, it could be a cat with tassels for whiskers, or a giraffe with a long scarf for a neck.

If you have more time...

Make a friend for your animal.

Will the friend be the same species or a different animal altogether? Put them together and see if they get on.

Think

If you were an animal what would you be?

What words would you use to describe your animal face?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@gatesheadartdiamonds

@GatesheadLibs

www.gateshead.gov.uk

Resources

Have a look around you in your area. What could you use to create your face? Clothes? Paper? Magazines?

DAY 14

MAKING YOUR MIND UP

BETHLEM
MUSEUM OF THE MIND

Today's challenge comes from the Bethlem Museum of the Mind and the Bethlem Gallery. The museum records the lives and experience and celebrates the achievements of people with mental health problems and the Gallery provides a professional space to support artists.

Do

What's making your mind up? Take the time to find a moment of active stillness. Notice what disturbs you and brings your moment of stillness to an end. Then, draw a head in profile. Draw a shape in the middle of the head, where the brain might be. It can be any shape that you like. Break that shape up into sections, some bigger and some smaller. Fill these sections with whatever is taking up your brain space right now. Your biggest section might be used for your biggest thoughts, whilst smaller sections could be filled with passing whims or feelings.

If you have more time...

Colour in each section with whatever colour or scene reflects the thought inside that section.

You might fill nice thoughts with blooming flowers, or colour in a stressful thought in bright red!

Think

Notice the thoughts that are inside the head in front of you.

Do you think if you did this challenge tomorrow, your thoughts would be the same, or would they be completely different?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @bethlem_museum
 @bethlemmuseum
 www.museumofthemind.org.uk

Resources

Something to draw on and something to draw with!

DAY 15

WELCOME TO MY WORLD



Today's challenge is set by London Youth. London Youth is a charity on a mission to improve the lives of young Londoners, through arts, sport, employability and social action programmes that are delivered in community settings all over London.

Do

Create a map of your world. Think about which places you want to include: what are the places that are important to you, that you miss going to, or bring back lots of memories? You could create a map of your house, your street, town, city or country, or it could be set in your own imagined world. You could paint or draw your map, add markers on to google maps, draw on top of a local map, or collect photographs and images of the places that are important to you.

If you have more time...

Write a travel guide to this world - what are the top sights to see in your world?

Scale your map up or down. If you started with your neighbourhood, what about a map of your street, or even of your house?

Think

Does your map tell you anything about the places you care about?

Do you spend most of your time in places you love, or is there another part of your world you want to explore more?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @london_youth
 @LondonYouth
 www.londonyouth.org

Resources

Something to draw on and something to draw with! Or, you could use an old map, google maps, or your imagination...

DAY 16

CONVERSATIONS WITH CHARACTER

Today's challenge is from the Synergy Theatre Project, who work across theatre and the criminal justice system towards the rehabilitation and resettlement of prisoners, ex-prisoners and young people at risk of offending.

Do

Can you write a short conversation between two people who have been in the same space together for a long time? Perhaps the people are experiencing self-isolation together, or they might know each other from prison. Perhaps they are on a voyage into space, their car has broken down or they have got lost. What do we learn from their conversation? How does their situation impact their relationship, or what they might be saying?

If you have more time...

Develop your short written conversation into a short script.

What would a play based on your ideas be about? What would happen next?

Think

How does the current 'lockdown' situation make you re-evaluate the idea of being 'locked up.'

What are the differences?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @synergytheatreproject
 @Synergy_Theatre
 synergytheatreproject.co.uk

Resources

Pen and paper, or something to type on.

DAY 17

COLLABORATIVE CREATION



Young Norfolk Arts provides opportunities for children and young people to create and engage with creativity and culture across Norfolk. Their work is all about collaboration and now more than ever they want to create opportunities to connect and work together. This challenge is to make a collaborative piece of art either with someone in your household, or virtually with somebody else.

