

Maya's MYSTERIES

NATURE HELPS MY IMAGINATION GROW!



"The acquisition of sciences and the perfection of arts are considered acts of worship." —'Abdu'l-Bahá

EXPLORE YOUR CREATIVITY

Have you ever tried to think of creative ideas, but felt stuck? This happened the other day when I was trying to write a poem about a red-tailed hawk. So I put down my pencil and went for a hike.

Lots of times, being in nature fills me with a sense of awe. The outdoors inspires me to be curious and try new things. Nature also helps me focus on the present moment. I love looking up at giant cedar

trees. They really help me imagine things from a different perspective!

Teaming up with others can spark creativity, too. I like to brainstorm with my family. They help me come up with lots of cool ideas, and it's fun to see what we can discover together!

What ways do you like to be creative? Check out these activities and let your imagination run wild.

SPARK IMAGINATION

START DATE:

Invite friends and family to see how many of these creative activities you can do in two weeks. Add your own ideas, too.

END DATE:

- Find inspiration at a museum or in books at the library.
- Invent three games you could play with sidewalk chalk.
- Keep a notebook by your bed to write or draw your dreams.
- Write a story or a play about what our world will be like in 20 years.
- Find an everyday item and try to list 50 different uses for it.
- Listen to music, and sketch or write ideas that pop up.
- Draw something without looking at your hand for five minutes.
- Pick a song you love and sing it with new lyrics.



- Create nature art with leaves, stones, twigs, and flowers you find on the ground.
- Experiment with a new type of art—sculpting, weaving, game design—there are tons of options.
- Draw three cool inventions you'd love to see in the future.
- Mix soap solutions and see which one makes the best bubbles.
- Gather five objects that aren't instruments and create music.

- Ask each family member to pretend to be a fictional character while you talk at dinner.
- Create a backyard obstacle course and race through it with friends.
- Write a letter to yourself from a favorite pet or animal.
- Invent your own holiday with decorations and activities, and celebrate it with your family.
- Write a joyful word for each letter of the alphabet.
- Add your own ideas:
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