

AGE OF  
CREATIVITY  
FESTIVAL

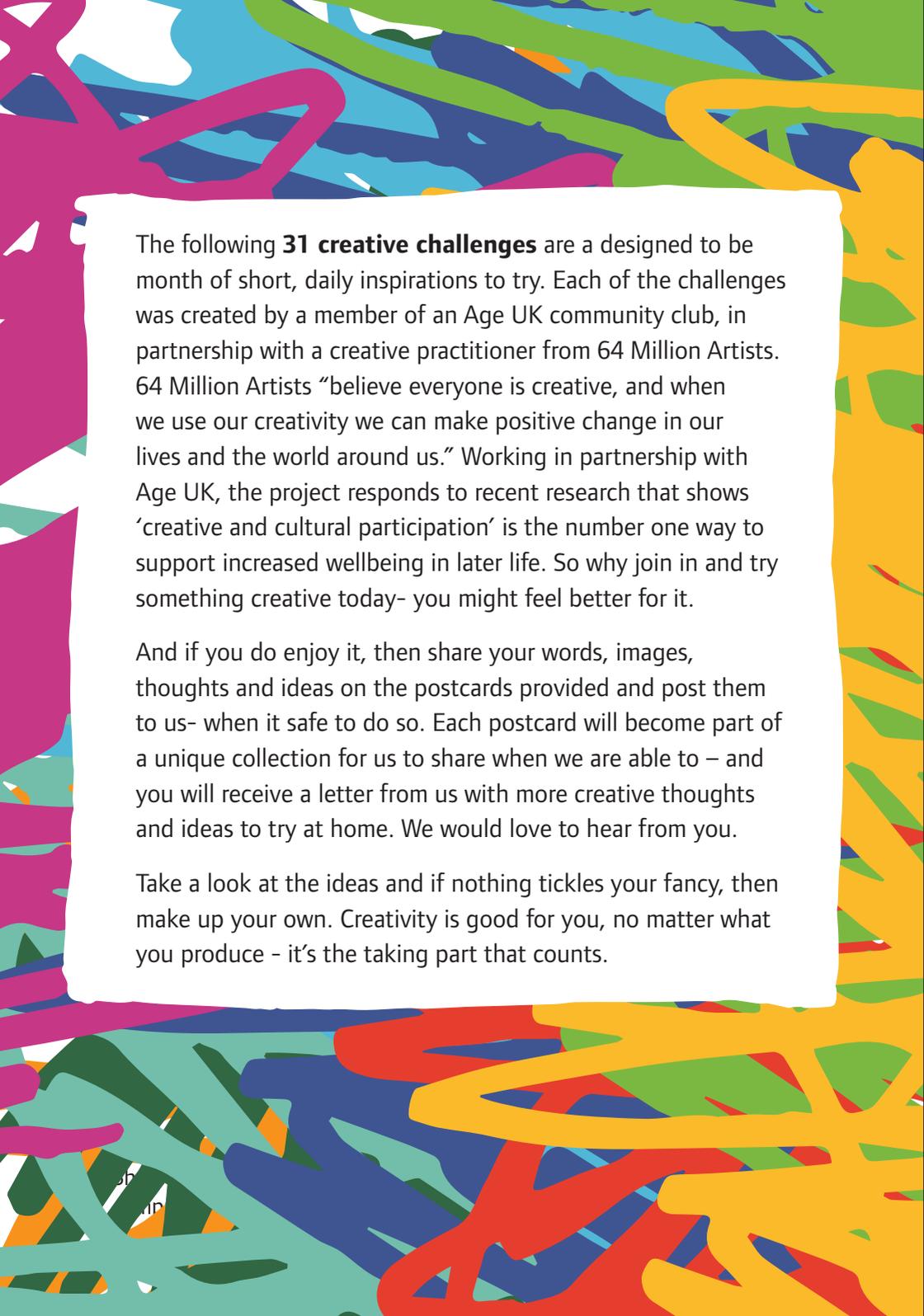
64 Million  
artists!

# CREATIVE CHALLENGE PACK

Simple ideas to try at home

[festival.ageofcreativity.co.uk](http://festival.ageofcreativity.co.uk)





The following **31 creative challenges** are designed to be a month of short, daily inspirations to try. Each of the challenges was created by a member of an Age UK community club, in partnership with a creative practitioner from 64 Million Artists. 64 Million Artists “believe everyone is creative, and when we use our creativity we can make positive change in our lives and the world around us.” Working in partnership with Age UK, the project responds to recent research that shows ‘creative and cultural participation’ is the number one way to support increased wellbeing in later life. So why join in and try something creative today- you might feel better for it.

And if you do enjoy it, then share your words, images, thoughts and ideas on the postcards provided and post them to us- when it safe to do so. Each postcard will become part of a unique collection for us to share when we are able to – and you will receive a letter from us with more creative thoughts and ideas to try at home. We would love to hear from you.

Take a look at the ideas and if nothing tickles your fancy, then make up your own. Creativity is good for you, no matter what you produce – it’s the taking part that counts.

**Members of Age UK community groups in Banbury, Rotherham and Kent shared their ideas with us and provided the inspiration for all of the 31 creative challenges that you about to enjoy:**

“There’s always something to be grateful for. Just small things.”

“The world is beautiful, if you look in the right places.”

