



1st January 2021

Pick and Mix

Happy New 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 the Wildcard - a mixture of all three!

Our three collaborators have all designed their own challenge for Day 1. So, **just for today** - you have a choice of three!

1. Conversations with a Lamppost - Jess Thom

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.

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?

2. Lost and Found - Yomi Adegoke

Lost and found! What do you want to leave in 2020, and what do you want to find in 2021? You could think of this challenge like a time capsule - gather all of the things you would like to leave behind in 2020. You could put things in a box, you could write a list or you could make an illustration. Now, gather all of the things you want to find in 2021! They could be physical things or they could be memories, ambitions or experiences you are hoping for. This time next year, we'll send you a reminder to look at your 'boxes' and see what you lost, and what you found!

What are the things you would like to remember, or keep from 2020?

3. I Remember - Lemn Sissay

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?



2nd January 2021

LOVE!

It's Day 2, its 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

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 expected 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 in your home 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

Wear your Happy

It's Monday morning...let's kickstart the week with Karen Arthur! Find Karen on Instagram [here](#).

"I'm a 58 year old black menopausal woman. I live in south east london. I'm an ex- teacher (28 years) now fashion designer, sewing tutor and a whole lot in between. I like to be creative and to dance in my kitchen. Poor mental well being is on the rise and lockdown isn't helping. I think that we can go some way to help ourselves on a daily basis and fashion is one way to do so, because too many people are missing out on the glories of making conscious clothing choices. Everyone can get involved!"

Do

Wear your happy! When we dress we often do so to match the way we feel at the time. Karen's challenge is to choose to wear clothing that you LOVE. Perhaps it has a soft Texture, reminds you of a happy memory from when you wore it last, or the person who may have gifted it to you. Perhaps it's a colour that you love, a vintage item that takes you closer to history, fun shoes that make you smile because of the noise or way they look, a gorgeous hat or headwrap, funky accessories...or perhaps it's all of the above.

"The point is not to think on the way you LOOK but more on how YOU want to FEEL. How we choose to dress is none of anyone else's business. Forget trends or the gaze of others, Make Fashion FUN!"

Think

Could you draw or design another element that would perfect this outfit? How does this outfit make you feel?

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 off your outfit!



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!

"Check out Black by rapper Dave if for positive inspiration. 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

Find a Rainbow

It's Day 6, and today, it's over to Suzanne.

"I'm Suzanne. I'm old enough to know better and wise enough to want to be better. I'm from "up north" but living "darn sarf". I love that every time you look at the sky, it's brand new. You're looking at a sky that's never existed before in the history of the world! Make a rainbow just as unique."

Do

Create a rainbow using the items you have around you. Your rainbow might be big, might be small, it might be made of socks, food, books, pencils - anything goes. Find the colour!

"Rainbows have been seen as symbols of hope and pride, we could use some of that at the start of this new year."

Think

What's your colour of the day?

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.



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 blues tits and starlings. A joy to our hearts!”

Do

Let your imagination fly...like a bird! 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?

Think

If you could fly - where would you go 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 creations with them.



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

Where's Wally?

It's Saturday! Over to Maame Atuah...

"I'm Maame, 24 from London and I like to make burritos on a Sunday. I love Where's Wally! It gets my brain going and stimulated for the day"

Do

Where's Wally? Hide or move something in a photograph, piece of art or creation. Challenge somebody else to find it! You could take two photographs, and change 3 things in the picture. You could take a photograph and camouflage yourself in it! You could doodle a scene and hide a tiny character, detail or word for others to guess what you have moved or changed...it's up to you!

Think

Maame loves Where's Wally because it stimulates her brain! How did this challenge make you think differently? How do you feel now?

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.



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

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.



11th 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.



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

Three Minute Exchange

We're almost halfway through The January Challenge! Today is Shelly's challenge.

"I'm 48, I'm a Londoner and unsurprisingly a therapist! I've chosen this challenge because it helps empathy, fosters curiosity and all you need is to find a friend/family member. Being curious in other's passions is creative."

Do

Find someone and ask them to talk about a subject that they're really interested in, but that you know nothing about. It could be their job, hobby, cultural interests - anything goes. Ask them to talk for about three minutes. You could find your person online in the 64 Million Artists Facebook group, or it could be someone you know. Then, you have two options! You could either briefly summarise back to them, or you could let them ask you one question about what they've spoken about. Where does your conversation go?

"Really listen to them, notice if and how they're excited when talking, don't interrupt."

Think

What did you notice? What would you choose to talk about for 3 minutes?

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 learnings with them.



Thursday 14th January 2021

You choose!

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!

Choose from their selections below! You can find further details about the challenges in [Lemn](#), [Yomi](#) and [Jess](#)' challenge folders.

1. Blowing Bubbles, By Sarah, chosen by Lemn Sissay

"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](#).

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?

2. Kintsugi, by Lucy, chosen by Yomi Adegoke

Today's challenge is inspired by the Japanese art of Kintsugi, which centres on the idea that things are made more beautiful by their flaws. Broken pottery pieces are sealed back together with liquid gold, highlighting the 'scars' that become a part of the design.

Can you fix or find a new use for something broken to show it is better now than before?



3. The Shape of You, by Charlotte, chosen by Jess Thom

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.



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 your 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

Past, Present, Future

It's Thursday 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

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.



18th January 2021

Hidden Faces

Day 18! 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 around you, or arrange 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.



19th 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 see 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**
64 Million *artists!* **2021**



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

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

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



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

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

To the 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

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 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

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.



27th January 2021

Wrapped Up

Today, it's over to Amanda!

"I'm Amanda White and I have a part time business as a gift wrapper. I love doing anything creative, I love meeting people and I love growing veg ! I'm based in Bristol. You can find lots of inspiration on my [Instagram](#) feed and in my IGTVs."

Due to lockdown I think we've all been forced to make do with what's around us rather than go and buy more. So the eco friendliness really inspires me. I don't think making wrapping paper is necessarily something people will think of creating and yet it can be simple."

Do

Design a sheet of wrapping paper! Design it on A4 paper, or any scrap paper you can find - the reverse of old wallpaper works well. You can draw, print or paint, but try to use whatever you have already at home, in your garden or in your kitchen draw. You could add texture by folding or scrunching the paper.

Think

Could you create a gift to wrap up in your new paper?

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 creation with them.



28th January 2021

All sorts of Days

It's Thursday 28th 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?

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!



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

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

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