

CREATIVE CHALLENGE PACK

31 accessible and age friendly
creative ideas for everyone

<https://festival.ageofcreativity.co.uk>

WELCOME TO OUR CREATIVE CHALLENGE PACK!

There are **31 creative challenges**, which you can try one-a-day to give you a month of short, daily inspirations. Or you might prefer to try one-a-week, or have a go whenever you feel the need for some creative inspiration. They can be done in any order, so feel free to flick through and pick any that you fancy.

Each activity was developed by a member of an Age UK community club, in partnership with a creative practitioner from 64 Million Artists. This joint project was a response to research which shows that “creative and cultural participation” is the number one way to support increased wellbeing in later life. 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.”

We have also worked in partnership with Dementia Oxfordshire to make the activities as dementia-friendly as possible. We want everyone to feel able to participate, perhaps as part of a group activity, or with family members, friends, or at home.

Creativity is good for you, no matter what you produce. It's the taking part that counts, so why not join in and give creativity a go?

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:

“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’m not so nimble on my feet these days, but I can still cut a rug!”

“I’m a brilliant singer... in the shower!”

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

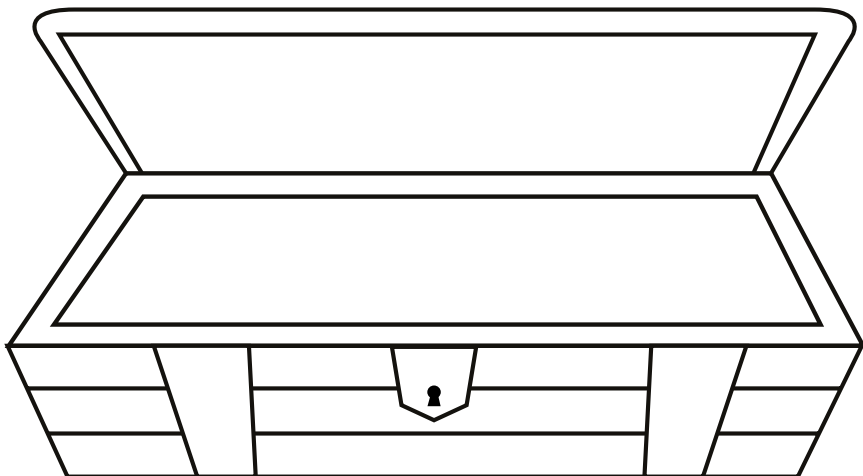
Use this treasure chest (or draw your own) and decorate it with words and pictures of things you are grateful for – both big and small.

THINK

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

SHARE

your work with others by showing them your 'treasure'. Display your work at home to remind you of everything you are grateful for.



Please share your treasure chest with us online using
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 2: FLOURISHING FLOWERS

"I love bluebells. Bluebell woods are beautiful."

DO

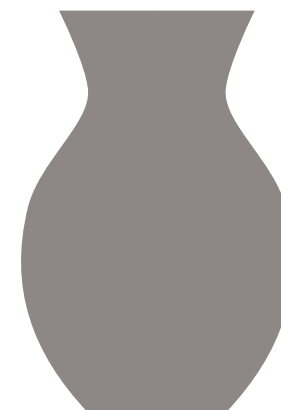
What are your favourite flowers?
Use this vase (or draw your own) and fill it with your favourite flowers. You can draw, paint or even write a description.

THINK

What is your favourite season and why? Which place most reminds you of that season? How?

SHARE

your work with others by showing them your flourishing flowers, or go on a trip together to see them growing.



CHALLENGE 3: GREEN FINGERS

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

DO

Observe a plant growing in your house or garden. Record the changes each week by making notes, sketches or taking photos.

THINK

What dramatic changes did you see? What about the subtle changes that you wouldn't normally notice?

SHARE

your work with others by telling them about your observations. You may inspire them to pay more attention to nature too.

<i>Week 1</i>	<i>Week 2</i>
<i>Week 3</i>	<i>Week 4</i>

Share your observations with us online using
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 4: WORDS WORDS WORDS

"Play with words!"

