



1st January 2021

Conversations With a Lamp post

Happy New Year! Welcome to Day 1 of The January Challenge - 31 days of creative challenges to kickstart your year.

Hundreds of people of all ages and backgrounds across the country have sent us their creative challenge ideas - and Jess Thom, Lemn Sissay and Yomi Adegoke are the three inspiring creative people who have helped us to choose them. You've chosen to take part in Jess' favourite challenges!

Day 1 is designed by Jess herself. Let's get started!

Do

Having Tourettes Syndrome means that Jess notices details in the world that she might not otherwise. This includes chatting to the lamppost outside her bedroom window every night! Have a conversation with a familiar object in your area. What will you say to it? What will it say back? Capture your conversation in writing or a doodle.

Think

What do you think the objects around you would have noticed about the year 2020? What sort of conversations do you hope to have about 2021?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your conversations with them.



2nd January 2021

Hidden Faces

Today's challenge is from Pearl, who invites you to get creative with the shapes and spaces around you...

"I'm Pearl, 37 years old and I'm from Dublin Ireland. Photography is my passion and I'm self taught. I often use photography for challenges but I also love the push to make or draw things. I love finding faces in things. Look around and see if you can see!"

Do

Sometimes objects are arranged in ways in which they start to look like something else! Pearl challenges you to find faces in the objects around you by looking for or feeling them. Search for hidden faces, or arrange the objects into a face. What expression is the face pulling? Photograph or describe your hidden face!

Think

If the face could make a noise, what would it sound like?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your photographs, descriptions or doodles with them.



3rd January 2021

Pocket of Hope

For Day 3, it's over to "[It's Not Your Birthday, But...](#)" - an organisation that believes in the power of letters, words and visual arts to bring people together, challenge assumptions and build empathy.

"We've chosen this challenge to encourage proactive sharing of what gives us hope. We love the idea that people will take time to consider what gives them hope or someone in their life (friend, colleague, neighbour) who could benefit from receiving an unexpected Pocket of Hope through their letterbox."

Do

Make a Pocket of Hope. Decorate a piece of paper with words, images, marks or colour that will give you or someone else hope or joy. Keep it in your pocket, purse, wallet, bag or somewhere to find whenever you like. You could make one for someone you know to carry with them and include things you know they like or enjoy. Think of it as a visual or written pick-me-up that can be used repeatedly as needed!

"An uplifting, creative tonic which has no limit on its dosage."

You can find video instructions to make a folded Pocket of Hope [here!](#)

Think

What are your hopes for the year ahead?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

You could send a friend their own Pocket of Hope!



4th January 2021

Part-Time Superhero

It's Monday morning - and it's time to kickstart your superpowers!

"Hi! I'm Anna from Finland. Last spring, at the age of 37, I was diagnosed with ADHD. It was such a relief for me and it explained a lot of my past experiences. I love arts and crafts. Creative problem solving is my passion. It's my neurodivergent superpower! Be proud of who you are!"

Do

What is something about you that you could turn into a superpower? You could choose a trait that you have, a diagnosis or a symptom - and you might choose one that you feel is a disadvantage for you. If this was a superpower, how would it make the world a better place? How might it help others? Capture your superpower in a picture or comic strip, or in writing.

Jess Thom is a writer, comedian and a Part-Time Superhero. Jess' superpower is Tourettes Syndrome, a 'crazy language-generating machine' and a source of spontaneous creativity!

Think

How will you remind yourself that you have a superpower throughout the week?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your superpowers with them. What are their superpowers?



5th January 2021

Thinking Inside the Box

Day 5 is here! And today, it's over to Catherine Lounsbach.

"I'm almost 60, young at heart and live in Nantwich, Cheshire. Creating art is my therapy, anything from painting on tea bags to making nature-based jewelry, but miniatures are my passion! I've chosen this challenge as I have a passion for small things, and making the usual unusual."

Do

Create something small enough that you could fit it in a matchbox! Catherine creates little models and scenes inside matchboxes, using any materials she can find around her. Can you create your own tiny scene?

If you can't find a box, think outside the box! You could use a mini jam jar, or a sardine tin - or just create a tiny scene and leave it in an unusual place...

Think

Catherine likes to make the usual, unusual! What are the tiny details that help to make your tiny scene?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your tiny creations with them.



