

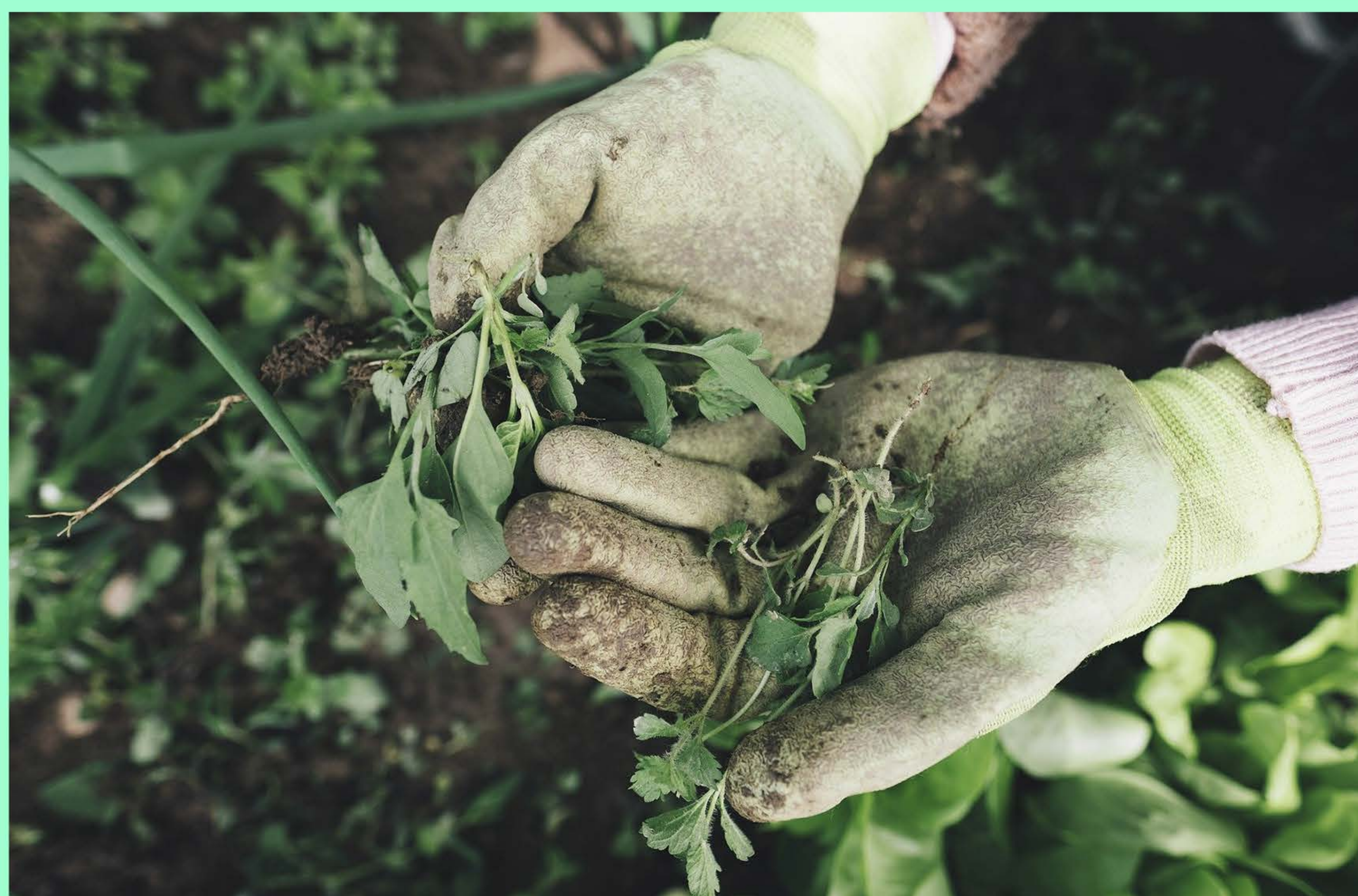
Some fun daily creative challenges to help you live in colour

Feeling a bit stuck in a rut? Or maybe you're just looking for something fun to do, on your own or with your kids? With the help of our community of curious and generous creatives, we've come up with a month of creative challenges to see you through the coming weeks. Maybe you can form a club with a few friends or co-workers, and make this a collective endeavour?! Whether you do them altogether over the course of a month, or pick and choose them as and when, we hope they are a source of inspiration for you, and help you live your life in colour.



We'd love to know how you get on, or what you'd add to the list. **Join the conversation** on Twitter [@tweetsatthehub](#) and on our Instagram [@the_hub_balance](#) (be sure to tag us so we can add you to our Story). We'd love to hear from, and be inspired by you!

1. On a walk, pick 5 words from snippets of conversations you overhear and turn them into a piece of writing.
2. Do the 'double writing' challenge – 2 pieces of paper, 2 pens... with each hand, try to write your name, and then the date!
3. Try a different creative activity. If you're a writer, paint something. If you like to draw, try crochet. You get the picture.



4. Plant some bulbs or seeds...It's a sign of hope and a way of looking forward to Spring. Perfect Sunday activity...
5. Make a temporary sculpture with objects from your home.
6. Play in the dirt.
7. Make up a bedtime story for your kids - ask them to come up with characters and scenarios to add in.

- 8. Make a flip book.
- 9. Make a playlist for a specific person and situation.
- 10. Redesign the cover of your favourite book or album.

