



**1st January 2021**

### **I Remember**

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 Lemn Sissay, Jess Thom and Yomi Adegoke are the three inspiring creative people who have helped us to choose them. You've chosen to take part in Lemn's favourite challenges!

Day 1 is designed by Lemn himself. Find something to write with, and let's get started...

### **Do**

Write down the words 'I remember.' Now, write down whatever memory comes to mind - it might be something small, it might be something big - it doesn't matter, anything goes! Every time you run out of ideas, go back and start each new line with the same words 'I remember.' Where will Day 1 take you?

### **Think**

What will you remember about the year 2020? What memories do you want to make in 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 memories with them.



**2nd January 2021**

**LOVE!**

It's Day 2, it's a Saturday - it's time to feel the LOVE!

Today's challenge is from Marylin Richardd.

"I'm 55 born in London raised in Brum and now I'm an adopted mancunian. We need a lot of love right now!"

**Do**

Write the word LOVE in any material or materials you want! Write in calligraphy, create a collage, find objects that look like letters - or find letters hidden in objects. Create some love today.

**Think**

How will you hold on to 'love' today?

**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 LOVE! with them.



**3rd January 2021**

**Beauty is Everywhere**

Today's challenge is from Helen.

"I am 54, like words, looking at things, dancing and walking. I had this idea walking to work, years ago. As I was passing under a pigeon latrine railway bridge, I wondered how its ugliness might be brightened up..."

**Do**

Find something that you think is beautiful, in a place that you think is ugly. You could photograph or capture something that already exists, or you could add something new to the space. Find the beauty!

**Think**

What does 'beautiful' mean to you? Did anything about this challenge surprise you?

**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 creations with them.



**4th January 2021**

### **Internal Weather Forecast**

It's Monday morning and the start of a brand new week! How are you today? Today's challenge is from Charlotte.

"My name is Charlotte. I am from Germany. I love English poetry. Poetry reminds us that our experience of the elements and of our emotions bear some resemblance. Taking a moment to compose an internal weather report is not only fun, prompting us to play with language and imagery, but may also help us to get to know our feelings better."

#### **Do**

Make your own internal weather report or forecast. We look at weather reports to learn about what's happening in our area, and to help plan our days. But what about our emotional weather?

What is your personal temperature? Are you feeling frosty, or sunny and warm? Any gale force wind blowing in your direction? What about your personal sky - is it overcast, bursting with rainbows or clear and crisp?

You could take some inspiration from weather reports on the news or online!

#### **Think**

Charlotte asks "Can you - at least to some extent - make your own weather?" What would you like your 'weather' to be like at the end of today?

#### **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 weather with them.



**5th January 2021**

### **Leading Words**

Today's challenge is from Natalie Tharraleos!

"I am 55 years young and live in Harehills Leeds. I like to do anything that inspires people's creativity, unites people and uplifts communities. I believe many of our current systems need reorganization and to evolve from listening to people and responding to the needs of communities. I believe art gives everyone a voice."

### **Do**

You wake up and find you have been given leadership of your country, and you can choose to organise the nation however you like, with whatever values you feel passionate about. You are about to make your first speech to everyone. They've asked you to make it in the style of a rap, a rhyme or a poem that will last up to 5 minutes. What would you like to say? Choose any style you like. It doesn't have to rhyme!

"If you feel disillusioned with our current political system, feel free to envisage a whole new way to run a country. You can think about your own local area and what would make it the most wonderful place for every single citizen who lives there. It can help to write down whatever first comes to mind to get started and free up the words. Or speak them out loud first and then write or record them."

### **Think**

How could you bring an element of your speech to life today? Who would you like to hear it?

### **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 speech!



**6th January 2021**

### **See Through Photography**

Today's challenge is from Ginny Koppenhol!

"I'm a portrait photographer from Lancashire, and am 40 years old. I was an Occupational Therapist in mental health services, before I started my own photography business 5 years ago. I love to promote creativity, especially in adults who may be fearful of trying new things or lost the art of play. I have a big fancy camera, but find that my smartphone allows me to be more spontaneous and creative on a day to day front. I always have my smartphone and can whip it out whenever I see something that inspires me. As a result, I find I take more notice of what's around me and am more mindful."

#### **Do**

Find some 'see through' things around you, anything at all! Perhaps it's a glass, a net curtain, a toilet roll tube or paper with holes punched out. Take a moment to play with it - how does it feel, what are the colours and textures you sense when you hold or 'see through' it. If you like, take a photograph through the things that you have found. You may get interesting colour effects, maybe added texture, or interesting shapes.

What do you find on the other side?