Do

Start to create something, and ask somebody else to finish it - online or in your home. Together, you are going to create something new. You could make a poem or story by writing one line each, you could make a random squiggle and ask them to turn it into something, or you could even ask them to edit your photograph. You might like to choose a theme for a drawing (it could be a view, a person, an object) and draw half each. If you're doing this virtually you could pick a theme, each draw half an image, then take photos and put them side by side.

If you have more time...

Keep the collaboration going. Ask your partner to pass the work onto someone else to create a longer poem, story, or a massive drawing with lots of different sections.

Think

Did the result of this challenge surprise you?

How was your partner's work different from your own?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @youngnorfolkarts
 @YN_AF
 www.youngnorfolkarts.org.uk

Resources

First, you'll need to choose what you want to create together.

You might need something to write or draw with. If you want to do this challenge virtually, you will need a computer or smart phone.

DAY 18

100 DRAWINGS

Accumulate

The Art School for The Homeless

Today's challenge is set by Accumulate. Accumulate provides creative workshops to people who are homeless and living in hostels and temporary accommodation. This challenge is inspired by their '100 Drawings Challenge' - which you can find more information on [here](#).

Do

Here are 5 of the prompts from The 100 Drawings Challenge. Can you choose 1 of these to have a go at?

- Draw a dream
- Draw something soft
- Draw something tough
- Draw to the sound of your favourite music
- Draw something natural.

Have fun with your drawings! It's not about getting it 'perfect.' Could you draw one with your non dominant hand? Without looking at the page? Could you 'draw' in something other than pens and pencils? Could you do all 5 drawings in 10 minutes?

If you have more time...

Check out the list of 100 prompts [here](#).

Choose a few more to have a go at!

Think

How did it feel to 'let go' and respond creatively to the prompt you chose? Did you enjoy the process?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@accumulate_ldn
@Accumulate_Ldn
www.accumulate.org.uk

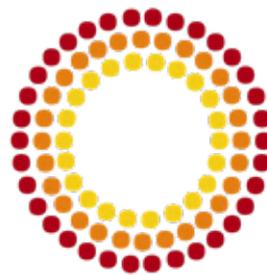
Resources

Something to draw on - and something to draw with. Remember, that doesn't necessarily mean pens and pencils.

Could you use ketchup? Mud? Charcoal? Make up?

DAY 19

CARDS FOR CONNECTION



Holborn
Community
Association

Holborn Community Association offers arts, sport and social projects for the local community in Holborn, London. HCA works with everyone from under 5's to over 90's, bringing people together to have fun, learn new skills and get better connected. Join in with their Cards for Connection project and create a card or picture to make someone in your community smile.

Do

Create your own Card for Connection. Using anything you like (card, material, post-its!) - decorate your card, make it bright and cheerful, then write a positive message, poem or quote inside, and give it away! You could post it through a neighbours door, send it to the staff at your local hospital, leave it outside for someone to find, or share it on social media, it's up to you!

If you have more time...

Could you make more than one card? Maybe you could make mini cards for your whole street or block?

Think

Who in your community would like to hear from someone else?

How does it feel to reach out to someone else with something positive?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@hca_1aarts

@HCANews

www.holborncommunity.co.uk

Resources

You could use all sorts of things to create your card - pens, paper, card from your recycling, post its... you could even decorate it with some crochet or embroidery!



DAY 20

UNLIMITED...

MY BEAUTIFUL MESS

Kristina Veasey is a visual artist who likes to flip negatives into positives, and find beauty in the mundane. Today's challenge is inspired by Kristina's installation exploring housework, where she uses repeating images of mess and dirt to print vibrant patterns on wallpaper and furniture.

Do

Take a photograph of something in your home from a new angle. Make your mess beautiful! Zoom in close, or find a perspective that makes it look abstract or different. Can you get a closer view of the cobwebs on the skirting? Or see the patterns made by the dishes in the sink? Take notice of your surroundings and find the beauty in the mess!

If you have more time...

Take two photos, one from your new angle and one that shows the object clearly. Share your first image and see if people can identify your object, then share the second for your big reveal.

Think

How do you feel about household chores?

