



**1st January 2021**

### **Lost and Found**

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

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

#### **Do**

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!

#### **Think**

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

#### **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 Lost and Found treasure with them.



**2nd January 2021**

**Ten Minute Poem**

It's Day 2! The January Challenge is all about trying something new and seeing what happens. Find something to write with, and let's go!

Today's challenge is from Michelle Wright.

"I'm Michelle, 50 something from Merseyside. I chose this challenge because poetry is close to my heart and I feel we can include it in everyday life."

**Do**

Set a timer for 10 minutes. Think back to the moment you woke up today. What is the first thing you remember? Is it something you saw? Something you smelt, tasted, heard, or remember feeling? Write a poem that captures that moment. Don't spend any longer than 10 minutes!

**Think**

How did it feel to spend just 10 minutes writing your poem? Does 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 poems with them.



**3rd January 2021**

**Natural Collection**

Day 3 is here - and a brand new challenge. Today it's over to Ann Gurner!

"I am 59 and live in St. Albans with my partner and two daughters. I have chosen this challenge because I love nature!"

**Do**

Find 5 natural items around you. They might be items like food, stones or a plant, or they might be made from natural items, like a wooden spoon. Arrange your items to create a piece of art. It might be a sculpture, a tower or perhaps you could arrange them to form a picture. Anything goes!

**Think**

How different would your creation be if you used 5 man-made objects?

**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**

### **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**

**The Future is Another Place**

5 days in! Today's challenge is from Arts Emergency. Arts Emergency is a charity and support network - and Yomi is one of their brilliant trustees.

"Our Network members share opportunities, contacts and advice so that young people can flourish in higher education and the cultural industries. This challenge is inspired by our [manifesto!](#)"

**Do**

Draw, film, paint, record or write a response to these words: The future is another place. Allow yourself to believe your hopes for the future are possible. Say it loudly, defiantly to everyone!

**Think**

How did this challenge make you feel? How will you hold onto that feeling this 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 maps with them.



**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**

### **Pass it On**

It's Thursday - and today, it's over to Jade!

"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. Pass it on!

### **Think**

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

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**10th January 2021**

**Paint it On**

Today's challenge is from Juliet Sebestyen, a 72 year old Londoner!

**Do**

Get painting - without paint! Find something with a natural colour to use - it might be food, tea, coffee or something from the outside, like leaves or mud. You could even paint your face...or you could even use make-up to paint with!

**Think**

What was the most unusual painting material you found?

**Share**

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**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**

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



**12th January 2021**

**A creative companion**

Day 12 is here! Today, it's over to Nick Hoad from Kent.

**Do**

Create a model of an animal using just things you can find around you. Turn your paper, mugs, books, bottle caps, tinsel, tins, loo roll....into your new creative companion!

**Think**

If you were an animal what animal would you be?

**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.



## **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**

### **Kintsugi**

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! Yomi has chosen Lucy's idea.

### **Do**

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?

### **Think**

The art of Kintsugi is often used as a metaphor for resilience and healing. What were you thinking about as you were fixing your creation? How did it feel to fix 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 creations with them.



**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!



**16h January 2021**

### **Positive Connections**

We're 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!



**17th January 2021**

### **Shift your Perspective**

To close the week, it's over to Liz Morrison.

"I live in Wales with my family and work with arts organisations and charities to provide marketing support. I am also a published poet. I did a January challenge last year where we had to draw with our left hand and the creative experience really stuck with me."

#### **Do**

Shift your Perspective, and create a different view. Take something you know well or often see - it might be a view, an object in front of you, a familiar hobby or something you can imagine in your mind. Capture that thing in drawing, writing, or collage - but try to change the view. Turn it upside down or inside out, change the colour, change what it is usually used for, close your eyes or draw with your 'other hand' or your feet!

"Be unafraid to shift your perspective, about you, your ability and the world around you."

#### **Think**

What did you find from the new angle?

#### **Share**

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



**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**

### **Travel the World**

We're coming to the end of The January Challenge! But not quite...today, it's over to Jane Hill from Kent.

"I am mother to three amazing grown up children who constantly amaze me with their ability to bring joy, love and magic into the everyday. I am also a physiotherapist working with people with learning disabilities who bring creativity and alternative solutions into all aspects of their lives.

