

Creativity Camp Challenge

Get wildly creative!



Summer is a time for fun, adventure, and exploring. Apply these qualities to your creative life for some extra spark and inspiration!

To help you do this, take my Creativity Camp Challenge with four **different activities combining creativity and nature**: Wriking (writing-hiking), Alfresco Color, Image Hunt, and Nature Collage.

This challenge was designed to be completed during the Summer, but you can take as much or as little time as you like to finish the different exercises. It might be fun to try it in each season! Here are some timing examples to consider:

- Take a week of vacation and do one exercise each day.
- Spend a whole day in nature and get all of them done in one go.
- Take a short outing each Sunday in July.
- Spend a week on each exercise, trying them multiple times in different locations.
- Visit a park on your lunch hour four days during the summer.

For each exercise, the set-up is the same.

First, **decide where you'll go**. If you have lots of time, maybe you can drive to a State Park near you. If you need to stay closer to home, find a community park with some nice greenery. Pick your destination and a day to go.

When you arrive, set an intention to **absorb the natural surroundings**. Turn off your cell-phone. Leave your mp3 player at home. Take in the natural surroundings with all of your senses. Watch the clouds. Listen to the birds. Smell the plants. Touch the trees.

Then do your activity. Take as much or as little time as you feel called to do. **Let nature inspire you!** When you're done, thank nature for giving you a beautiful, serene place to work!

Even if you don't like writing or have trouble making a stick-figure, I encourage you to try all four of these activities.

Have fun! Follow a sense of adventure! Explore new ways to be creative!



Wriking. Our first exercise is to take a writing hike.

Supplies

- Good walking shoes or hiking boots
- A bottle of water
- A notebook
- A pen or pencil
- Optional: a blanket or cushion to sit on

Take your walk with all of your senses. After you've walked for a while, look for a quiet place you can sit and do your writing. Maybe you'll do a poem or haiku; a journal entry; a short story; the first chapter of a novel; or one of each!



Alfresco Color. Next, we'll do some drawing or painting outside.

Supplies

- A work surface, such as a canvas or drawing pad
- Some paints, colored pencils, crayons, pastels, etc. Whatever medium you prefer!
- Optional: a blanket or cushion to sit on

Take in your surroundings with all of your senses. Then find a spot to set up your project; maybe at a picnic table or on a blanket along a trail.

Then start creating!

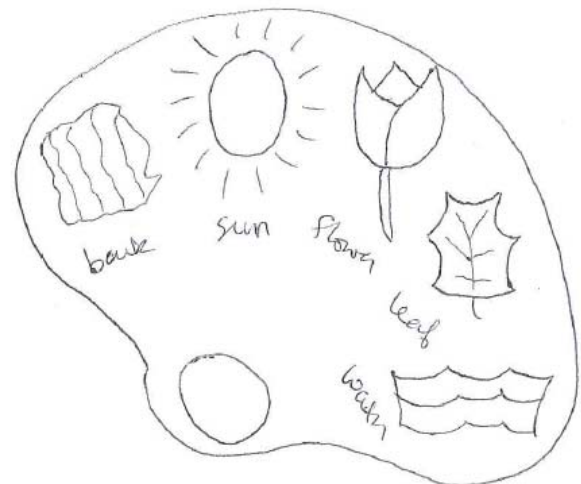


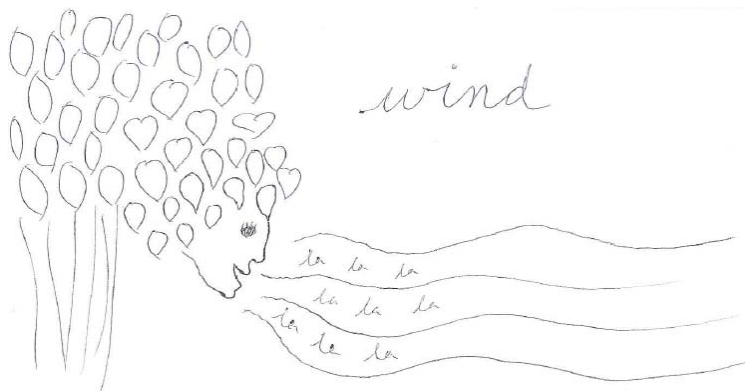
Image Hunt. For our next activity, we'll do a scavenger hunt.

Supplies

- Either a camera, digital camera, or a sketch pad and pencil

Take in your surroundings with all of your senses. With either your camera or pencil, capture examples of the following images:

- A nest or bed
- Wind
- A seed
- Connection
- A flower
- Wisdom



Nature Collage. Lastly, we'll make a collage using some elements from nature.

Supplies

- A work surface, such as a canvas or drawing pad
- Glue, tape, or mod-podge for assembling
- Art supplies to collage, such as magazine pictures, decorative paper, ribbon, etc.
- Nature elements, like dried leaves, twigs, feathers, shells, a map of your park, etc.
- (Note that some locations, such as National Parks, don't allow you to take anything from the environment. Make sure it is okay to take anything with you and only take what you plan to use.)



Take in your surroundings with all of your senses. Take a walk and collect your nature elements. Try not to have an idea in advance of what you will collect; let your discoveries create your collage.

You can compile your collage outside or you can bring your elements home to work if that is more convenient for you.

I would love to see the results of your Creativity Camp Challenge! Email me at exploringyourdepths@gmail.com or find me on Facebook (<http://www.facebook.com/ExploringYourDepths>).

Want more great information like this ebook?
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Cathy Carpenter * Exploring Your Depths, LLC

Certified ARTbundance Coach and Practitioner

Tarot Reader and Teacher

Visit ExploringYourDepths.com for:

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Life Coaching

Coaching is a way to reframe problems and look at issues in a new way. Working with Cathy, she will help you dig below the surface to uncover insights and solutions.

Cathy specializes in life coaching with a creative flair, using your right brain to help solve left-brain problems, but you need no art experience to participate! All creative exercises can be customized to your interest/ability level.

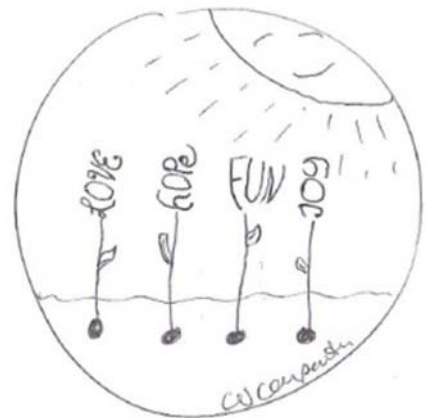
See the [FAQ](#) on Cathy's website for more information.

Tarot Reading and Classes

Tarot is an ancient oracle that can help you consider issues in a different way. The images and symbols in the cards give us new things to consider and open our minds to new perspectives. Even if you think the cards drawn are random and not guided by some higher power, they can still give you ideas and inspiration.

Cathy teaches a tele-class series, "Find Yourself in the Cards", based on the tarot archetypes of the major arcana. See [her site](#) for more information. Past classes have been the following.

- * Fooling Around * Magician Ignition * High Priestess Secrets * Empress Yourself *
- * Emperor Treasure * Hierophant for Hire * Lovers Lane * Chariot of Fire * Strength Training *



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