Did you find beauty in your mess?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @kristinaveaseyartist
 @kristinaveaseyartist
 www.kristinaveasey.com

Resources

If you want to capture your beautiful mess, you'll need a camera or smartphone.

You could also capture it in a drawing, or in words...

DAY 21

RECYCLED PORTRAITS



NATIONAL
JUSTICE
MUSEUM

The challenge today comes from the National Justice Museum, based in Nottingham's old Shire Hall and County Gaol. They work with people outside the museum to shape and inform what happens inside the museum; to share the collection, to connect, include and represent people from all backgrounds. One of the museum's artefacts is a detailed self portrait sculpted from a bar of soap, made by somebody living in prison (picture on the next page). To the museum, this carving symbolises ingenuity and the power of creativity.

Do

Can you carve, sculpt or make a self portrait out of something you have to hand? It could be soap, newspaper, bread, masking tape, playdough, whatever you can find, and whatever inspires you. Share your portraits using the tag #IngenuityPortrait and the National Justice Museum will share them in their project space as part of an exhibition in 2021.

If you have more time...

The soap portrait from the museum has the letters 'BAD' carved into the back of it.

Can you write or imprint your initials, a secret message, or a title on part of your portrait?

Think

What does creativity mean to you?

What has the act of 'doing, thinking and sharing', making and creating meant for you in this current situation?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @JusticeMuseum
 @JusticeMuseum
 nationaljusticemuseum.org.uk

Resources

Whatever you have to hand - this challenge is about being resourceful with the things around you!

You might like to use soap, newspaper, bread...or you could use something like blossom petals, or masking tape!

DAY 21

RECYLED PORTRAITS



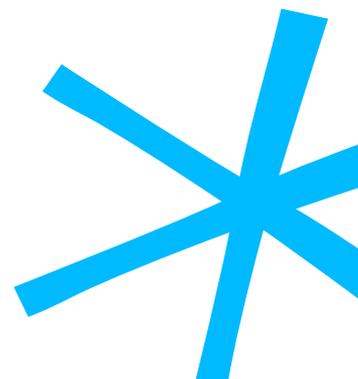
NATIONAL
JUSTICE
MUSEUM

An example to inspire today's challenge...

"As you'd expect from a museum of crime, law, justice and punishment, the spaces and collection are evocative, full of brutality and beauty, trauma and hope. Every single object and space in the museum collection has the potential to captivate imaginations and ignite new perspectives.

There are several ingenious soap carvings in the Justice Museum collection, some would have been created in workshops others have been crafted by people in their cells using their finger nails or objects around them to carve with."

Andrea Hadley-Johnson, at the National Justice Museum



DAY 22

ON YOUR HEAD



Your Space is a community wellbeing and outreach service operating in South and East Leeds. We work with the community to empower people with the skills and language to improve and maintain their mental wellbeing and physical health.

Do

What weird and wonderful headwear or hairstyles you can make? Can you balance books, braid your hair with colourful ribbons? Or maybe make a hat out of a combination of household goods...

If you have more time...

Share the headwear love! Make hats or hairstyles for the rest of your household, or give a few objects a makeover.

Think

What memories do you associate with hats or hair dos?

Does the way you do your hair or wear a hat have meaning in your family or your culture or religion?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @your_spaceleeds
 @YourSpaceLeeds
 touchstonesupport.org.uk

Resources

A head...and whatever you can find to pop on it!

DAY 23

CURATE TO CONNECT



Welcome to the nation's art

Art UK is the online home for every public art collection in the UK. Their website, www.artuk.org, makes art available for everyone – for enjoyment, learning and research.

Do

How could you make a part of your home an exhibition space? Choose an area (or a few) and curate a home art exhibition featuring your 'Favourite Things'. Pick around 5 objects and display them. For each object, write on a piece of paper: what it is; when you acquired it; why it's one of your favourite things. Your exhibition is complete!

If you have more time...

Turn your real life exhibition into a digital showcase by using Art UK's brand new Curations tool. Find the simple instructions at www.artuk.org and curate your own exhibition inspired by your favourite things.

Think

What made you choose the objects in your exhibition?

How does it feel to curate your space?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

-  @artukdotorg
-  @artukdotorg
-  www.artuk.org

Resources

Whichever objects you choose...and a space to showcase in!

DAY 24 SAY FALEMINDERIT!

Shpresa Programme - Hope



The Shpresa Programme is a user-led organisation that promotes the participation and contribution of the Albanian-speaking community in the UK. Faleminderit means 'thank you' in Albanian, and today's challenge is all about gratitude.

Do

Think of someone you'd like to thank. It could be someone you live with or someone far away, and then find a way to say thank you to them in a new language. You could learn how to say thank you in another language, in Sign Language, or learn how to write thank you in Braille.

If you have more time...

People communicate in different ways, and sometimes actions speak louder than words.

Could you think of something practical to do for someone to say thank you? What is your 'love language?'

Think

What does language mean to you?

How do you like to communicate your thanks to others?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @shpresaprogramme
 @ShpresaPrograme
 www.shpresaprogramme.com

Resources

You can take part in this challenge in all sorts of ways! You might want pens and paper, or access to books or the internet to help you translate.

CREATE  CONNECT

MAY 2020

DAY 25

DAYDREAM BELIEVER



Koestler Arts is a charity that encourages people in the UK's criminal justice system to participate in the arts. During the Covid 19 lockdown they've been publishing weekly Art Aid inspiration. Each Art Aid sheet has activities, and every activity can be done in a prison cell, with very limited materials and space.

Do

Think of a walk you can remember very clearly. Take some time to sit and think about it. Then write the most vivid and detailed description you can, taking the reader on a walk with you. It might be down the corridor, down the street or up a mountain. A walk through the countryside, along a beach, or through a town... Try to include description that involves all your senses – what can you see, hear, smell, feel and even taste in the air?

If you have more time...

Take a look at some of the entries Koestler receive from people in criminal justice settings across the UK. Be inspired by what people can achieve with limited materials and space and try more of their activities www.koestlerarts.org.uk/artforms/

Think

How clearly could you picture the walk in your mind?

How did details help you describe it in words?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@koestlerarts



@KoestlerArts



www.koestlerarts.org.uk

Resources

Something to write with, and something to write on.

DAY 26

A MOMENT IN TIME



Fantastic for Families' helps families discover affordable and relevant arts and cultural activities in their local area. To help families in light of COVID-19, Fantastic for Families is featuring online arts activities in art, craft, theatre, dance, music events and a lot more.

Do

Find a way to capture your day today, as a moment in time. What are you up to? How are you feeling? You could draw the view from your window at different times throughout the day, you could write a poem about how you're feeling today, or fill your handprint with your thoughts and actions. Encourage the people around you to do the same.

If you have more time...

Write a diary entry recording your day today. Make your first words, "At this moment in time."

Think

What's interesting to you about this moment?

How does it feel to focus in on one day?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @fantasticforfamilies
 @fantasticforfam
 www.fantasticforfamilies.com

Resources

Pen, paper, something to make prints with (paint, coffee..mud!)

DAY 27

A PICTURE PAINTS 1000 WORDS

Today's challenge is set by Angela Jones, a tutor who works with a group of adults with learning disabilities. and it asks you to get creative with words and pictures.

Do

Choose a picture from a magazine, a postcard or printed from the internet. It could be a picture of nature, a city scene, anything that inspires you or grabs your attention. Choose as many words as you can that describe what you see, or what the picture makes you feel, then write them down in a list to create a poem that describes that picture. You could write on top of the picture, or on a new sheet of paper. Give your poem a title!

If you have more time...

Can you find a creative way to recreate your picture? Perhaps by creating the scene in a drawing or collage - or by dressing up and using the objects around you!

Think

What does the picture make you think about? How does it make you feel? Do you know why you chose this picture?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

Resources

A pen and a picture - you could find this in. a magazine, photograph, from a cereal box, newspaper, book or printed out from the internet.

DAY 28

UNLIMITED...

WHATEVER THE WEATHER

Today's challenge comes from artist and curator [Aidan Moesby](#), who explores climate change and mental health using installations and performance.

