

Wellness and Mindfulness

Creative Moments



RESPOND to the many different types of creative moments that enhance your sense of well-being. Think about how mindfulness (being aware of and reflecting on your inner thoughts) can enhance your wellness. Use the chart to list some creative moments that you enjoy doing by yourself or with family members and/or friends.



CONNECT the activities you listed with how they make you feel. For example, you might have included reading because it opens your mind, journal writing to help you reflect and imagine, creating art or music as forms of self-expression, and playing outdoors to refresh yourself physically and emotionally. What other experiences help focus or calm your mind, relieve stress, lift your mood, or give you a sense of well-being?



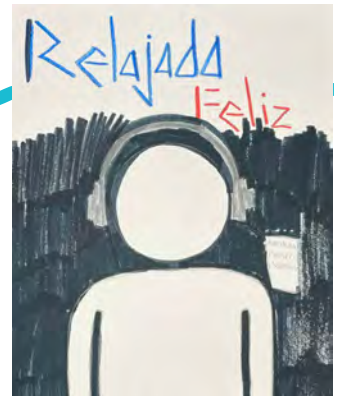
CREATE a *Creative Moments in Action* sketch that represents one example from the chart. Decide if you will be engaged in the activity by yourself, with family members, or with friends. For example, if your activity list included dance, and the benefits you identified were “energize” and “refresh,” communicate that in your drawing.



Jimena P.

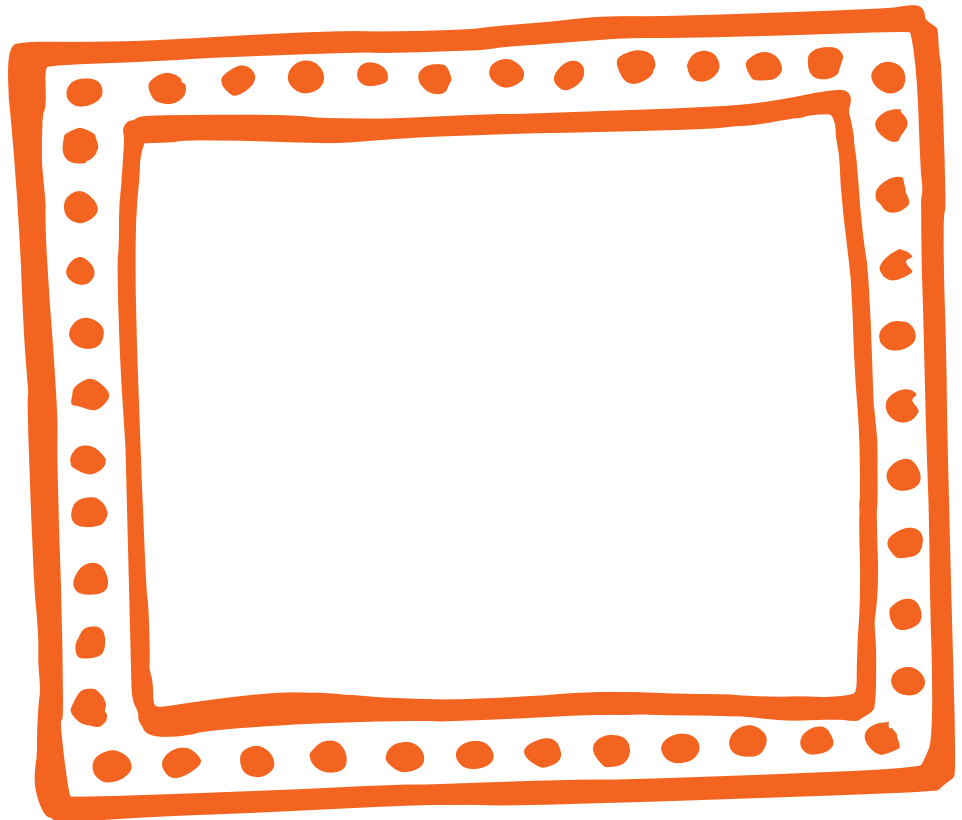


PRESENT your list and art to family members or friends, and discuss how different creative moments affect individuals in various ways, including boosting creativity, contributing to well-being, and helping people practice mindfulness.



Krissia C.

CREATIVE ACTIVITIES	BENEFITS / REASONS



For more **Creative Moment** ideas use this QR code or go to [crayola.ca/campaign-for-creativity](https://www.crayola.ca/campaign-for-creativity)

Note for teachers and parents:
Share children's artwork on social media using [#StayCreative](https://twitter.com/StayCreative)



Creative Thinking Sheet
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