“I love listening to music, it reminds me of so many happy times.”

“One good deed can change everything.”

“I love it when a friend gets in touch. I should do it more often.”

Our sincere thanks goes to each one of our local contributors.

## CHALLENGE 1: TREASURE CHEST

*“There’s always something to be grateful for. Just small things.”*

### DO

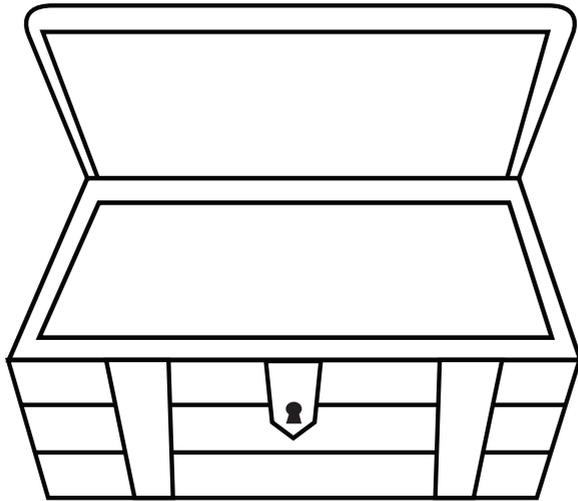
Use this treasure chest (or draw your own) and decorate it with words and pictures of things you are grateful for – both big and small.

### THINK

How did this challenge make you feel? What did it make you think about?

### SHARE

your work with others by sending a picture, talking about it on the phone or take a look at it tomorrow to remind you of everything you are grateful for.



Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 2: BUDS OF MAY

*“I love bluebells. Bluebell woods are beautiful.”*

### DO

Spring has sprung. What is your favourite bloom? Use this vase (or draw your own) to draw your favourite flower or fill with words to describe your chosen flower.

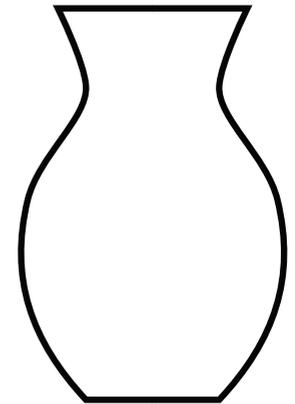
### THINK

What is your favourite season and why?

Where is the best place to see your favourite blooms?

### SHARE

your work with others by sending a picture, talking about it on the phone or take a look at through photographs of your favourite outdoor places to bring the outside in.



Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 3: GREEN FINGERS

*“The world is beautiful, if you look in the right places.”*

### DO

Watch a plant in your house or garden grow each week and note the changes by taking regular photos or making notes or sketches.

### THINK

What are the dramatic changes that happen this time of year? What are the subtle changes that you wouldn't normally notice?

### SHARE

your work with others by sending a picture, talking about it on the phone or check out the BBC for TV and radio programmes dedicated to gardening to develop your knowledge.

Week 1
Week 2
Week 3
Week 4

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## CHALLENGE 4: WORDS WORDS WORDS

*“Play with words!”*

### DO

Complete a word search, crossword or even create an acrostic poem using the word 'creative' below by writing a creative word or sentence that starts with each letter.

### THINK

How did this challenge differ from the others? Do you prefer language to using images to communicate your ideas?

### SHARE

your creative ideas with others on the phone. Time how long it takes you to complete the challenge and try again tomorrow. Can you beat your personal best and how does it compare with others?

C .....

R .....

E .....

A .....

T .....

I .....

V .....

E .....

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## CHALLENGE 5: OUTSIDE IN

*"I love going for walks and getting out in nature"*

### DO

Bring the outside in. Use old newspapers or magazines to create a new landscape inspired by nature by creating a collage of different scraps. If you don't have images, then use words instead.

### THINK

How did you find this challenge? Did your creation surprise you, did you notice anything interesting?

### SHARE

your work with others by sending a picture, talking about it on the phone or simply sit and think about the last time you saw that landscape and relax.

Place your ideas here or on the postcard:

Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 6: REACH OUT

*"I love it when a friend gets in touch. I should do it more often."*

### DO

Pick up the phone, or put pen to paper, and contact a friend or family member you haven't spoken to in a while.

### THINK

How did you find this challenge? What did it make you think about, or reflect on?

### SHARE

your thoughts by sending your letter when it's safe to do so – or use a postcard to write to us instead! We are always very happy to hear from new friends.



If you would like a regular friendly phone call from a new friend, call Age UK Oxfordshire on **01295 234 850**. We are always looking for new volunteers to call other people too, so if you have time to spare and would like to help us then contact Paula on the same number **01295 234 850**.

Jot down one or two things that you have enjoyed about being creative that you would like to share with others here:

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## CHALLENGE 7: STRETCH IT OUT

### DO

Stand or sit in a comfortable place. Starting with your feet and moving up, have a gentle stretch of all parts of your body. You could do it to some gentle music.

### THINK

How does it feel to have a good stretch? Do you enjoy moving your body?

### SHARE

your experience with someone else – it is easy to forget how great a simple stretch can feel. To enjoy more of a workout, use the Generation Games exercise DVD in your pack. The sessions have been designed specifically for those aged 50+ and are delivered by specialist members of our team.

