

Fun Activities

 60 minutes

Objective

- *To engage participants in activities that promote creative rest, allowing them to recharge their mental energy and spark inspiration through playful exploration.*

Materials needed

- Art supplies (paints, brushes, paper)
- Craft materials (yarn, beads, fabric)
- Comfortable seating or relaxation mats
- Soothing background music (optional)
- List of fun activity suggestions



Tool Description

This session invites participants to step away from structured work and immerse themselves in playful, low-pressure activities that spark joy and restore mental energy. By engaging in creative exploration without the pressure to produce a perfect outcome, participants can reduce stress, boost imagination, and reconnect with their natural curiosity. Activities may include painting, crafting, music-making, or other hands-on experiences that prioritise process over product. The workshop fosters a relaxed environment where experimentation, mistakes, and unconventional approaches are welcomed as part of the creative journey.



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Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Creative Rest**
- Introduce the importance of **practicing fun activities** as a practice and let participants know this will be the main focus of this module

2 - Fun activity exploration (30 minutes):

- Invite participants to select an activity from the provided list or choose their own, such as painting, crafting, or playing a musical instrument.
- Encourage them to immerse themselves in the activity without worrying about the outcome, focusing on the enjoyment and relaxation it brings.
- Suggest combining music or nature sounds to enhance the experience.

See tips for embracing a playful mindset in creative activities



Instructions

3 - Reflection and creative play (20 minutes):

- Allow time for participants to reflect on their experience by journaling, drawing, or discussing with a partner.
- Encourage them to explore any ideas or insights that emerged during the activity.
- If time permits, invite participants to switch to a different activity and compare the experiences.

4 - Group sharing and discussion (Optional, 15 minutes):

- Gather participants for a group discussion to share their experiences, insights, and any creative bursts they encountered.
- Discuss how incorporating creative rest into daily routines could benefit their mental health and creativity.





Tips for embracing a playful mindset in creative activities

Unlocking creativity often involves stepping away from rigid structures and embracing the joy of experimentation. Here are some tips to help you approach creative activities with a playful mindset, prioritizing fun and exploration over achieving perfection.

1. Set an intention for playfulness

Start with the intention to have fun and explore, rather than to create something perfect. This mindset sets the stage for a stress-free, enjoyable experience.

Mantra: Use a mantra like "play, explore, create" to remind yourself of your playful intentions throughout the activity.

2. Focus on the process, not the product

Allow yourself to be engrossed in the process, noticing the colors, textures, and sensations involved.

Release Expectations: Let go of preconceived notions of the final product. Each step is valuable, regardless of the outcome.

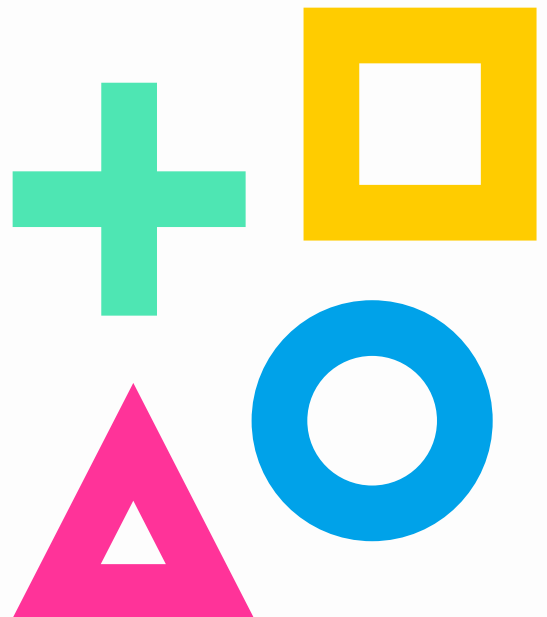
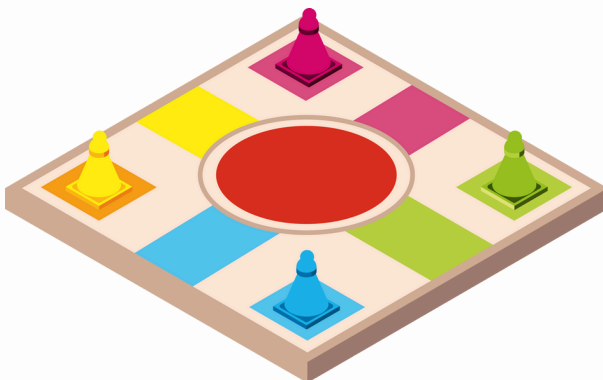


3. Welcome mistakes as part of learning

- View mistakes as opportunities for learning and growth rather than failures. Embrace them as a natural part of the creative journey.
- Try using "mistakes" as inspiration for new directions in your project. Sometimes, unplanned changes lead to exciting discoveries.

4. Incorporate playful elements

- Experiment with unusual tools or materials, like painting with fingers or making music with household items.
- Turn the activity into a game. Set challenges or impose fun constraints, like using only three colors or crafting something in just five minutes.



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Reflection questions

- What activity did you choose, and why?
- How did engaging in this activity make you feel?

In play, we discover the freedom to create without fear, and in that freedom, we find rest.



- Did any new ideas or inspirations arise during the session?
- How can you incorporate creative rest into your life on a regular basis?



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