

Expand your Creativity

Warm up exercises to sketch

1. Draw circles: make circles the size of loonies and toonies or one inch in size
2. Draw faces: add eyes a nose and expressions to your circles
3. Draw stick people: with movement
4. Draw birds: make them simple like you did when you were five years old
5. Draw the sun/rain/ trees/hills/houses
6. Draw lines, spirals, zigzags, hearts, crosses, fish and more
7. Use crayons and shade a page with different colours and intensity
8. Clip out pictures from calendars or magazines

Warm up exercises to write

1. Alpha Poem: think of a topic then quickly write one word for each letter from a to z
2. Write non stop for 3 pages
3. Start a dialogue and write for each character
4. Imaginary Now: Think of a date in the future such as one year from now. Start your journaling session by writing. "This was the best year of my life. Let me tell you why....." Be creative and write quickly two pages of your adventures in the last year.