If you want to take part in regular exercise sessions when it is safe to do so, then join our Generation Games team at one of our many classes that run regularly across the county. Find out more at [generationgames.org.uk](http://generationgames.org.uk) or call us direct on **01235 849403**.

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## CHALLENGE 8: GAME ON

### DO

Choose one of your favourite games to play from your childhood and have a go. There are so many to try whether you are alone or with others.

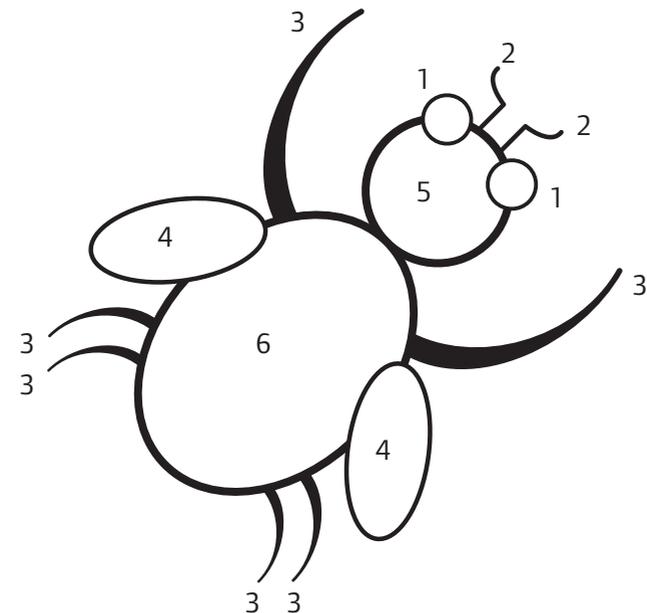
### THINK

Whose up for a game of Beetle Drive or solitaire? Can you beat your highest score?

### SHARE

your games with someone else – many of these simple games have been lost over the years and it is a great time to rediscover them. Time how long it takes you to complete the challenge and try again tomorrow. Can you beat your personal best and how does it compare with others?

Roll a dice and land on the right number to draw and complete your own beetle:



## CHALLENGE 9: SUPER POWERS

### DO

If you were a superhero for just one day, what special power would you want and why?

### THINK

What is your special skill or talent? What makes you unique?

### SHARE

your ideas by drawing or writing about your super powers and creating a hero or writing a diary entry about what you might do with your powers – as a force of good...or evil!

**OXFORDSHIRE SAVED BY  
LOCAL SUPER HERO!**

Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 10: MY FAVOURITE TREES

*"I sometimes wish I was a tree.  
They're so peaceful and dignified."*

### DO

Trees can be magical - from big ancient oaks to miniature acers. Do you have a favourite? Can you draw or describe your favourite tree?

### THINK

Where do you love to walk or visit to experience the great outdoors- and where would you like to go in the future?

### SHARE

what you can see from your window. If you can see a tree, then why not take a photo or draw one below. This simple act of sharing trees has been a global phenomenon during the lockdown – join in and bring the outside world indoors.

What trees can you see from your window or from your favourite spot?

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## CHALLENGE 11: FINISH THE STORY

### DO

This story idea: "Very carefully and with much excitement I slowly opened the box..."

### THINK

Can you finish the story? What do you think makes a good story?

### SHARE

by reading your story to someone or create your own short story book with illustrations and share it with someone when it is safe to do so.

Use these prompts to help you:

- What kind of box is it, where is the box and who is opening it?
- Is it a thriller, romance or horror story?
- Is it a story you've heard before, something from your life or total fantasy?
- Who are you writing it for and what would they enjoy?

Very carefully and with much excitement I slowly opened the box...

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## CHALLENGE 12: FOUR SEASONS

*"I love spring but some people love autumn.  
We're all different I guess."*

### DO

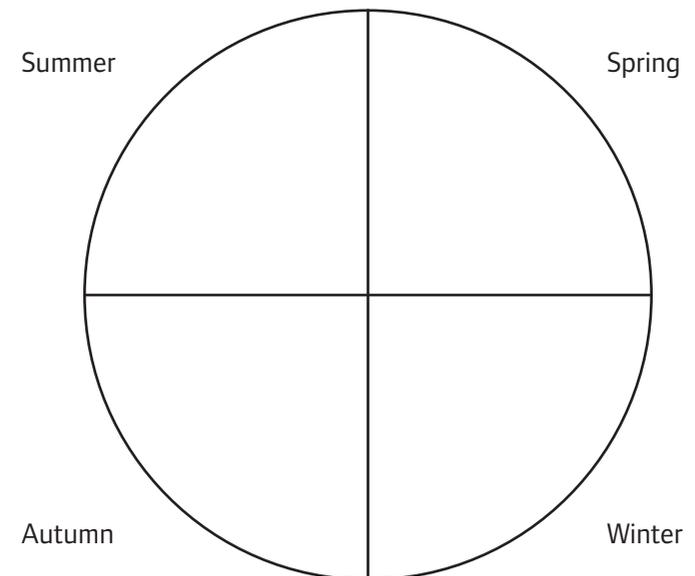
Divide a page into 4. Close your eyes and imagine the sights, sounds, tastes and textures of each season. Can you write, draw or design each separate season.

### THINK

What does each season remind you of? What do you like to do in the different seasons?

### SHARE

your ideas with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!