6th January 2021

Music and Me

Today's challenge is from Cieran. Cieran creates montages of video games to his favourite music. Find your favourite music and let's get creative!

"Hi, I am Cieran. I am aged 14 with Tourettes Syndrome and mental health conditions. I am a Fortnite PC gamer and I have a passion for creating Fortnite montages with music backgrounds. Fortnite is my favourite game.

Creating montages and clips make me feel good. Listening to music also relaxes me and makes me feel good inside. When I feel good I gain more confidence, and as I grow with my gaming and creating epic montages I hope I inspire others about what is possible to do themselves and feel great!"

Do

Get creative to your favourite music! Could you create a video montage like Cieran? Could you dance or play games whilst listening to your favourite music? You could doodle in time to the beat, or even write new lyrics to suit the music!

Think

What is your favourite type of music and why? What is your favourite musical memory?

Share

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Get your friends, family, colleagues and neighbours involved by sharing your creations with them.



7th January 2021

Light as a Feather

Day 7 is from Kate Peto in Hertfordshire.

"I am inspired by every aspect of birds. During lockdown my daughter and I became avid bird watchers, charting the progress of a family of blus tits and starlings. A joy to our hearts!"

Do

Create a bird - it might be a drawing, a mini sculpture, a collage, a piece of writing - anything goes. What are the colours, textures, and shapes of your feathered friend? Let your imagination fly...

Think

If you could fly - where would you go today?

Share

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Friday 8th January 2021

The Actual

This year, Lemn Sissay, Yomi Adegoke and Jess Thom have selected their favourite challenges from the hundreds that were sent in from people of all ages and backgrounds across the country. Four of their chosen challenges are the same!

The last four Friday's of January will be these shared challenges - and today, it's over to [Inua Ellams](#).

"I am a poet and a playwright, and I wanted to set a challenge that falls in step with a book of mine that came out last year, call "[The Actual](#)". I can't wait to see how you rant, where you rant and what you do rant about"

Find Inua's video [here](#) - please note that the video contains swear words.

Do

Inua's book "The Actual" is a collection of poems that explore the big things happening in the world that affect him on a personal level. Take a few moments to reflect on the big things happening around you - can you think of a specific story or experience that demonstrates how it affects you? Can you find the words to turn that specific story into a poem? Your poem can be as long, short or detailed as you would like.

Think

How did you find the process of writing this poem? Who would you like to read this poem?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your poems with them.



9th January 2021

Mindful Potatoes

Day 9, and we're feeling fine. Today, we're printing!

"I'm 57 (yes, really!). I have developed this idea with my littlun - who is 7. Their idea was to fire tic tacs out of your mouth onto a piece of paper covered in glue, and see what sticks! We are from Northumberland. We like to do allsorts. This challenge involves simple things, mindfulness and positivity."

Do

Find something to make a print with - it could be your hand, your fingerprints, a leaf, or...a potato! Dip your tool in something colourful to print with - it could be paint, cold tea or coffee, make-up or even tomato ketchup! What can you find?

Breathe in, mindfully, as you dip your tool into the paint. Breathe out, mindfully, as you print it on the paper. Repeat. Notice the little differences, changes and consistencies of the pictures. Notice how thick the paint is, and how vibrant the colours are. Where will you display your printed picture?

Think

How did you feel when you were doing this challenge? Are you pleased with your print?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your prints with them.



10th January 2021

A Story Retold

It's Day 10 - and today we're getting creative with our favourite stories from childhood...

"I am James, I am 28 and I am from Kent. Creating things is the most fun I can have whether it's cooking, editing or building - if I'm creating, I'm having fun. To look at something from a different perspective is the first step to a broader, more open mind which leads to a wiser, more understanding You."

Do

Take your favourite childhood book, and reimagine the story from a different character's perspective. Try and choose a lesser known character, or one that you wish you knew more about. How does their perspective change the story? If they are an evil character, do you see a good side? If they are a quiet character, do we learn more about them?

You could capture your reimagined story in writing, a cartoon doodle or by telling somebody around you.

Think

What do you think of as the greatest lesson you've learnt from a book or a story?

Share

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11th January 2021

Stacks of Socks

It's Monday morning and the start of a whole new week of The January Challenge. Pull your socks up, let's go!

Today's challenge is from Jenny Williams.