#### **Think**

Could you challenge somebody to guess what your photograph is 'seeing through'?

#### **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!



**7th January 2021**

**Fruity Face**

Today's challenge is from Sheila Blair.

"I'm living in the North West of England. I chose this idea because anyone, of any age, can participate. Don't be afraid to work 'big' you could work with other members of your household and it could be assembled either indoors or outdoors."

**Do**

Create a face out of the things around you -fruit, vegetable, clothing or the contents of your drawers. Try to depict a definite expression! Is it a self portrait? Is it somebody you love? Is it a person or character that you've met in 2020?

**Think**

What new 'art materials' have you discovered in the space around you?

**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!



**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**

### **My Film**

We're already over a week into The January Challenge 2021! And today, it's over to Arun Kapur...

"I'm 30, Wolverhampton born and based! I'm a visual artist, poet, film maker and mental health advocate! I love to use the medium of the arts to raise awareness of wellbeing and to help others feel realise their value and that their voices are important."

### **Do**

Create a one minute film about what it means to be you. You might write the script, you might film some footage - or you might just imagine what it would be like. Your film should tell the world about everything that makes you who you are!

### **Think**

How would your film have been different last year? How would you like it to look next year?

### **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 films!



**10th January 2021**

**Hello World!**

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 10 days!

**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!



**11th January 2021**

### **Positive Connections**

We're nearly half way through our journey! And today, Angela's challenge is here to get us thinking about moments in a bigger journey...

"I am a full time carer from Brighton - who writes a bit on the side! I realise that most of my memorable moments have happened outside, in nature... and they aren't BIG EVENTS - just very happy, funny times with the people I love. I think/ hope this challenge taps into gratitude... and gratitude is such a positive feeling. If you are feeling good about yourself - it feels easier to launch into something creative I always find."

#### **Do**

Make a list of five good memorable moments in your life. Think about them. Are they linked in any way? Do they have anything in common? Write down five words which come to you when you look at the list. If you have more time - celebrate the memories in a poem, a doodle, or by telling a friend.

#### **Think**

How will you hold on to that positive connection? What will be the most memorable moment from the last year?

#### **Share**

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

Share your positive connections with the people in your memorable moments!



**12th January 2021**

### **Black Out Poem**

To take us into Tuesday - it's over to Caroline Ridley-Duff!

"I'm 53 years old, mum of 2 grown up kids (and 2 cats) When I'm not creating collages, poems and stories, I am out running (or baking cakes in the kitchen!). I have had great fun experimenting with blackout poetry and I find it can be a fun challenge to be creative when you are working with built-in constraints. I love creating something new out of something old and I find it can be very relaxing to just play with words and sentences!"

#### **Do**

Find a pen and a page from a magazine or newspaper, or even something you've written. Blackout all but a few select words so that you are left with a 'poem.' You can think carefully about which words you want to keep or you can be totally random about it. It's up to you.

"Maybe the 'poem' you create will inspire you in other ways - perhaps to draw a picture or to turn it into a story, a longer poem or even a song. Just have fun playing with words and creating something new out of something old."

#### **Think**

Did you change the meaning of the words you were using? Did your poem surprise you?

#### **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 speech!



**13th January 2021**

**I <3 ART**

Today's challenge is from Nick Corston.

"I'm a dad. I'm concerned about creativity, children and all our futures and started a non-profit [STEAM](#) Co. to advocate for, inspire and action creativity. We believe that "Art is what we call it when what we do might connect us" and could be anything from the art of painting and photography to cooking and coding or dance, design or DJing."

**Do**

Design a logo that says "I <3 ART." Your logo should be a celebration of the creative things that you enjoy - from fashion to fine art, exploring to baking, and anything and everything in between. Can you add doodles, words and shapes to your logo that capture your creativity?

**Think**

When do you feel most creative?

**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 logo!



**Thursday 14th January 2021**

### **Blowing Bubbles**

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! Lemn has chosen Sarah's idea.

"I am 6 years old and I have Sierra Leonean heritage. I like practicing handstands, painting and reading."

Listen to Sarah telling you all about her challenge [here](#).

#### **Do**

Sarah loves blowing bubbles! Today, your challenge is to blow bubbles in different mixtures - you will sound like Elephants stampeding in a puddle! Blow your bubbles with a straw, or simply by blowing into your glass or cup. Like Sarah, you could blow bubbles in apple juice, in water, or even in soapy water (but be careful not to drink the soapy water...) - what do the different mixtures sound like? What does it sound like if you hum instead of blow?