## CHALLENGE 13: SOMETHING FISHY

*"I love fishing. I'd love to go more."*

### DO

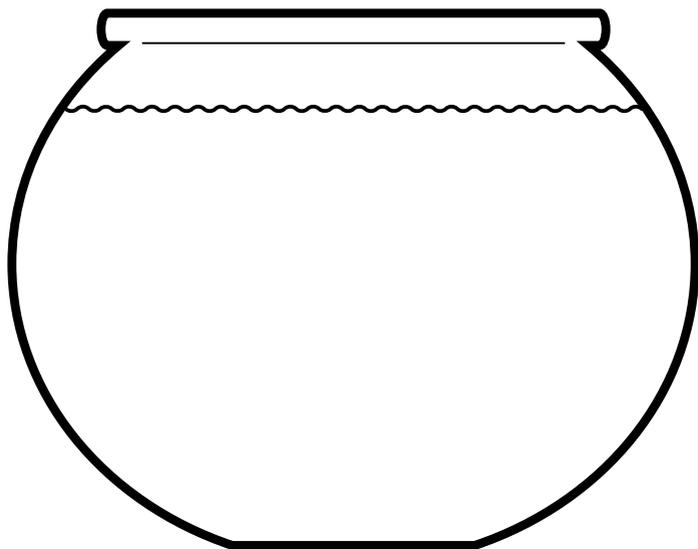
Thinking about the colours, shapes and patterns in nature, can you design and draw your own tropical fish?

### THINK

Did you enjoy this challenge? What colours and shapes are you drawn to?

### SHARE

your work with others by sending a picture, talking about it on the phone or take a look at through photographs of your favourite outdoor places to bring the outside in. If you love nature then the BBC have a wide range of TV programmes and radio shows about nature – both locally and from the legend Richard Attenborough.



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## CHALLENGE 14: LOVE LIBRARIES

### DO

Libraries are fantastic places. Find out what's on offer at your local library and get involved – they are still open even though they are shut! Or revisit some of the classics you have on your own shelves.

### THINK

What kind of books transport you to somewhere else when you are stuck at home? What books do you already have at home in your own mini library?

### SHARE

by discussing your favourite books with friends on the phone or post your favourite titles when it is safe to do so. You could even try reading a poem out loud from memory.

Oxfordshire Libraries are here to help. If you have access to their website then there are lots of free resources to download.

If you don't have access to a computer or are interested in the Home Service which delivers books to your door, in partnership with Age UK Oxfordshire, just call **01865 810259** for more details when the service resumes.

For more details about how to access books and BBC shows about books, check out the 'Bookfeast' information leaflet in this pack for ideas and local contacts.

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## CHALLENGE 15: MUSIC FEELS

*“What would the world be without music?”*

### DO

Close your eyes and listen to some gentle music quietly for a few minutes to relax.

### THINK

How does it make you feel? What images or memories did it evoke? What kind of music do you enjoy? What’s your favourite song and why?

### SHARE

your ideas on paper and with someone else who enjoys music. Listen to the music again and write down some words or draw an image that comes to mind. Can someone else guess what music you were listening to?

#### SIMPLE MUSIC IDEAS:

If you have a limited music collection, then turn on the radio to take a listen to some new tracks. Why not try a new radio station and discover some world music or hear what is in the charts and what trends have changed recently. Music is a great way to reminisce and remind yourself of happy times but it is also a world of new discovery.

Why not try making some music yourself and rediscover an old passion or begin a new one. Dust off an old instrument, share your talents with others or just enjoy making a noise with your voice, pots and pans or clapping.

Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 16: A POEM A DAY

### DO

Pick a book or newspaper and select a page. Use the first ten words on the page to make a poem by reordering and reusing them to create a new meaning.

### THINK

Are you pleased with your poem? Was it easier or harder than you imagined it would be?

### SHARE

by timing how long it takes you to complete the challenge and try again tomorrow. Can you beat your personal best and how does it compare with others?

#### SIMPLE POETRY IDEAS:

If you enjoyed the challenge, then why not make up new poems with other simple rules:

- Create a poem by circling every third word in a paragraph and reorder them to make sense.
- Open a page and create a three line poem about the first image or word you see.
- Write about a fruit without naming the fruit, colour of the fruit or shape for someone to guess.

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Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 17: WORLD EXPLORER

*“Even when I can’t get out, I can always spot things from my window.”*

### DO

Open a window and take a deep breath, paying attention to the sights, sounds and smells around you. Allow yourself to spend time really observing the world around you and the detail of every sense.

### THINK

Did you notice things you wouldn’t have normally or that have gone unnoticed before?