"I'm a 40 year old mum and mental health nurse. I like starting hobbies then drifting off and trying something new, so a whole month of new challenges sounds about right for me!"

Do

Make a picture or sculpture out of...socks! Stripey socks, holey socks, odd socks - anything goes. What will your sculpture depict? It might be a face, it might be a giant sock - it might even depict your views on where spare socks actually disappear to...

Think

...where do those socks actually disappear to...?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!



12th January 2021

A Rubbish Gift

Tuesday is here - and today it's over to Helen!

"I'm Helen, 45, from Newcastle upon tyne. I don't like to see things go to waste and believe that everything is inherently beautiful and useful in it's own way."

Do

Today, keep the things that you would usually throw away - things like wrappers, envelopes or orange peels. Use your new-found art materials to create something new, for somebody else.

If you don't have any rubbish or recycling to create from, make something from 'junk' in your drawers!

Think

What do you think of your new creation? Did anything about this challenge surprise you?

Share

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Get your friends, family, colleagues and neighbours involved by sharing your creations with them.



13th January 2021

Mapping Memories

We're almost halfway through January! Today's challenge is from Jerome.

"I'm from South London but I live in Manchester. I like thinking about places!"

Do

Choose an area that you know and love, and create a map that shows all of your favourite routes. You could doodle your map or write out the route! How do you get around your chosen area, and what are the spaces and places that make it somewhere special to you?

Think

What is your favourite memory in this place?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your maps with them.



Thursday 14th January 2021

The Shape of You

Day 14 is here! All of these challenges have been sent in from the public, and chosen by our three collaborators, Lemn Sissay, Yomi Adegoke and Jess Thom.

We asked Lemn, Yomi and Jess to choose the challenge that they felt most inspired by, that resonated with them the most, or that they felt made them look at the world differently. Today is that challenge! Jess has chosen Charlotte White's idea.

"I'm Charlotte. I'm 46 and I live in Faversham, Kent with my husband and 14 year old twins. I love nature, arts & crafts and collecting vintage and antiques. I love to see shapes and patterns everywhere I look. When I'm outside, I see shapes in the clouds, and in the natural forms of flowers, leaves and landscapes. When I'm rummaging around antique & vintage fairs, I love the variety of shapes, patterns & styles used during the different era's of design."

Do

Do you remember learning about different shapes at school? Circles, Squares, Triangles, Rectangles - or fancier shapes like Rhombus, Trapezoid, Hearts and Stars!

Spend a few minutes inventing your own shape. Give it a name, and explain the name you have chosen and any special meaning. Is it angular, rounded, 2D or 3D? How many sides does it have - or does it not have sides at all? Fill a page with your chosen shape - either one big one, or lots of them, either the same size or different sizes.

If you have time, decorate your shape! Fill it, or surround it with colour, images, texture, pattern, or text.

Think

Can you spot your new shape in anything around you? What does it remind you of?

Share

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Friday 29th January 2021

Festival Fun

This year, Lemn Sissay, Yomi Adegoke and Jess Thom have selected their favourite challenges from the hundreds that were sent in from people of all ages and backgrounds across the country. Four of their chosen challenges are the same, meaning that everybody will be doing the same thing, at the same time.

The last four Friday's of January will be these shared challenges - and today, it's over to Hazel Etteridge, who challenges you to find your Festival!

"I'm 67 years old. There was no work for me when lockdown arrived (I normally work with people) so I started to bring my peripheral activities (journaling, walking in nature, meditation) into the centre of my day. What a wonderful revelation that was!!"

Do

Plan a festival that you would love to go to. First, think of a theme - what will it be? What will your festival be called? You could think about a schedule of films, music, readings, or even [TED talks](#)! What food will you eat at your perfect festival?

After planning - why not bring your festival to life? You could meet friends online to share festival food and discuss the films, books, talks or music - or you could set up your own pop up tent, or make a den in your living room.

Wear your finest festival clothing. Stay up late and look at the stars!

Think

What does the word 'festival' make you think about? How would you describe your festival plans in one word?

Share

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16th January 2021

A Patch in Time

We're just over half way through this journey - and today's challenge is all about reflecting on another journey. Over to Arizona!

"Hey! I'm Arizona I'm a self taught artist (@arizonathecat) from and in London, I'm 27. I make art and also run @thelurnerprize. I'm passionate about creativity as a tool for internal change, a form of healing available to everyone. This is something I've found helpful as a concept and an activity. Big up yourself you are a hero!"

