



TODAY'S TOPIC: **Creativity**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

How am I creative?

Lesson

Hands and Mudras

Materials	Things to Prepare	Today's Goal
• Hula hoop • Poster board and markers • Scratch art paper	• none	For everyone to know they are creative, and creative looks different for each person.

GATHERING ACTIVITY = Extra creative materials in your room today! During play time, use the poster with the scribbles at the coloring table and challenge kids to spot objects within the doodles and color them in (like when you look for pictures in the clouds). Complement their creativity. You can flip the poster over and draw a new scribble on the back if you fill up the front side.

LESSON =

ASK: What kind of juice do you like? Take a few answers then ask if anyone has heard of “creative juice”? Sometimes people will say they want to get their “creative juices flowing”. What do you think that means?

SAY: Creative juice is like imagination. It is one of the ways God talks through you, by the fun and joy you get in making something. "Creativity is God's gift to us. Using our creativity is our gift back to God." - Julia Cameron

SAY: Raise your hand if you think you are creative. Everyone is creative! God is creative and God is in everyone, so everyone is creative.

ASK: What are some ways people let their creative juices flow? See how many you

can think of:

Drama Dance Music Making up stories Painting
Fashion Crafts Photography Sewing Drawing Problem Solving
Designing sports plays Cooking Gardening Decorating
Inventing Building something (LEGOS and MAGNATILES and forts under dining
room tables or in the backyard)

ASK: Do you do any of these? How do you feel when you do it? The way you create doesn't matter, only that you do it.

ACTION: Have everyone point to their head. This is where creativity lives. Now have everyone point to their belly button. Now point just below the belly button. This is the called the second chakra two and this is another place in your body where creative energy lives.

SAY: Creating and making things helps you:

- It can calm your mind if you have too many things to think about.
- It helps you make up new ideas and be a good problem solver.
- It's fun!

GAME: Chance to think creatively! HULA HOOP PASS = Have the group form a circle, holding hands. Pull apart two hands and add the hula hoop, linking the hands again. Explain the goal is to pass the hula hoop all the way around the circle without breaking handholds.

AFFIRMATION: I create amazing things. Repeat x4

ACTIVITY: Finish by giving each person a scratch art sheet and a wooden stylus. Challenge the class to create their own personal work of art. They can draw, scratch the whole thing off, write words.

AFFIRMATION – I create amazing things. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .