

15 Creativity Warmups

to Get You in the Zone

1) Colour a page

Adult colouring is exploding all over the place for a good reason my friends: it's relaxing and it's a super easy way to get creative. Search for a free colouring page you like, print it off, and grab your colouring tools of choice!

2) Write in your journal

Writing a couple of pages in your journal helps you get rid of a lot of the noise and gunk kicking around your head, making your mind clear when you start creating. Don't have a journal? Grab a notebook, piece of paper, or a blank document on your computer and write away.

3) Draw a treasure map

Imagine for a minute that you're a pirate and you've just stashed all your treasure somewhere on a deserted island. Draw an elaborate map leading someone to the big pile of gold, and don't forget, X marks the spot!

4) Fold a paper crane

Get your hands warmed up along with your brain by folding a paper crane. Follow along with an instructional video on YouTube, and if you're up for the challenge, try a few other origami animals while you're at it.

5) Write a letter to a friend

Choose a friend you haven't talked to in a while and write them about some of the exciting things going on in your life lately. Bonus: if you actually mail the letter, they'll be super excited to hear from you!

6) Make an acronym out of your name

Think of some random words to make an acronym of your name. Try a couple of rounds as fast as you can using the first words you come up with, then slow it down and try to think of some words that follow a theme or match your personality.

7) Fill a page with doodles

Get your favourite writing utensils and a piece of paper, then go to town covering the paper in doodles. Stars, words, funny little imaginary animals, Zentangles - whatever you choose, be sure to fill the page!

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8) Draw a self-portrait with your opposite hand

Whether or not you're an artist, give yourself just 5 minutes to draw a picture of yourself using your opposite hand. The results will be hilarious! If you happen to be ambidextrous, then try drawing with your eyes closed instead.

9) Brainstorm from one word

Get a piece of paper, pick a random word, and brainstorm as many other things that relate to the word as possible. If you want to get really visual with it, you can draw it out as a web or mind map.

10) Cut out a paper snowflake

Revisit your elementary school days by folding a piece of paper, grabbing a pair of scissors, and cutting out a random snowflake pattern. Want to get fancy? Use Google to find fun patterns like Star Wars or 3D snowflakes!

11) Fold a paper airplane with just one hand

If you want to challenge yourself in your creative warmup, put one hand behind your back and try folding a paper airplane. Struggling to get it done with just one hand? You can use other body parts, like your elbow or nose. Just not your other hand!

12) Photograph something from ten different angles

Choose a random object around your house and start taking pictures. The trick is to get photos from at least 10 different angles so you can see the object from 10 different perspectives. Bonus points for standing on a chair and lying on the ground!

13) Make a collage

Find an old magazine or different coloured pieces of paper. Tear a few pages into smaller, random pieces, then use the pieces to create a collage of something new. You can glue your collage down to preserve it, or leave the pieces loose so you can use them for another collage later.

14) Make silly faces in the mirror

There's something about being silly that can really free up your creative ideas, so stand in front of a mirror and have at 'er! See how many silly faces you can make in 5 minutes. Bonus points if you end up making yourself laugh out loud.

15) Draw with both hands at the same time

Using a different coloured pen or marker in each hand, try drawing on one piece of paper with both hands at the same time. Try it three different ways: creating a mirror image, drawing the same thing, or creating random patterns with each hand.