We are all familiar with famous geographic icons - the pyramids, the Giants' Causeway, the Taj Mahal, the Grand Canyon, the Eiffel Tower...How often do we come across echoes of these as we walk along in daily life (or maybe with a bit of construction and imagination) along the way."

### **Do**

Can you recreate or find famous geographic icons in the things and materials around you? A leaning tree for the Tower of Pisa? An array of toilet rolls for the Coliseum? A scattering of fairy lights for the Crab Nebula? Try putting your image against a picture of the original - or alternatively see if others can guess your inspiration!

"I was walking with my family through Kew Gardens and was struck by the strong and unique pictures that trees and plants make but also how these can mirror other strong familiar sights (man made or natural) and how it can be fun to capture parallels that can occur by either chance or design."

### **Think**

If you could travel anywhere in the world - where would you go today?

### **Share**

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



**20th January 2021**

**Light as a Feather**

Day 20 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**

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**

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



**21st January 2021**

**Muscle Memory**

**Today's challenge is from Bruce Clarke.**

**"I chose this challenge because it's quick and needs very little equipment. You'll be surprised at the results!"**

**Do**

Create a picture of someone you know from memory. You can use whichever medium you like - it's up to you. Don't take too long! Think about the features that make that person unique. Can you send that person your picture as a gift?

**Think**

What was it like to do that challenge from memory? Are you surprised by the results?

**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.



**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.



**23th January 2021**

### **A Story Retold**

It's Day 23 - 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.



**24th January 2021**

### **Freestyle**

It's Sunday! Let's Freestyle with Sharon Hall.

"I am a 54 year old black woman. I have 3 daughters . I am an adoption social worker. I love running, dancing to rnb, soul, reggae or soca music. I love painting and drawing pictures. I love reading and jigsaw puzzles. I am a natural hair stylist who installs micro locs. Art and creativity never leaves you. We just need to be inspired and I think this challenge will do this!"

### **Do**

Set a timer for between 5 and 10 minutes. Using the things around you - pencils, pens, paint, your computer - get creative and write or draw. Don't plan what you're going to do, just freestyle. Try and use every single second! What will happen?

### **Think**

How would your creation be different if you did this challenge yesterday? How might it be different tomorrow?

### **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.



**25th January 2021**

### **Pocket of Hope**

We're in the last week of The January Challenge! How did that happen? Today, 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!



**26th January 2021**

### **Story Swap**

Just a few days left of The January Challenge 2021! Today's challenge is from Mulualem - find something to write with, and let's get started...

"I'm Mulualem Getachew and I'm a script writer, director and actor. I have been working on movies in Ethiopia. My challenge is about exploring different identities. I have written a story about a lady who was born in Ethiopia and grew up in Europe, and a man who was born in Europe and grew up in Ethiopia. They are totally different people. One day, they meet and together they learn about new traditions and cultures."

#### **Do**

What are the things you love about your culture? It could be anything from the food that you eat, to the stories you grew up with, to the music you listen to. Your challenge is to write or plan a short story that teaches others something new about your culture.

Could you introduce new characters with different cultures and identities into your story? What do they learn from and about each other?

#### **Think**

Could you find a way to learn something about another person's culture 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 stories 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**

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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?

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!



**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**

**Past, Present, Future**

It's Saturday 30th 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 in your future. 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?

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**31st January 2021**

### **Gass Gyal Gass**

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

To help us celebrate, today's challenge is from Gyals on Road.

[Gyals on Road](#) are a collective made up of black femme creatives. A multi-media group with a podcast + curating and showcasing DJs mixes. We began our platform to create a space for discussing black womanhood and the things we go through "on the road." On our podcast we have a little segment called Gass Gyal Gass (like yaaas girl yaaas) where we big up each other's achievements no matter how big or small! We want you to do the same!"

#### **Do**

Think about your achievements over the last month! What are you proud of? What have you learnt? It could be something big, small and anything in between. Celebrate yourself!

Once you've decided on your achievement (or achievements!), celebrate it! You could leave a voice note to yourself on your phone to listen back to, you could write yourself a certificate, you could tell your friends - collect moments of celebration throughout the day!

#### **Think**

How could you keep celebrating? How can you hold on to that feeling and use it to inspire creativity today, tomorrow...and the next day!

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