### SHARE

by using this space to describe or sketch what you experienced and how it made you feel:



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## CHALLENGE 18: MAKE THE NEWS

### DO

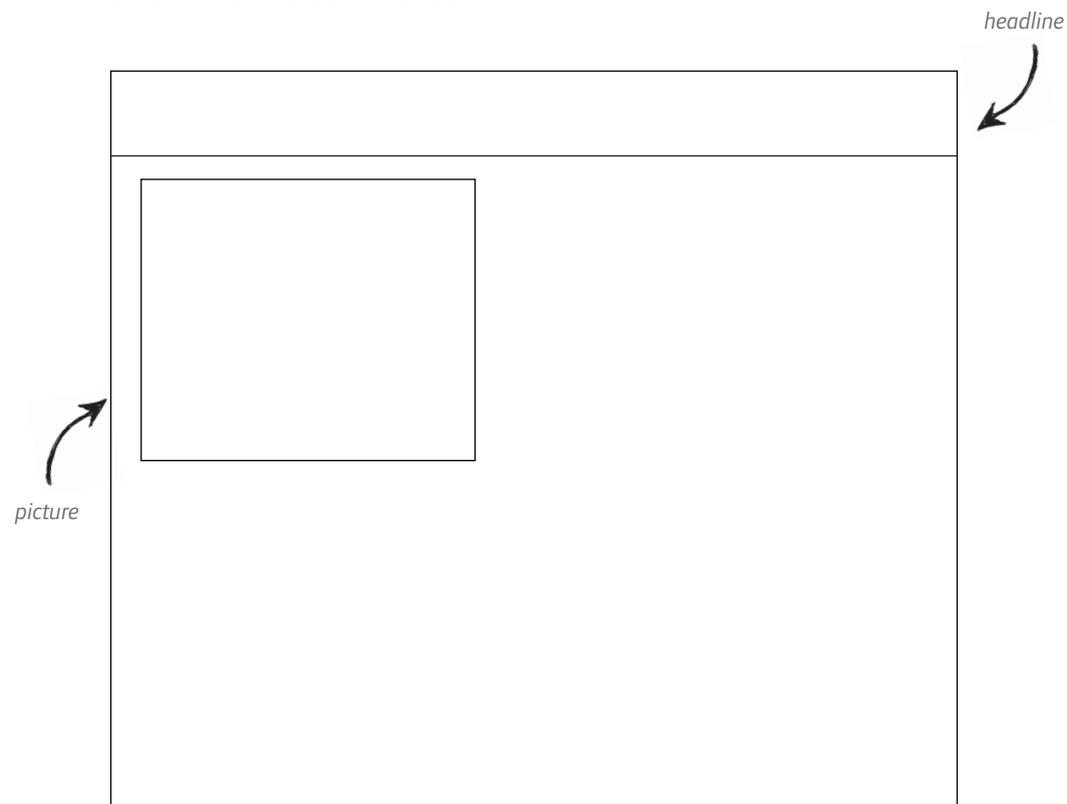
When the world outside is full of bad news, why not make the news yourself. Take the time to forget global headlines by making your own news stories about your own life today.

### THINK

What are the small victories you can celebrate? What would your headline news story be?

### SHARE

your news story on the phone or send us a copy on the postcard and send it when it is safe to do so.



## CHALLENGE 19: PLAYLIST FOR LIFE

*"I love listening to music, it reminds me of so many happy times."*

### DO

Take the time to make a playlist of songs that have a special meaning for you and write them out, along with a special memory. It could be a reminder of special moments in your life or just because it makes you want to dance- what is your unique playlist for your life?

### THINK

Which songs would other people listen to if they were thinking of you? What songs remind you of other special people in your life?

### SHARE

a copy of your playlist for a friend or family member to play. Make a playlist for someone else and let them know what you have chosen. What would be your number one song?

Playlist:

1. ....  
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2. ....  
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3. ....  
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4. ....  
.....
5. ....  
.....

## CHALLENGE 20: HOW TO?

*"There's so many bits and bobs I've put my hand to over the years!"*

### DO

Create your own 'How to' set of instructions. It could be something like 'How to' cook your favourite meal, make a birthday card, play the piano. What's your special skill?

### THINK

What does creativity mean to you? How do you celebrate it and how does it make you feel? If you can't think of a special skill then think of a skill you would love to learn and 'how to' learn it.

### SHARE

your 'How to' with someone special or share it with us- we would love to hear from you and learn something new.

### HOW TO... SEND US YOUR IDEAS!

1. Create something on the back of the postcard.
2. Write your name and address on it for us to write back to you.
3. Put a stamp on.
4. Wait until it is safe.
5. Post the postcard.
6. Wait.
7. Get a letter from us in return!

We would love to hear your creative ideas and we are keen to know how this pack has inspired you. Please do get in touch!

## CHALLENGE 21: NOVEL IDEA

*"I'm not sure people would believe some of the things that have happened to me!"*

### DO

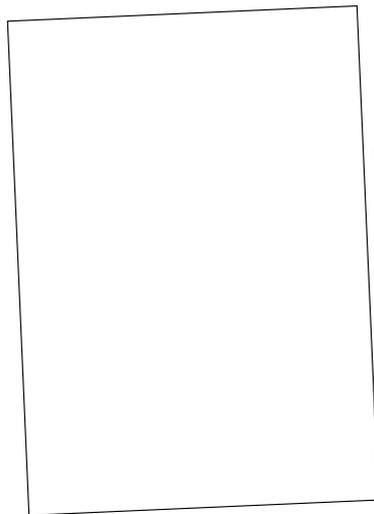
Imagine you were the main character in a book. Maybe a novel or even a biography. Can you design the front cover?

### THINK

Who would be the main characters in the story of your life?  
Where would it be set? For some inspiration, take the chance to read a new book or reread a novel that you love.

### SHARE

your work with others by sending a picture, talking about it on the phone or simply sit and think about the chapters – and who would play you in a movie adaptation!