Do

Create a patch that represents a 'battle scar' or a point of difficulty in your life that has helped you to learn something or grow. You can make the patch out of paper, fabric or design it on a computer. You could decorate it using the materials around you - pens, pencils, glue, paper, material - or even by glueing down materials like rice or pasta.

"Once the patch is done exhibit it with pride or sew it deep into your jacket for secret love."

Find Arizona's video instructions [here](#).

Think

How did you approach today's challenge? What wisdom have you learnt from the experience you were representing with your patch?

Share

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Get your friends, family, colleagues and neighbours involved by sharing your creations with them.



17th January 2021

Past, Present, Future

It's Sunday 17th January 2021...but not in your imagination!

"I'm Shannon, I'm 35 and living in Leicester. I love to write and read and learn, though I've spent too much of lockdown playing games instead! I'm fascinated by the Victorian era, though I suspect I would have lived as a street urchin or died of cholera! I think recent events have led to everyone feeling a bit trapped in a modern monotony and it frees the mind a bit to imagine an alternative world/lifestyle and how we might fit there..."

Do

Imagine a day in the life of a version of you fifty to a hundred years ago. How are they like you and how do they differ? What might you be wearing, eating or doing? What job might you have, where might you live? Draw yourself, or write a little story detailing a day in your life.

Think

What might your life be like 50 to 100 years in the future?

Share

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Get your friends, family, colleagues and neighbours involved by sharing your creations with them.



Monday 18th January 2021

Shapes and Shadows

It's the start of a brand new week - and here comes a brand new challenge. Today's challenge is from Kathie Toibin.

"I am 88 years old, and a retired teacher from California. I am always finding shapes & objects in many things & I did several different learning projects when I was a teacher."

Do

What shapes can you find in shadows? Today's challenge is to get playful with light and shade. You could trace a shadow and cut it out to create a new shape or character. You could create shadows on walls and make shapes with your hands, or using objects like forks or keys. You could even create a shadow puppet by cutting a shape out of paper!

"If your arms have limited mobility like mine, lay straws or pencils across a glass (it will work!) and see what you can find. I saw a mountain with an elephant!"

Think

What new shapes did you find? What stories did they tell?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your photographs with them.



19th January 2021

Homemade Cover Band

It's Tuesday, and tunes day...

“My name is Sophie Wood and I come from South London. I like to run, bake, take care of my houseplants and sing loudly and badly and proudly! Music is really important to me. I want you to be in the shoes of the musicians you admire!

Do

Create an instrument out of the objects around you! Rubber bands around a cereal box can make a guitar for plucking, a wooden spoon and various Tupperware make an excellent drum kit. A packet of peanuts in a tin can is a maraca!

Then, on your own or with other members of your household, see if you can use these instruments to do a cover version of the chorus of your favourite song! You could even try your hand at writing a 30 second long song.

Think

What is the last song you listened to, sang or danced to?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your music with them.



20th January 2021

Alien Invasion

It's Day 20 already!

"My name is Liam O'Dell, I'm 23 years old from Bedfordshire. I work as a deaf freelance journalist and campaigner, and have a huge love for the arts. I enjoy watching and reviewing theatre, reading books, watching TV dramas, listening to music, writing poetry and playing the drums."

Do

You've been informed that alien life is out there and you have to think of an imaginative way of telling the world. How would you do it? What would you say or do?

Find Liam's video instructions [here](#).

Think

What would you say to an Alien from outer space? How would you describe our planet? What's the first thing you would show them?

Share

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Get your friends, family, colleagues and neighbours involved by sharing your creations with them.



21st January 2021

Pause

Today's challenge is from [CALM](#) - The Campaign Against Living Miserably. CALM runs 'CALM Collectives', spaces for people to get together, do what they love and feel better for it.

"CALM Collectives are for everyone, whatever background, age, or ability. It's all about getting together, doing what you love and feeling better for it. It's not about being the best, the fastest or most creative. This is the opposite of 'all the gear, no idea' – it's about doing the thing you love and feeling good."

Do

Press pause during a film or TV show you love at a moment that means something to you - or think back to your chosen scene. Can you express how you feel about that scene or image in words, doodles, movements or any creative way you can! Can you capture what you learnt or loved about that scene?