You could also make your own bubble blower by dipping things like paper clips, cookie cutters or pipe cleaners into soapy water and blowing through it. What do you have near you that you could use?

#### **Think**

Sarah thinks that blowing bubbles sounds like Elephants stampeding in a puddle! What do you imagine it sounds like?

#### **Share**

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



**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**

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



**16th January 2021**

### **I Care**

It's Saturday, and we're halfway through January! Today's challenge is from Tash.

"I'm 27 years old, living just outside London, originally from Wakefield. I enjoy getting creative, being outdoors, writing & cooking. In more difficult times, it feels harder than ever to keep creative. The thing that keeps me going and feeling bright are the people around me. So I would love everyone to take some time out to remember how loved and cared for they are and how feeling connected is so vital to who we are."

### **Do**

What does the word 'care' mean to you? Have a think about who cares for you, who you care for and what impact or influence this has on your life. Celebrate that care and what it might mean to you!

You could write an acrostic poem using the name of the person or thing you're thinking about, create them a special recipe or find the time to learn something new about each other. Gift your creation, or keep it with you.

### **Think**

What are the things that you care about? How have those things changed over you life?

### **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 speech!



**17th January 2021**

### **Finding Light**

It's the 17th 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!



**18th January 2021**

**Shall we dance?**

It's Monday. Let's dance! Today's challenge is from Giada Del Drago.

"Hi I am Giada. I was born in Dublin, raised in Canada and based in the U.K. I love to dance, sing, go for long walks, cook, visit and travel to new places, learn new skills/ideas. I chose this challenge because it's fun and the results can be quite interesting, abstract or funny. I hope it will make you feel good!"

**Do**

Put on your favourite song. Dance like nobody's watching. Enjoy!

"Shake out any stress. Pay attention to all body parts. Express yourself. The more free the more funny. Liberate others by liberating yourself."

**Think**

How do you feel? Shall we begin every monday dancing...?

**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 getting them dancing!



**19th January 2021**

### **All sorts of Days**

It's Tuesday 19th January, and Ben's turn to set a challenge!

"I'm Ben Bradshaw, a poet and theatre- maker from Hull. I love to write, listen to music and analyse everything! Everybody had good days and bad days. I think it's fascinating to see how people creatively respond to their interpretation of their own behaviours "

#### **Do**

If you could personify your "good days" and "bad days" what would they be like? What sort of character would they be, and what sort of conversations would you have?

Capture your characters!

#### **Think**

What makes a good day, good?

#### **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 asking them about their good days and bad days!



**20th January 2021**

### **A picture tells a Thousand Words**

To take us through Wednesday it's over to Mike Maynard.

"I'm 71 and I live in Wednesbury in the Black Country. I run the local history page on Facebook and I'm a community photographer and writer. I thought people needed a challenge that would challenge their mind but be easy to do. Images are used to sell all kinds of things."

#### **Do**

Create an image that sells an idea. It could be a small idea, a big idea - anything that you feel passionately about, or want the world to see! Use whatever you have - draw or paint a picture, or take a photograph. You might add words to your image.

#### **Think**

Can you think of a time when something creative has changed your mind, inspired new ideas or made you think about something differently?

#### **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 selling them your idea...



**21st January 2021**

**Piece it Together**

Today's challenge is from Kalpana Dorlikar.

"I'm in the process of decluttering. I keep stopping to consider whether something is useful or beautiful. Going to have a go and see what happens. Maybe my clutter will transform into a series of Art installations...

**Do**

Find five objects around you, and piece them together to make a sculpture. How tall is it? What does it remind you of? What are the shapes, textures and colours of your sculpture?

Try and piece the objects together in a different order - how quickly does your sculpture change?

**Think**

If you had to title your sculpture, what would you call it?

**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 showing them your sculpture!



**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**

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.



**23rd January 2021**

### **A Musical Moment**

It's Saturday, and time for a little musical moment...over to Nick Hoad, from Kent.

#### **Do**

Find a way to create some interesting sounds...and make some music! You could fill up glasses, tins or cans with different amounts of water. Find a wooden spoon and you've created a drum kit! What are the things around you just waiting to be banged, plucked, shaken or stirred...?

#### **Think**

What's your favourite musical memory?

#### **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 - play some music!



**24th January 2021**

### **Local Explorer**

Are you ready for a Sunday adventure? Today's challenge is from Sharon Higgins.

"I am 65 and come from Salford. I like to take wildlife photographs, paint and walk. Being close to nature makes me happy and I find peace in a troubled world."