*Use this space  
for your book  
cover design*



Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 22: ANIMAL KINGDOM

*"I'd be a tiger I think...that sounds fun!"*

### DO

If you were an animal, what sort of animal would you be and why? Draw, describe or imagine your animal side!

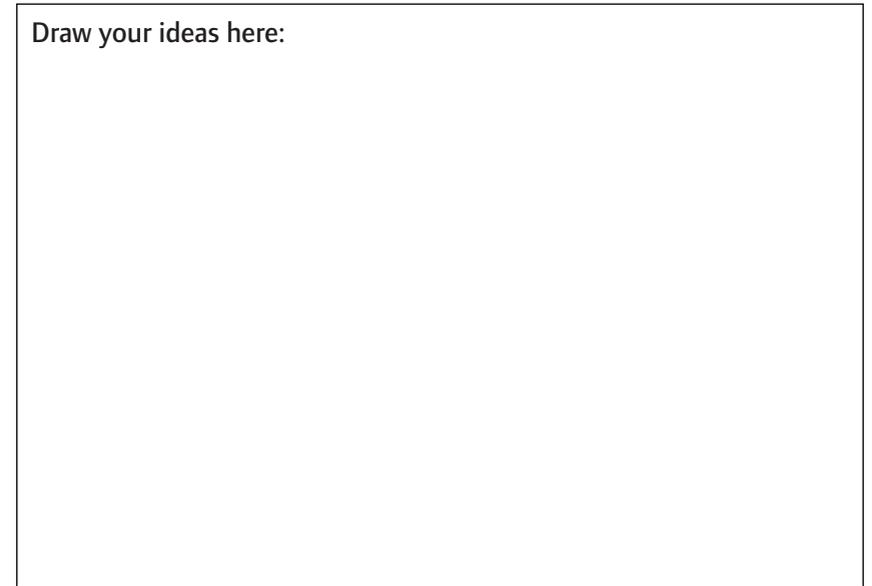
### THINK

What do animals mean to you? Are you a pet lover or a distant admirer?

### SHARE

your work with others by sending a picture, talking about it on the phone or take a look at through photographs of your favourite places to enjoy spending time with animals.

Draw your ideas here:



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## CHALLENGE 23: MINDFUL MAGIC

*"Mindfulness makes me feel calmer and more grounded."*

### DO

Mindfulness is a simple process of clearing your mind of any thoughts about the future or the past and enjoying the moment. Just find a comfortable spot and close your eyes. Be quiet for ten minutes and pay attention to your breathing to feel refreshed.

### THINK

How do you feel? How do you relax and unwind?

### SHARE

If you enjoyed this time to unwind, then why not try it again tomorrow or at times when you can feel anxious. Suggest this simple exercise to anyone else you know who might enjoy relaxing.

1. Lie or sit somewhere comfortable and warm.
2. Close your eyes and take some deep breaths.
3. Clear your mind and focus on your breathing.
4. Remain quiet for at least 10 minutes.
5. Take your time to get up and reflect on how you feel.

## CHALLENGE 24: FLATTERY GETS YOU EVERYWHERE

*"One good deed can change everything."*

### DO

Slow down, look around and think of something that you could say or do to generate a little hope and joy. Even the smallest act of kindness can have a big impact- on both yourself and others.

### THINK

How did it impact your day and how do you think it made others feel?

### SHARE

by putting your ideas on display in the window for other others to see, phone a friend to share your message or put it on a postcard and send it to us!

### HERE ARE SOME IDEAS:

1. Clap for carers, nurses and support workers who are working hard right now.
2. Draw a picture or motto and place it in your window for others to see as the pass.
3. Give a recipe, pattern or manual of instructions to a friend in need to try.
4. Send a card to your local care home with a special message to a resident.
5. Write yourself some notes of positivity and leave them around the house to find later.

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## CHALLENGE 25: SWEET TREATS

### DO

If you were making a cake filled with the ingredients to a happy life, what would you put in? Draw or write out your recipe.

### THINK

Who would you share your cake with? What flavour would it be?

### SHARE

your work with others by sending a picture, talking about it on the phone or even indulge in a little cake yourself!

#### Ingredients for a happy life:

A pound of: .....

A sprinkle of: .....

A cup of: .....

Stir in a little: .....

Add a lump of: .....

Cover in: .....

Decorate with: .....

Serve on: .....

Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 26: A MOMENT IN TIME

### DO

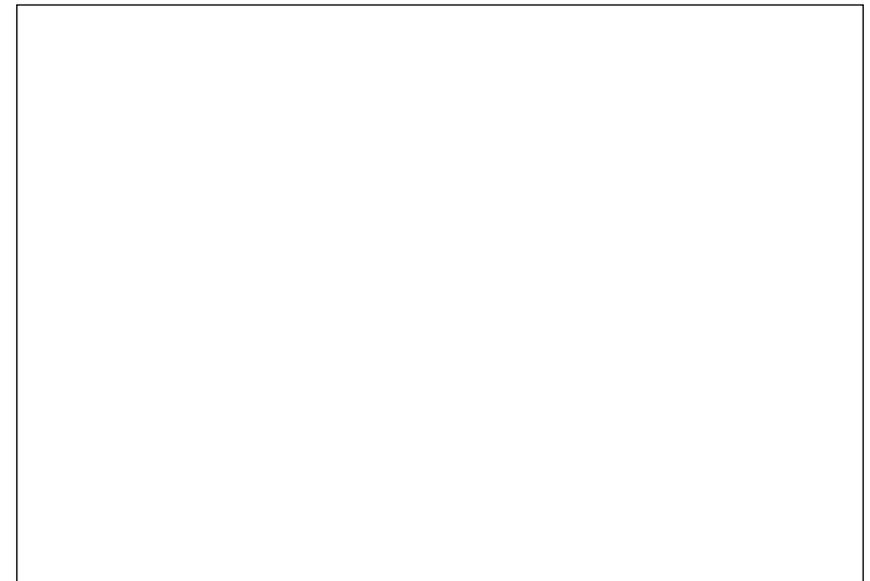
Who or what would you make a statue of? What moment in time or person in history would you like to preserve? Draw or make, your statue, or work with a photo.