Think

Who or what is your favourite character from a book, TV show or film, and why?

Share

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Friday 29th January 2021

Poem of Love

This year, Lemn Sissay, Yomi Adegoke and Jess Thom have selected their favourite challenges from the hundreds that were sent in from people of all ages and backgrounds across the country. Four of their chosen challenges are the same, meaning that everybody will be doing the same thing, at the same time.

The last four Friday's of January will be these shared challenges - and today, it's over to Ines Yearwood-Sanchez, who challenges you to write a poem of love...

"My name is Ines Yearwood-Sanchez, I am 18 and from London. I love writing poetry and spoken word and I aspire to become a successful actress in the future. I believe that self-love is important and we sometimes forget how amazing we all are. Self-love is a continuous journey and for me, writing about my emotions through spoken word and poetry helps me to be more in touch with myself."

Do

Write a poem that lists the things that you like about yourself. Your poem can be long or short, rhyming or non-rhyming - anything goes! Your poem might be written, typed, dictated or even filmed. You might like to share your poem, or you might like to keep it for yourself. Find Ines' poem [here](#).

Think

Did anything surprise you about your poem? Where will you keep your poem?

Share

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Get your friends, family, colleagues and neighbours involved by sharing your poems with them.



23rd January 2021

Make a Stink

Can you smell that? It's day 23!

"I'm Julia Collar, and I'm a neurodivergent sensory creative making theatre, resources, trails and tours and more for 0-7s and people with complex needs. I'm passionate about sensory communication and creativity, and the ways in which they support mental wellbeing. Sensory creativity helps build people's personal understanding of ways to regulate and manage through big feelings. Sensory creativity is so much fun, and is truly accessible for all. My favourite smell is coffee!"

Do

Make a stink for someone you love!

Perhaps it's a scent that will remind them of a happy memory you shared, or perhaps it's a smell you think they'll like. You could create a keep-sake by using recycled jars or pots - or even make a 'Smell Library.' You could brew a mug of their favourite drink, smell a piece of fabric such as a jumper, share sweets or a spritz of perfume or aftershave. If you're not with that person, can you describe the smell, or reflect on what the smell reminds you of?

"This challenge is suitable for all ages and also to those experiencing loss of smell due to illness, including Covid-19, or brain injury."

Think

What is your favourite smell? What does it remind you of?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your stinky creations with them.



24th January 2021

Finding Light

It's the 24th January. Let's find the light! Today's challenge is from Elizabeth Blows.

"I'm 45, female from Edinburgh with a creative mind who loves colour and cherry blossom trees. I've chosen this challenge because of colour! There's a lack of it in January from the dark days and nights, so finding a cheerful colour moment changes the whole day and outlook."

Do

Celebrate the light today! You could choose anything from the sun rising to something that brightens your day. Perhaps it's something bright and colourful, perhaps it's an act of kindness, or perhaps it's the weather. Capture the light however you like - in a drawing, poem, photograph or a conversation.

Think

What is your favourite colour and why?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!



25th January 2021

Epic Battle

It's Monday and this week is kicking off with an epic battle...

Today's challenge is from the students at [The Lindfield School](#), part of The Southfield Trust.

"We have done a couple of The January Challenge challenges with pupils previously which they have loved!"

Do

Use the materials you have around you to design and create a superhero and a mythical beast, name them and describe a battle between the two. Why are they battling? What are they battling about? Do they have particular powers? Who will win and why? This could be a drawing, a 3D model or, if you have extra time, an animation or film.

You can find some video examples from the students at The Lindfield School [here](#) and [here](#)!

Think

If you could choose your own superpower - what would you choose?

Share

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Get your friends, family, colleagues and neighbours involved by sharing your creations with them.



26th January 2021

A New Perspective

Today's challenge is from Emma Rucastle!

"I'm a freelance creative practitioner based in Lancaster. I love working in theatre, especially in community settings and with young people. I also love the January Challenge!"

I love learning about - and from - other people's stories and experiences. I think looking at the world in as many different ways as possible is fundamental to the kind, curious and brave society we all need."

Do

Find A Different Angle! Choose a place you know well - inside or outside. Can you find a way to experience it in a different way - you might look at it through something (look at your kitchen through a cling film tube; look outside through a letterbox); or by standing (safely!) on something, lying under a table or sitting in a different chair. What are the new sounds, smells and textures you experience from your new angle?

