**Getting Creative with It**

*Defining creativity and how it shows itself in each of us*

1. **Are you creative? What do you do that’s creative? Is it important to be creative?**

*Answer out loud in turns and then write down your answer*

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1. **Which of the following activities involve being creative? How so?**

Cooking

Grocery shopping

Painting

Playing piano

Walking the dog

Gardening

Cleaning the house

Brushing your teeth

1. **Choosing the Right Headline**

*Come up with a title for each of the below texts using the below phrases (use each one once)*

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| --- | --- | --- | --- |
| Have a good laugh | Get the blood flowing | Let the Mind Wander | Think outside the box |



In a recent experiment, scientists gave the same creative task to three different groups: one stayed seated inside, one walked on a treadmill inside, and one went for a stroll outside. The group that went outside performed the task the best, but the group that walked on the treadmill still showed markable improvement from the group that remained seated. This suggests that it is the movement that is key in getting our creative juices pumping.



Though you may get in trouble for staring out the window during a meeting, studies show that daydreaming may actually be a sign of intelligence and creativity. Scientists who recorded brain activity found that imagining certain scenarios can help people become better problem-solvers. Still though, be sure to pay attention when it’s important.



Be willing to challenge things that you have always done. A group of Japanese watermelon farmers had an issue with how difficult watermelons were to store. Their round shape meant they took up a lot of space. So, the farmers asked themselves, “why do watermelons actually need to be round”? In a display of true ingenuity, they began growing the fruit in boxes, thus creating square watermelons.



Believe it or not, more than one study has shown that people who watch a comedy are much better afterwards at coming up with a creative solution to a problem than those who watched a drama. Apparently, having a chuckle makes us feel more relaxed, which helps the creative process. It is very difficult to be creative when you’re stressed since the mind is too focused on just surviving.

1. **You’ll have five minutes per round to turn these shapes into known objects. Be creative!**

*At the end, we will compare our objects based on the discussion criteria below.*

Round 1

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Round 2

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Round 3

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1. **Let’s compare!**

a. Did you find this task difficult or easy? How come?

b. Did you draw a lot of the same things as others did? Does this mean you are less creative?

c. Did you join any of the shapes together? Would this be breaking the rules? Do you think creative people are often rule-breakers?