### THINK

How did it feel to celebrate or preserve your person, feeling, moment or action and share with others?

### SHARE

your work with others by sending a picture, talking about it on the phone or take a look at through photographs of your favourite moments over the years.



Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 27: SING ALONG

*"I'm a brilliant singer... in the shower!"*

### DO

Put on a favourite tune and sing along! Maybe hum along or whistle to a tune on the radio.

### THINK

Do you like to sing? What memories does music evoke for you, and where is your favourite place to listen?

### SHARE

with others by creating a list of your favourite songs to sing-a-long to for a friend or family member to play. What would be your number one song?

Playlist:

1. ....  
.....
2. ....  
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3. ....  
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4. ....  
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5. ....  
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## CHALLENGE 28: COAT OF ARMS

*"I'd definitely have dogs on mine!"*

### DO

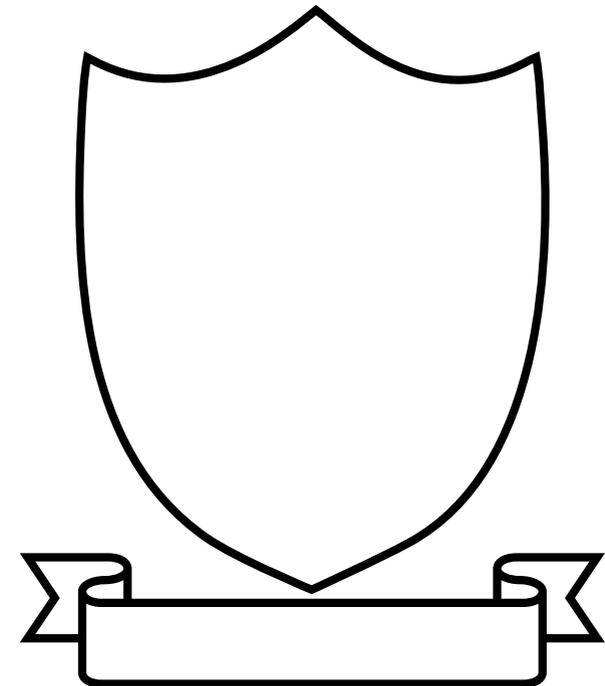
Coats of arms aren't just for posh people...design your own! What would you have on your very own coat of arms.

### THINK

What made you choose your design? What colours, shapes and objects represent you?

### SHARE

your work with others by sending a picture, talking about it on the phone or take a look at it tomorrow or send us a copy!



## CHALLENGE 29: RECIPE FOR LIFE

*"I love fishing. I'd love to go more."*

### DO

Food glorious food. What's your favourite? Why not create your own recipe or design your ideal meal- and eat it!

### THINK

What simple pleasures do you love? What is the most complicated dish you've ever baked?

### SHARE

your work with others by sending a picture, talking about it on the phone or check out the BBC for TV and radio programmes dedicated to cooking to develop your knowledge.

**My ideal meal:**

**Starter:** .....

.....

**Main:** .....

.....

**Dessert:** .....

.....

**To drink:** .....

.....

Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 30: DANCE THROUGH LIFE

*"I'm not so nimble on my feet these days, but I can still cut a rug!"*

### DO

May I have this dance? Either have a dance with someone else, or have a little boogie on your own. If you don't have a full samba in you today then tap your toes, shimmy those shoulders or bring out you inner robot. Let loose and have fun!

### THINK

How does it feel to have a dance? How has it impacted your day today? When was the last time you enjoyed a really good dance?

### SHARE

your experience or memories with others by sending a picture, talking about it on the phone or check out the BBC for TV and radio programmes dedicated to dancing.

#### **If the idea of dancing fills you with dread then simply:**

1. Tap your finger to some of your favourite music...
2. Let the music drift to two fingers...
3. Let the music drift to your whole hand...both hands...wrists...
4. Let the music drift up your arms, into your shoulders and carry you away...
5. Remember: if it hurts or doesn't make you happy then don't do it.
6. Also remember: there are no rules when it comes to dancing!

Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

## CHALLENGE 31: CELEBRATE!

### DO

You've made it to the end of the creative challenges! Whether this is the last day of a very creative month or you have jumped a few, missed a few or started right here then who cares! We just hope that you have enjoyed some creativity and we have inspired you to try something a bit different. Now it's time to do whatever you love to do when you celebrate. Perhaps you could create your own certificate of achievement.

### THINK

How was your creative experience? What was your favourite part? What did you learn about yourself?

### SHARE

with a friend to encourage them to try something creative. Share the joy by passing on your own creative ideas and tip with others.

If you have enjoyed this booklet then complete the *Certificate of Achievement* and recognise your own accomplishments.



Share with us online using **#64MillionArtists** if you have access to a computer or put your ideas on the postcard included in the pack and post it to us when you are ready - we will reply!

AGE OF  
CREATIVITY  
FESTIVAL

64 Million  
artists!



CERTIFICATE OF ACHIEVEMENT

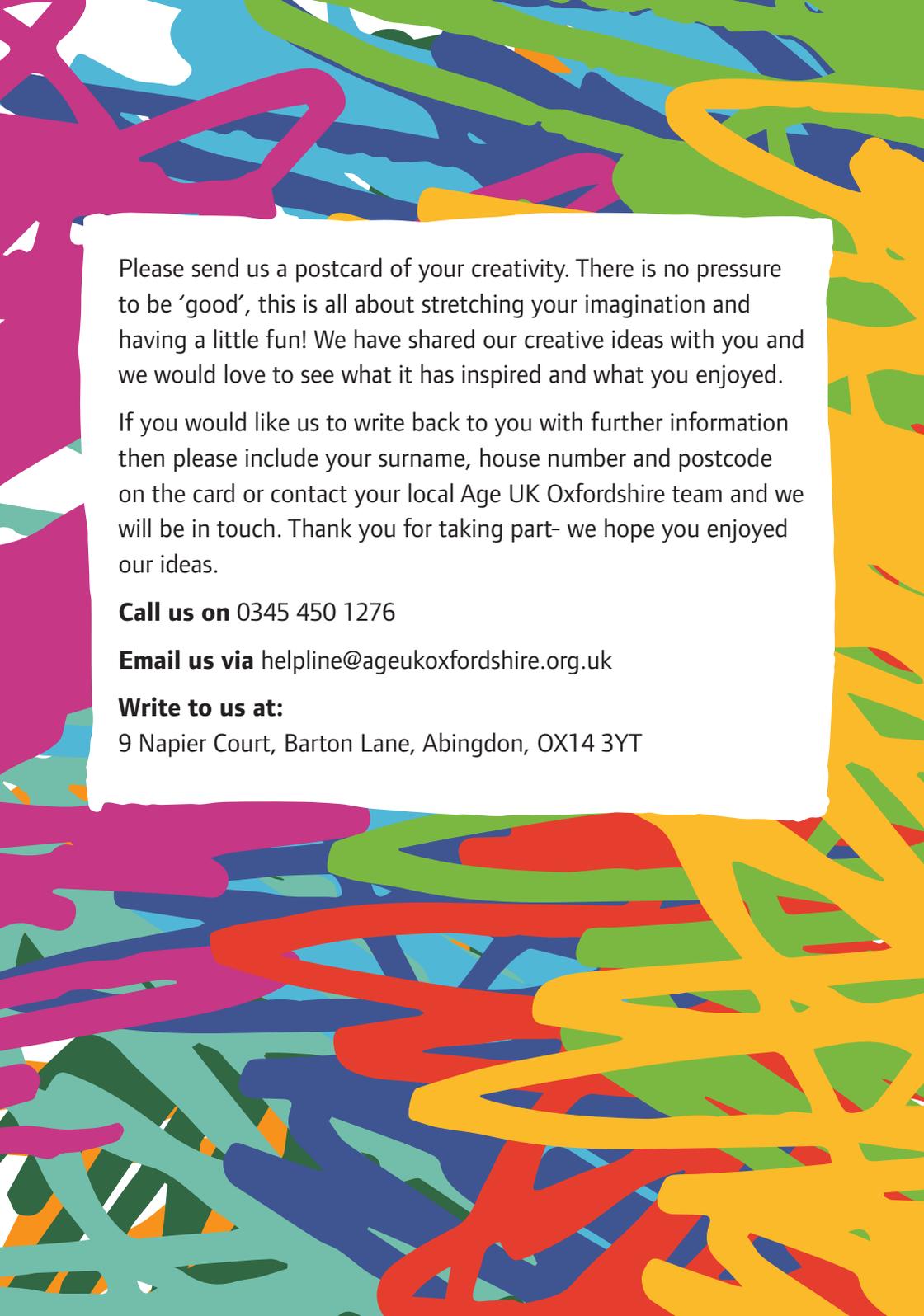
WELL DONE!  
YOU'VE ACHIEVED YOUR GOALS,  
IT'S TIME TO CELEBRATE!

Awarded to: .....

Date: .....

[festival.ageofcreativity.co.uk](http://festival.ageofcreativity.co.uk)





Please send us a postcard of your creativity. There is no pressure to be 'good', this is all about stretching your imagination and having a little fun! We have shared our creative ideas with you and we would love to see what it has inspired and what you enjoyed.

If you would like us to write back to you with further information then please include your surname, house number and postcode on the card or contact your local Age UK Oxfordshire team and we will be in touch. Thank you for taking part- we hope you enjoyed our ideas.

**Call us on** 0345 450 1276

**Email us via** [helpline@ageukoxfordshire.org.uk](mailto:helpline@ageukoxfordshire.org.uk)

**Write to us at:**

9 Napier Court, Barton Lane, Abingdon, OX14 3YT