Spend 5 minutes (or more) from your new angle, and then capture what you notice - especially anything new. You could take a photograph, draw a quick sketch or write a piece of flash fiction.

Think

Do you think you could find tiny ways to shift your perspective throughout the day today? Do you notice anything different about your day?

Share

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Get your friends, family, colleagues and neighbours involved by sharing your creations with them.



27th January 2021

Twinkle toes

Today's challenge is from Clare Green...

"I'm Clare, I'm 52 and from Leeds. I like reading, making things and swimming. Today let's pay attention to little friends at the end of our bodies."

Do

Create a story featuring toes or fingers! Think about their personalities, habits and relationships to each other - what adventures are they getting up to? Where are they going today?

Think

What was it like to think from the perspective of a brand new main character? How did you decide on their characters?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your stories with them.



28th January 2021

Wearable Art

We're nearing the end of The January Challenge - today, create something to keep with us!

“My name is name Bethany Pound Green and I am 24 years old and I have learning disability and speech problems. I live in South East London. I like to make jewellery, take photographs and dance. I am also Co Founder of [Danzability](#) with my mum Kavina Pound.”

Do

Create jewellery or wearable art using the materials you have around you! What can you find that you could transform into a ring, a hat, a bracelet or even a shoe? Could you create beads or chains out of shredded bits of magazine, or find a cardboard crown in your recycling pile?

Think

How did you feel wearing your new creation?

Share

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Friday 29th January 2021

Recipe for Happiness

This year, Lemn Sissay, Yomi Adegoke and Jess Thom have selected their favourite challenges from the hundreds that were sent in from people of all ages and backgrounds across the country. Four of their chosen challenges are the same, meaning that everybody will be doing the same thing, at the same time.

The last four Friday's of January will be these shared challenges - and today, it's over to Kerstin Roshay, who challenges you to find your Recipe for Happiness..

"I am 54, from Colchester and like reading and craft. Let's think about happiness for a while!"

Do

Write a poem that is a recipe for happiness. Think about the ingredients you would choose - where do you find them, and how much of each ingredient do you need? Write your recipe instructions down, and let's get cooking!

Think

Has your recipe changed over the last year? What is your most special, secret ingredient?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Get your friends, family, colleagues and neighbours involved by sharing your recipes with them.



30th January 2021

Hello World!

We're coming to the end of The January Challenge. Let's let the world know what we've been up to! Today's challenge is from Jill.

"I was thinking about the rainbows and other pictures people have put in their window, I wanted something that didn't take drawing skills or even resources."

Do

Use the windows around you to say hello to the world. Put something unusual (it can be anything!) on a windowsill in your home, school, library, or wherever you are, for passers by to enjoy or wonder at. Perhaps you could choose one of your favourite creations from the last month!

Think

Take a moment to look back on everything that you've done this January! What are you proud of? What will you take with you?

Share

Join the conversation online by using the hashtags #TheJanuaryChallenge #64MillionArtists, and tag us on Twitter, Instagram and Facebook!

Say hello to the world with your window!



31st January 2021

Jar of Possibility

Today is the last day of The January Challenge 2021! We've spent a whole month getting creative - exploring everything from shadows to toes to birds. We hope you've had fun, and we hope you'll continue finding the creativity everyday.

Today's challenge is from Samantha, and is designed to inspire you to keep creating in new and surprising ways. Over to you, Samantha...

“My name is Samantha, I am an artist living in Ramsey, Cambridgeshire. I love to create abstract art based on my journey through the criminal justice system. I am 51 years old. I have chosen this challenge as in my own personal experience it has helped me not only with my art, but recently through lockdown I adapted it to help me prioritise my mental thoughts to achieve desired goals, without feeling overwhelmed.”

Do

Create a prompt jar filled with a range of different ideas to inspire your creativity. It might be prompts to inspire drawings and painting like “add dots” or “add a new colour” - or writing prompts like “introduce a new character.” Or, it might be a collection of creative challenges you would like to try again, or you didn’t get round to this month. You could make up some new ones based on your favourites! What would you love to learn or have a go at, but never find the time to get round to?

Create a collection that you can keep coming back to and adding to. Keep your creativity flowing!

Think

What has been a highlight of the last month for you? What can you do to help you to keep getting creative everyday?

Share

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