#### **Do**

Where are you right now? Think about the area around you, and choose somewhere that you'd like to explore a bit more today. You could research the history of the area, the names of the buildings or streets, you could find out the answer to questions you've always had about the place? You could explore it in your mind, you could draw out a map detailing your favourite places...or if you can, get outside!

#### **Think**

What is your favourite thing about the area? What is something new you've discovered recently?

#### **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 - take them on your adventure with you!



**25th January 2021**

### **Stacks of Socks**

It's Monday morning and the start of the last 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!



**26th 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**

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 creations with them.

THE  
JANUARY  
CHALLENGE  
2021

64 Million artists!



27th January 2021

### Write a Letter

As we approach the end of The January Challenge 2021, today's challenge is from The Foundling Museum.

"The Foundling Hospital was founded in 1739 to care for children at risk of abandonment. It was the UK's first children's charity and continues as the children's charity Coram. The Foundling Hospital also became the UK's first public art gallery. The Foundling Museum continues this creative mission, by transforming the lives of very disadvantaged children through the arts, and it is proud to have Lemn Sissay as a Trustee."

### Do

Write a letter!

To help you get started, you might like to think about someone that you miss, and a special memory that you share. Think about the objects, sounds, smells and sights from that memory, and write your letter to that person. You could decorate your letter with photographs, doodles or a collage that captures that memory.

If you would like to, send your letter by post, email or by sending them a message. Invite them to send a letter with their memories back to you!

**The Foundling Museum is full of objects that hold special memories, and tell different stories. You can find out more about their collection [here](#), and find other creative activities from The Foundling Museum [here](#).**

### Think

If you were going to write a letter to yourself today, what would you say?

### 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 and share your words with them.



**28th January 2021**

### **A Mundane conversation...**

Today's challenge is from Jenna Brook!

"Hello! My name is Jenna. I am 39 years old and I live in Shropshire. I am a Clown Practitioner, and a Senior Lecturer in Theatre and Performance at Glyndwr University. I LOVE mini challenges because they give total creative freedom with no expectations -but they can also lead somewhere exciting! This challenge was inspired by working with improvisation in workshops. I challenge participants to slow down by making the scenario as boring/mundane as possible -suddenly the most fascinating tensions begin to appear!"

#### **Do**

Write or dictate a short two person dialogue and aim to make it as boring or mundane as possible. Don't look at the second part of this challenge until you have written something!

Now, read it back - but imagine what is not being said. What are these characters avoiding talking about? Or what are they waiting for an opportunity to talk about? Did you have an idea of their gender, race, age? What happens if you drastically change this? If your characters were in their 70s, what happens if you imagine they are very young children?

You can spend as much or as little time as you like on part two. This can be a 5 minute mental exercise, or you might want to share your discoveries and ideas with others.

"We all have defaults in our work, coming from our own perceptions and experiences. Try imagining these characters as people from outside of what is usual or familiar to you."

#### **Think**

How did you find this challenge? Did your story surprise you?

#### **Share**

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



**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**

**Shh!**

We're coming to the end of The January Challenge 2021...but not just yet!  
Today's challenge is from Rupinder Dulay.

"I'm very old but with lots of imagination in South west Scotland. Poetry inspires me and takes me to another world. I like to build homes in the woods for fairies using only found materials with poems hidden inside. Can you hide a poem somewhere?"

**Do**

Find somewhere - anywhere - to hide a poem. Perhaps it's the 'Recipe for Happiness' poem that you made yesterday! Like Rupinder, you could create a magical place outside to hide your poem, or you could hide your poem in a letter, in a sock, or even in a mug ready for somebody to find when they make a cup of tea.

**Think**

Who do you hope will find your poem? How would you like them to feel?

**Share**

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

Share your poem with its future owner!



**31st January 2021**

### **Pass it On**

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

Today's challenge is from Jade, and is designed to inspire you to keep creating and keep the ball rolling...

"Hey, I'm Jade and I'm 20 years old. I come from Devon and I like to do art all the time, I'm currently doing an illustration degree and loving getting to focus on my passion :) For this challenge, think about positivity, passion and change but let yourself have fun and be creative in new ways. Interpret the ideas in any unique ways you want"

### **Do**

Create something to pass on to someone else to make them smile. It could be a pick me up or a gift. It could be a mini sculpture, an inspiring postcard, a painting, or a poem about the person you're giving it to? Perhaps it's somebody that you know, or perhaps it's for a stranger. Perhaps it's a creation from the last 31 days. Pass it on! Let's keep going!

### **Think**

What are the tiny ways you could 'Pass it On' today, tomorrow...the next day?

### **Share**

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Get your friends, family, colleagues and neighbours involved. Pass it On to them!