DO

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

THINK

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

SHARE

your acrostic poem with a family member or friend, and challenge them to also create an acrostic poem using the word 'creative'. You can then discuss why you each chose the words you did.

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CHALLENGE 5: OUTSIDE IN

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

DO

Bring the outside in. Create an inspiring landscape collage of your own using old photographs, magazines or newspapers. Or you can use strategically placed words, or a combination of pictures and words.

THINK

Is your landscape inspired by a real place? How does looking at your landscape make you feel?

SHARE

your work with others by showing them your landscape and describing why it's important to you. Perhaps plan a visit to explore a similar place nearby.

My landscape...

Share your landscape with us online using
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 6: FIRM FRIENDS

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



DO

Find a photo of you having fun with friends, or remember a happy time with your friends. Pick up the phone, or put pen to paper, and contact a friend you haven't been in touch with for a while.

THINK

What qualities do you appreciate in your friends?
How does spending time with them make you feel?

SHARE

your feelings with your friends. Let them know why they are important to you, and share some of your happy memories of spending time with them.

*Jot down one or two things that you have
enjoyed about being creative that you would
like to share with your friends:*

CHALLENGE 7: STRETCH IT OUT

DO

Stand or sit in a comfortable place. Starting with your feet, and moving upwards through your body, have a gentle stretch of each part. You can do this while listening 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 at home, take a look at the Age UK Oxfordshire YouTube channel, which hosts a range of online exercise videos that enable you to access them at a time that is convenient for you: www.youtube.com/user/generationgamesuk/videos



CHALLENGE 8: GAME ON

DO

Choose one of your favourite games to play, that you remember from your childhood, and have a go.

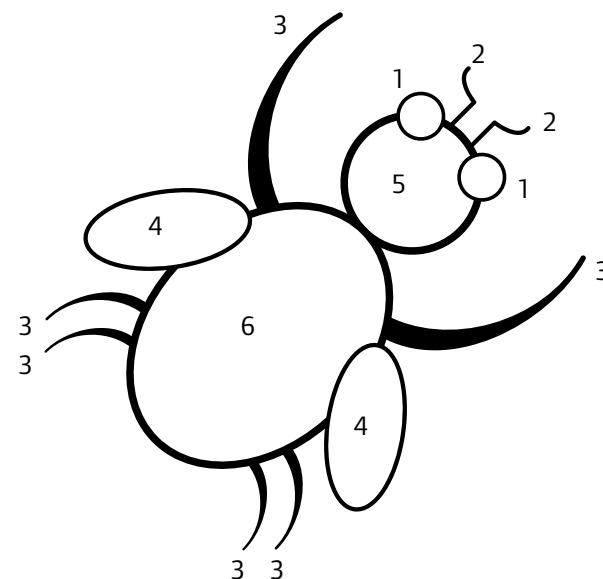
THINK

Who's up for a game of Beetle Drive, Monopoly or Scrabble? What do you most enjoy about playing games with others?

SHARE

your games with someone else – it's great to rediscover childhood favourites. You could have a weekly games session, with each person taking it in turns to choose the game.

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



Share your favourite game with us online using
#AgeofCreativity and **#64MillionArtists**

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!

My super powers...

Share your super powers with us online using
#AgeofCreativity and **#64MillionArtists**

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. Can you draw or describe your favourite tree?

THINK

Where do you go to experience the great outdoors? What natural spaces would you love to visit, if you could go anywhere in the world?

SHARE

your favourite tree by taking a photo or drawing one here. If you chose a deciduous tree you can try this activity at different times of year.

My favourite tree...

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.

Use these prompts to help you:

- What kind of box is it, and where is the box?
- Is it a thriller, romance, or horror story?
- Does the story explore events from your life, or is it total fantasy?

*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

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 seasonal montage with a friend or family member – do they like the same season as you?