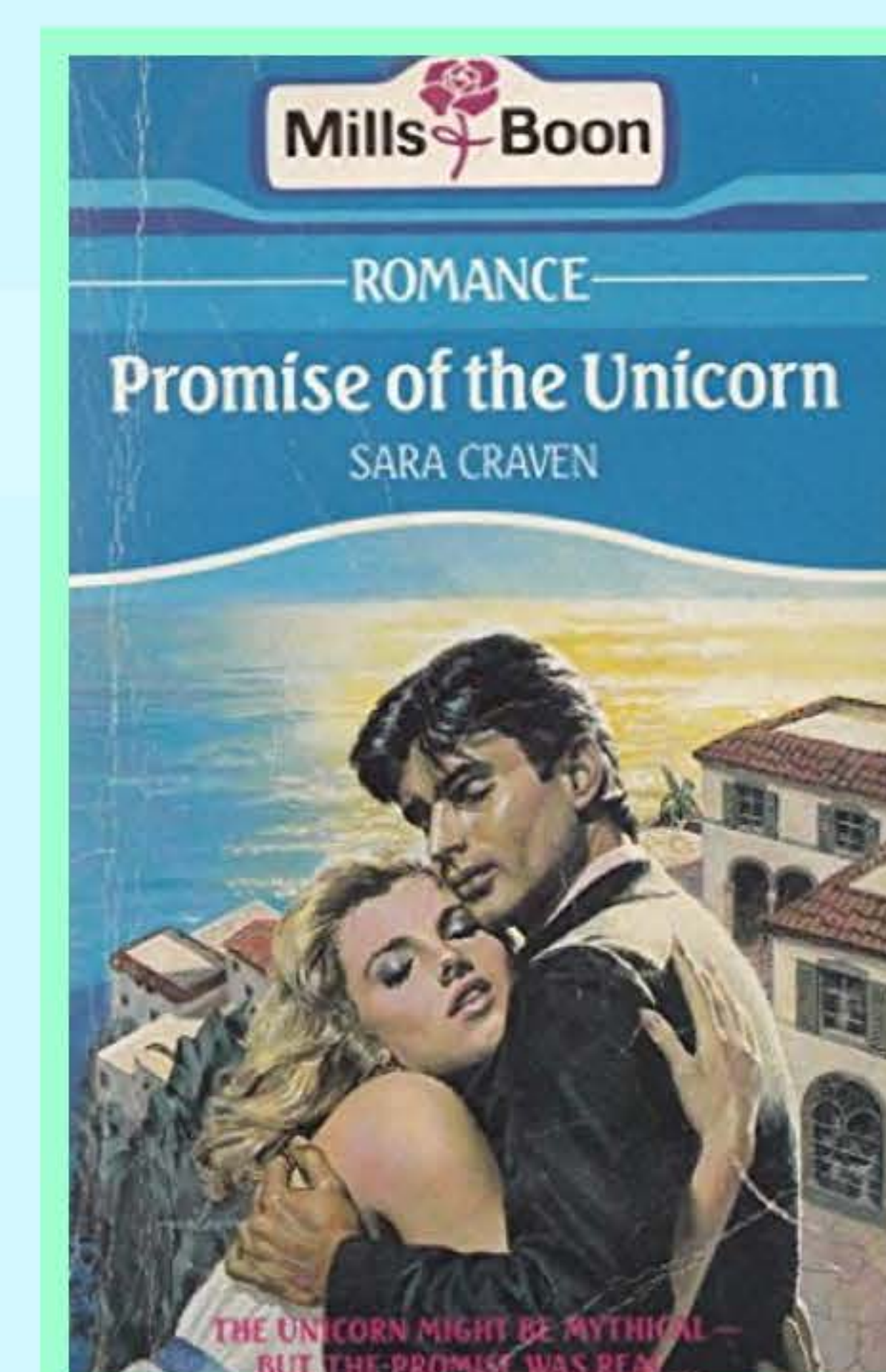


- 11. Start a journal or a scrapbook. These are strange times, so document them, get your thoughts down.
- 12. Try learning something new every day, even a little thing. Really helps you stay curious...Kids love it too!
- 13. Buy yourself a bunch a flowers, or make one using whatever craft materials you have at home.
- 14. Go for a walk today and collect or photograph 5 things that are red. Share the pictures with us via our hashtag.
- 15. Read a book out loud with your friends or family. Take it in turns to read a chapter out loud.



- 16. Make lunch/dinner using a really random selection of ingredients and make it work somehow!

17. Stand on your doorstep for 3 minutes. Count how many different sounds you can hear. It'll really work your attention!
18. Bake a cake; better still make it the shape of your favourite animal!
19. Write a one page Mills & Boon romance - just to make yourself laugh!
20. Take on an exercise challenge that raises money for a charity you believe in feels right today.
21. Call a local artist that you might not have worked with before and go for a walk. Talk together, try out a few ideas, play a tune, share.
22. Toast some marshmallows and invite some friends round.
23. Jump in a puddle.
24. Paint a 1 minute picture with whatever materials you have in your home. Set the timer, and away you go.
25. Dig out a favourite film script (there are lots on the internet) and do a read through with your friends.
26. Create a museum of you! Find 5 things in your home that sum you up, label and photograph them.



27. Carve the smiliest pumpkin you can (or use any other big vegetable you have to hand).

28. Write a stream of consciousness. No agenda, no time limit. Just sit and write out your thoughts as they come out, uncensored.
29. Go for a walk and make up new names for random things you spot (eg. leaf in a puddle = puddle skater). You could even turn them into a story!
30. Make up a dance routine to your favourite feel-good tune!



31. Make a pizza picture, by arranging your pizza toppings in an imaginative way.

Inspired by these, and want to know more about how to boost your creativity? Do check out all the other goodies we've made for the [Boosting Your Creativity section](#) of our Balance toolkit.