"I like to use metaphors in my work, particularly things around the natural world and especially the weather. Think about how you are feeling and try and express it in metaphor."

Do

Can you represent the way that you are feeling today using a metaphor? Like Aidan, you might be inspired by the natural world - what is your internal weather forecast? Are you calm or stormy? Are you feeling like snow, ice, wind, clouds or rainbows? Or, are you a tall strong flower, a mountain or a meadow? Capture your metaphor using any medium you like - drawing, painting, photography, poetry, collage - whatever you want to play with today.

If you have more time...

Can you keep a 'weather diary' this week? You may try to express your mood in different metaphors or using different materials.

Think

How could you squeeze more details in - are you feeling a light breeze on a summer day or fierce gales?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@aidanmoesby



@textartist



www.aidanmoesby.co.uk

Resources

For today's challenge - this is totally up to you?!

What do you fancy capturing your weather forecast with? Pencils, pens, words, craft materials, collage...?,

DAY 29

LETTER OF LOVE



Tender is an education and arts charity committed to preventing domestic abuse. They deliver healthy relationship programmes to young people using drama and the arts, providing the opportunity to learn about relationships and identify where to seek support. In these challenging times they're inviting us to write letters of love, to support ourselves and each other.

Do

Write yourself a letter of love and support. Think about moments that have made you smile during these uncertain times. Think about how particular relationships have supported you and made you feel more positive. Or think about three good things you've done for yourself that you would like to continue. Could you add colourful detail to your letter?

If you have more time...

Write a letter of love to somebody else.

It could be for someone you know, or a letter for anyone who might be in a challenging situation at the moment.

Think

What does it mean to be supportive?

When have you felt grateful for support?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@tenderuk



@TenderUK



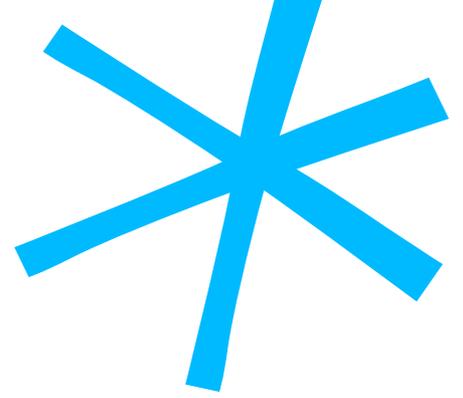
www.tender.org.uk

Resources

Pen, paper or something to type on. And, whatever you would like to use to decorate your letter!

DAY 30

TREE OF LIFE



Today's challenge is set by Phoebe, a mental health nurse. Recovery is at the heart of all the work on her ward, and this drawing exercise is a fun and creative way to reflect on what nourishes us and gives us strength.

Do

Draw a tree and add words, colours and symbols to represent your life. For instance the roots could represent where you come from, the trunk could show your strengths and resources, the branches could stand for the people who are important to you, and fruits could be gifts that you've received or that you have to offer.

If you have more time...

Consider what sort of tree you want to use, is it an oak or a pine? A paper birch tree? Add more details to your tree for other aspects of your life. Create meanings for the leaves, the flowers, the twigs and the bark.

Think

How did you find this process?

Did you notice anything new, or think about anything in a new way?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

Resources

Something to draw on, and something to draw with...

DAY 31

MAKE YOUR MARK

64 Million
artists!

No. 365

Jamie Wieck

Congratulations! Whether you did thirty one challenges or just the one, you're part of Create To Connect and you did it! The last challenge of the month is set by the team at 64 Million Artists and we want to give you a chance to celebrate your achievement. So on your marks, get set... Make Your Mark!

Do

Look back over the challenges you've done so far, and find a way to share and celebrate what you've done. You could make a pop-up display in your window, in your kitchen, start a local bus-stop gallery or hide something under a rock for someone lucky.

If you have more time...

Is there a challenge from the month that you didn't get to do? If you want to you could do it today. Or if there was one you really enjoyed, you could do it again.

Think

How has it been to take part in Create to Connect?

What was the experience like for you?