<i>Summer</i>	<i>Spring</i>
<i>Autumn</i>	<i>Winter</i>

Share your montage with us online using
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 13: SOMETHING FISHY

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

DO

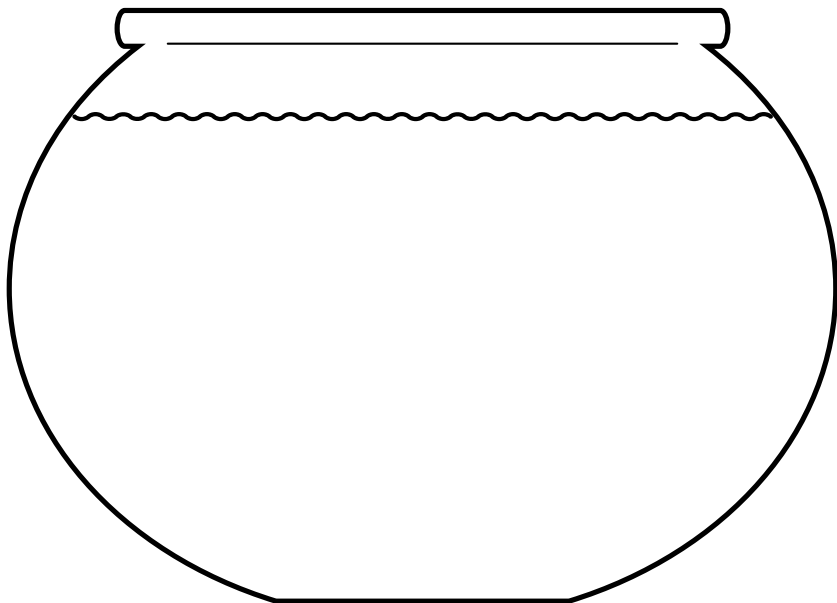
Thinking about the colours, shapes and patterns in nature, can you design and draw your own tropical fish?

THINK

What colours and shapes are you drawn to? What do you think about the mysterious under-the-sea world?

SHARE

your work with others by showing them, sending a picture, or displaying it at home. You could also make another complementary under-the-sea scene, perhaps of rock pool life, and include crabs, starfish and anemones.



CHALLENGE 14: LOVE LIBRARIES

DO

Libraries are fantastic places to visit. Find out what's on offer at your local library, from book groups and author talks to writing competitions and even exhibitions.

THINK

What kind of books do you enjoy? What stories do you remember reading or hearing as a child that made you want to be one of the characters?

SHARE

by discussing your favourite books with friends or family members. You could set up an informal book group, where you share thoughts on books and recommend titles you have enjoyed. You may discover some new favourites.

What are the three best books you've ever read or listened to?

1

2

3

Share your favourite books with us online
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 15: MUSIC FEELS



"What would the world be without music?"

DO

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

THINK

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

SHARE

your ideas 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:

- Why not try a new radio station to discover some world music or hear what is in the charts?
- Make some music yourself and rediscover an old passion or begin a new one. Dust off an old instrument or just enjoy making a noise with your voice, pots and pans, or clapping.
- Watch a music video or concert on TV or YouTube www.youtube.com

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

your poetry with others. You could challenge a friend or family member to create their own poems too.

Simple poetry ideas:

- 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.

My poem...

.....

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.....

Share your poem with us online
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 17: WORLD EXPLORER

"Even when I can't get out, I can always spot things from my window."

DO

Sit in your garden, or open a window. Take a deep breath, paying attention to the sights and smells around you. Then close your eyes and listen. Allow yourself to spend time really observing the world around you and the detail of every sense.

THINK

Did you notice things you haven't noticed before? Was there anything surprising?

SHARE

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

The world around me...

CHALLENGE 18: MAKE THE NEWS

DO

When the world outside can be full of bad news, why not make the news yourself? 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 with others, and ask them what their headline would be. This is a great way to find out what friends and family members feel like celebrating.

headline

picture

Share your news story with us online using
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 19: PLAYLIST FOR LIFE

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

DO

Create a playlist of songs that have a special meaning for you. Write down each song, along with the special memory you associate with it. What is your unique playlist for life?

THINK

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

SHARE

a copy of your playlist with a friend or family member or make a playlist with someone else.

My playlist:

- 1
- 2
- 3
- 4
- 5

Share your playlist with us online using
#AgeofCreativity and **#64MillionArtists**

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, or 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 a family member or friend. You could compile a family book of 'How to' instructions which includes everyone's skills.

