

CREATIVITY AND LIFE SKILLS

1 Creative writing

Writing can be a great way of releasing thoughts, emotions and worries, particularly if you find your head is buzzing with ideas.

While we're spending so much time at home or sitting in the sunshine, why not let your imagination run free?

If you want to practise creative writing and get some ideas and inspiration, you could take part in one of ArtfulScribe's online writing workshops? Find out when these are taking place and how to join using the link below:

[ArtfulScribe](#)

2 Take control of your learning

All of us have a little more time at home right now, which gives us a great opportunity to learn new things to help us in the future. [FutureLearn](#) offers 140 courses on so many different topics.

Take control of what you want to learn and when you want to learn it by signing up to a course that interests you and studying whenever suits you. You'll find topics ranging from Maths Puzzles and Secret Codes, to The Secret World of Spies, to Writing Poetry and so many more!

[Maths Puzzles and Secret Codes](#)

[The Secret World of Spies](#)

[Writing Poetry](#)

Now is a great time to reflect on all the things you are already good at. But also to start thinking about which skills you'd like to develop to get you where you want to go.

On the [Life Skills Site](#) you'll find podcasts, videos, blogs, quizzes and activities to help you develop a whole range of important life skills. Once you've clicked the link below, all you need to do is select your education stage and a skill you'd like to work on. You can choose from confidence-building, to workplace skills, to managing stress, and many more.

3 Creative Wellbeing

The current circumstances might make you feel anxious or stressed – don't worry, this is perfectly normal. There are many great ways to help improve your mental wellbeing and being crafty is one of them! Studies have shown that crafting can help those who suffer from a range of different mental health conditions, as well as increasing happiness and protecting the brain from damage caused by aging!

Mind is a mental health charity who provide support and advice to empower anyone experiencing a mental health problem. They host a fundraising activity called Crafternoon – an opportunity for people to get together and craft whilst raising awareness of mental health.

Due to the current circumstances – Mind are doing virtual [Crafternoons](#) you can take part in!

Why not host your own Crafternoon with your family at home?

4 Virtual Festival of Industries & SUN Workshops

The [Virtual Festival of Industries](#) gives you the opportunity to find out what it could be like to work in the Engineering and Manufacturing or Creative and Digital industries! Across the month of June, employers will be setting challenges for you to work on and you could be in with the chance of winning a prize!

We have lots of fun virtual workshops for you to explore as well, whether you want to find out more about budgeting at university, finding out about an apprenticeship, or just want some general information about what is next for you, we probably have something for you. [Take a look here](#), they're informative and interactive!

5 Creative Careers

Are you thinking about how you can have a job you love whilst being creative at the same time? Or are you simply just interested in finding out what kind of creative careers there are?

Well, look no further! [Creative Careers](#) are an organisation that allow you to explore careers information and opportunities from creative organisations! Whether your passion is Film, Design, Science or Social Media – you'll be surprised how many creative careers there are!

6 Game time!

Creative problem solving also known as CPS is a proven method for approaching a problem or challenge in an imaginative and innovative way. If you are interested in looking into this in more detail, [check out this link](#).

There is an easy 5 step process to solving a problem, and the more creative you can be, the more fun you will find it.

These steps are:

1. **Identify the problem** – say it out loud
 - **Creative way** – sing it out loud!
2. **Develop at least five possible solutions** – write down 5 solutions
 - **Creative way** – Draw a mind map that shows these solutions
3. **Identify the pros and cons of each solution.**
 - **Creative way** – Draw pictures to represent each pro and con
4. **Pick a solution** – circle the solution you've gone with
 - **Creative way** – once you've picked your solution – make a poster advertising this solution.
5. **Test it out** – make it happen

The game:

You can pick any 3 objects in your house – it can be absolutely anything! Your job is to find a way to use them together to help other people deal with their wellbeing during the current situation in lockdown.

This could be absolutely anything – but be creative, be imaginative and be innovative.