

Activity 0.11 The Creative Me

Module: Introduction Module

Duration: 45 Minutes

Social Development Themes: Arts

Summary

This activity gives participants the opportunity to explore what they understand by the term 'creativity' and how it could be useful for them and their communities.

Learning Outcomes:

Team-building and Networking within the group

Preparations and Materials:

The objects in the room/workshop space

Approach:

1. Ask participants what they understand by the word 'creativity'. What does it mean to them? Do they see themselves as being creative?
2. Ask participants to look around the workshop space and choose an object that represents 'creativity' for them. It might be useful as facilitators to share their own example with the group to help. 'I've chosen the coffee cup because, for me, creativity is about energy and momentum, and coffee gives me energy when I drink it in the morning.' Or 'I've chosen the air conditioning unit because the science that is involved in producing the cool air that pumps out is complicated and sometimes creativity can be complicated.' If there's time allow the group to choose something from outside the workshop space – a leaf, a bottle etc.
3. Once they have selected an object, ask participants to spend some time on their own imagining that, just by holding or being near their object, they're filling with creative energy – like a battery recharging. Once they have taken a moment to draw energy from the object, ask participants to reflect on how they intend to use this creative energy – how it could help them in their life or work.

4. Now ask the participants to share in pairs why they chose their object and what it tells us about creativity, and how they want to use their creativity to improve their life or work.

Debrief:

- In plenary, invite the group to share a few examples of what they think creativity is and why it's important for them?
- Invite the group to share some examples of how creativity might help them in their lives?
- Ask the group to share any examples where creativity has had a positive impact on the success of a company, a relationship or a community. If they are stuck, you could give some specific examples of when creativity has contributed to handling a difficult situation, or seen companies grow (Apple), led to a creative solution to the handover of power (apartheid), creative solutions to community or economic issues.
- What helps us and our communities to be creative?
- What gets in the way of creativity?
- How during this workshop can we encourage creative ways of being and thinking?

The creative mind wants to shape the world around it. It sees possibilities where others may not. Creativity means being open to different ways of seeing and different ways of being – something that we can lose as we become 'more fixed in our ways'.

If you ask a child to imagine all the things they could do with a paper clip, they often come up with many more ideas than adults because they allow their imagination to creatively wander and create new possibilities. What if the paper clip was 50 metres high and bright pink!

Throughout the arts approach to AC, the exercises will encourage participants to not be afraid of their own creativity. They will be introduced to exercises that may, at first, feel uncomfortable and unusual as they appeal to different learning styles than, for example, reading, writing and discussing.

For this reason it's important that facilitators work hard to make participants feel safe and supported. Encouraging participants to be brave or sometimes vulnerable as well as to use their imagination will lead to deeper learning.