

## **Suggested Development Activities for CREATIVITY**

- Identify a sloppy situation in your life. Don't wait for it to become a crisis, come up with a creative solution do something this month to fix it.
- Practice putting existing elements together in a new creative way. Use movement you've learned in class to create a sequence, exercise, or choreography. Record it and share with someone.
- Think of a time you were disappointed or when something went wrong. Think about what could you have done to turn the experience into an opportunity? Write down at least 5 ideas. If it's not too late, act on one of them.
- Express your love of your art form through a different medium: painting, writing, music, video, etc.
- Train yourself to see problems as opportunities. When you hear someone complain about poor customer services, product defects, or other inconveniences try to come up with a creative solution to the problem. Whether or not you follow through, can you come up with a product or service that solves the problem? If your idea solves a problem for enough people, pursue it and you'll make a million bucks!
- Identify an area of your life where you're not performing like you'd like - make a small creative change to help overcome your limitation. A small change to diet, study skills, or how you are relating with another person could make a big difference.
- Create your own problem solving or creativity development activity. Talk to your instructor if you need additional suggestions.