How to...

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CHALLENGE 21: NOVEL IDEA

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

DO

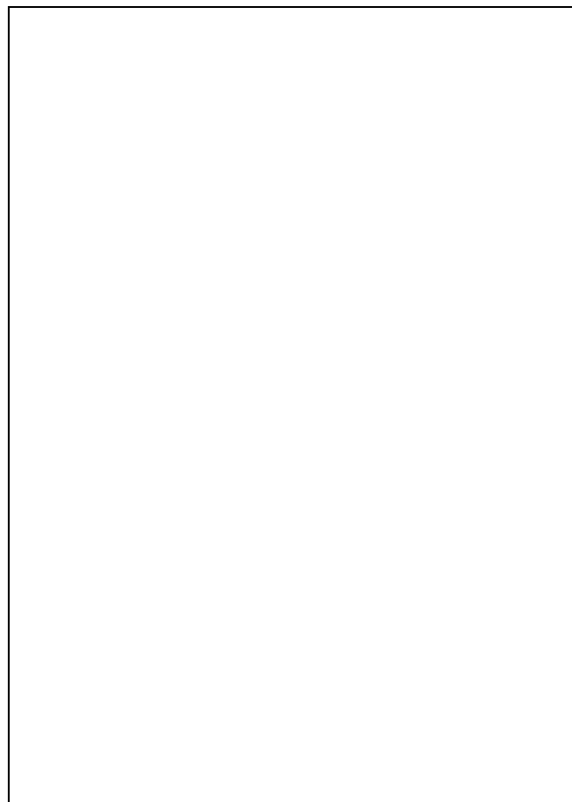
Imagine you were the main character in a book. Maybe a novel or even a biography. Can you design the front cover?

THINK

Who would be the other main characters in the story of your life? Where would it be set?

SHARE

your work with friends or family members. What would be the big plot twists and who would play you in a movie adaptation?



*Use this space for
your book cover design*



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 and ask them what animals they would be. Discuss with friends and family members – can you think of famous people who would suit different domestic or wild animals?

Draw your ideas here...



Share your animal ideas with us online using
#AgeofCreativity and **#64MillionArtists**

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.

THINK

How do you feel? How do you usually like to relax and unwind?

SHARE

If you enjoyed this time to unwind, why not try it again another day? Suggest this simple exercise to anyone else you know who might like to try this method to relax and reset.

1. Lie or sit somewhere comfortable and warm.
2. Close your eyes and slowly take some deep breaths in and out.
3. Clear your mind, let your thoughts go and focus on your breathing.
4. Remain quiet, keeping your focus on your breathing, gently in and gently out, for at least 10 minutes.
5. Open your eyes and take your time to get up.

CHALLENGE 24: CREATIVE KINDNESS

"One good deed can change everything."

DO

Think of something that you could say or do which will generate joy for someone else. Even the smallest act of kindness can have a big impact - on both yourself and others.

THINK

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

SHARE

with others by 'paying it forward': rather than repaying someone for a good act, you do a good deed for someone else, which will hopefully inspire them to help someone else. This means that a single good deed can reach more people and travel further than its original location.

Here are some ideas:

1. Pay a compliment to a family member.
2. Give a gift to someone you love – perhaps something you've made, grown or cooked.
3. Share a recipe with a friend.
4. Answer the phone in a cheerful voice.
5. Offer to help a friend or family member with something they've been struggling with.



Share your good deeds with us online using
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 25: RECIPE FOR A HAPPY LIFE

DO

If you were making a cake filled with the ingredients for a happy life, what would you include?

THINK

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

SHARE

your work with a friend or family member, and ask them what their special ingredients would be. What would it taste like?

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:

CHALLENGE 26: A MOMENT IN TIME

DO

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

THINK

How did it feel to celebrate or preserve your person, feeling, moment or action?

SHARE

your work with others by showing them, displaying it in your home, or sending a picture. Would they choose someone or something similar or completely different?

My statue...

Share your statue with us online using
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 27: SING ALONG

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

DO

Put on a favourite tune and sing along! Or perhaps hum along or whistle to a tune on the radio. Create a list of your favourite songs.

THINK

Do you like to sing? What memories does music evoke for you? Where is your favourite place to listen to music, and who do you like to listen with?

SHARE

your list with others, and challenge them to do the same. How do your favourites compare with theirs? Do you have any in common?

My favourite songs:

- 1
- 2
- 3
- 4
- 5

Share your list with us online using
#AgeofCreativity and **#64MillionArtists**

CHALLENGE 28: COAT OF ARMS

"I'd definitely have dogs on mine!"

DO

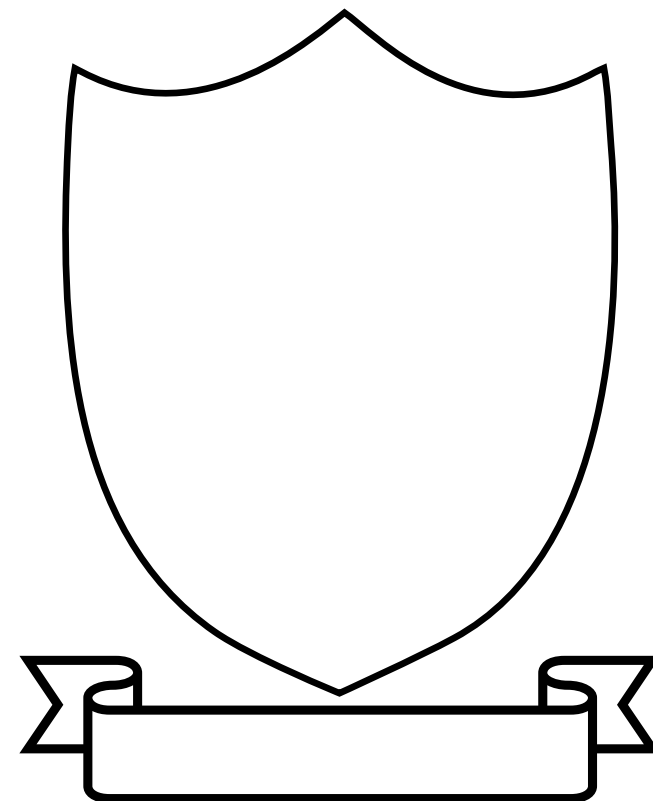
Coats of arms aren't just for the gentry... why not design one for yourself? What would you have on your very own coat of arms?

THINK

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

SHARE

your work
with others by
showing them
or displaying it
in your home.
Discuss with
friends or family
members what
they would put
on their coat of
arms.



CHALLENGE 29: FLAVOURSOME FOODS

DO

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

THINK

What simple dishes do you love? What is the most complicated dish you've ever made?

SHARE

your work with others by inviting them round to eat with you, or taking in turn to provide the edible treats each time you meet.

My ideal meal...

Starter:

Main:

Dessert:

Drink:

Share your favourite foods with us online using
#AgeofCreativity and **#64MillionArtists**

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. Let loose and have fun!

THINK

How does it feel to dance? When was the last time you enjoyed a really good dance?

SHARE

your experience or memories with others next time you see them. You could even arrange a little dance session with friends or family members if you feel like a boogie, or just listen to your favourite dancing music.



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!

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 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.

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 tips to others.

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



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:

<https://festival.ageofcreativity.co.uk>

AGE OF CREATIVITY

Oxfordshire
ageUK

Dementia
Oxfordshire

ef Esmée
Fairbairn
FOUNDATION




We hope you enjoyed our challenges and had fun exploring your creative side. Perhaps you have been inspired to revisit old passions? Or maybe you chose to focus on trying new things? Whatever your creative journey, here's hoping you're feeling encouraged to carry on. If you have been able to share the activities with others, hopefully they've been inspired by you too.

We would love to see some of your creative output, so please do share it with us if you can (details below). Thank you for taking part, we hope your creativity continues to flow.

If you'd like a PDF copy of this pack, please visit https://www.ageofcreativity.co.uk/our_work/creative_challenges

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