



Creative Desk

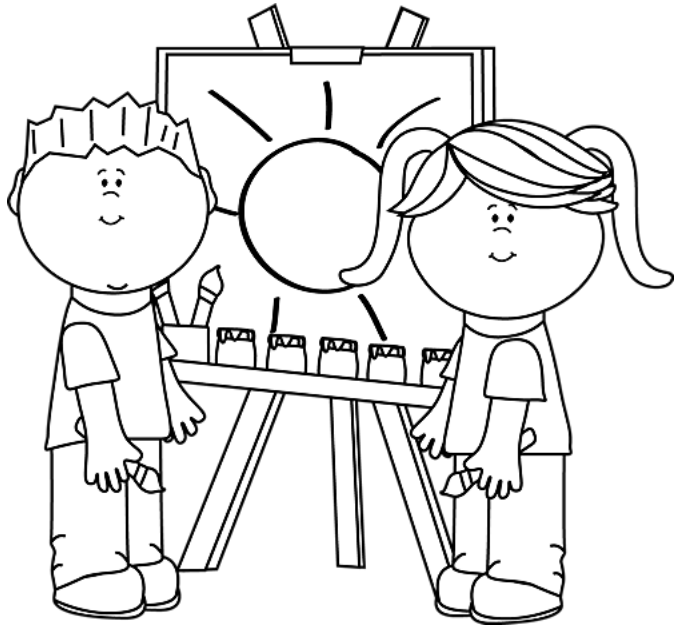
A self-expression workbook
Creativity through art, words, stories and feelings

For young people 8 to 12 years old

Created by Dr Mark Pearson



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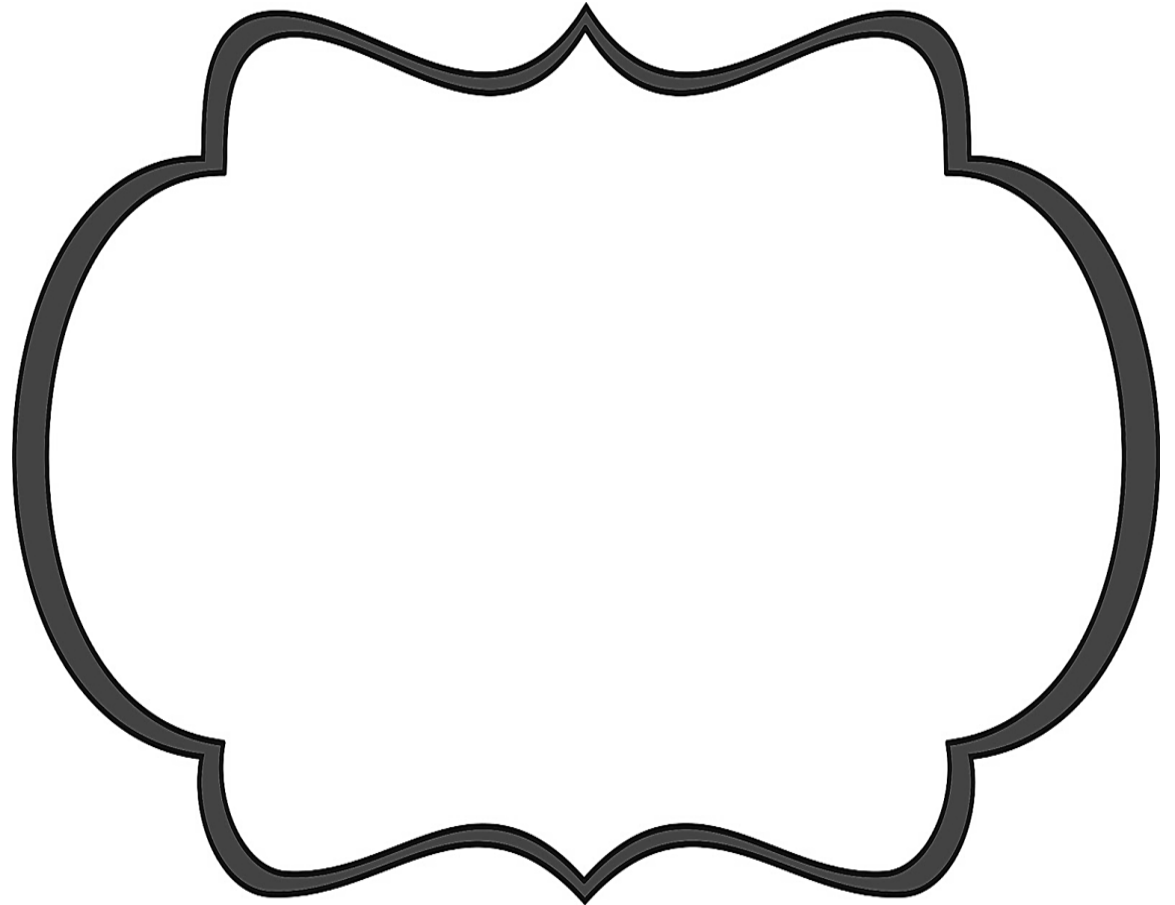
Creative Desk

A creativity, art, words, story and feelings workbook

Welcome to the Creative Desk Workbook

- *enjoy making art,*
- *enjoy making up stories,*
- *learn about feelings,*
- *think and imagine about the world inside and around you.*

Created by Mark Pearson
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Can you draw a picture here of you?

Creative Desk

A workbook for creativity through art, words, stories and feelings

A NOTE TO YOUNG PEOPLE USING THIS WORKBOOK

This workbook is designed to help grow your creativity.

It offers you 30 activities, designed to help you think and imagine and use your creativity.

Working on the activities can also help you:

- ✓ de-stress, play, daydream and enjoy!
- ✓ develop new creativity with art and writing
- ✓ learn more about how you think and feel
- ✓ improve how you communicate about yourself
- ✓ solve problems
- ✓ gain confidence in expressing yourself
- ✓ develop the skill of thinking about and sharing feelings.

Before you get started, it is recommended that you have a pen and some crayons beside you, and look at pages 32 to 35 at the back of the book, that may inspire you with some of the activities.

A NOTE TO TEACHERS AND PARENTS

This book is designed for the use of young people from 7 years to 12 years, under the guidance of a teacher, counsellor, parent or youth worker. The workbook can be used solo, however, its use in a groupwork setting can increase the development of collaboration skills.

Many of the activities in this book have been developed with inspiration from a study of creativity published in 2015 by the *Center for Childhood Creativity*, authored by Helen Hadani. Hadani notes that nurturing creative potential in childhood is crucial for raising a generation of innovators with excellent problem-solving skills.

Some activities have evolved from therapeutic strategies developed by the author and colleagues, and published in several of his expressive therapies texts.

Creative Desk is published by
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What Have I done in My Workbook?

Page	Activity Page	When?	How did I feel about this page?
Cover	Picture of me		
3	You and our colours		
4	Thinking about me		
5	Can you turn scribbles into a drawings?		
6	The Life of Trees		
7	What do I notice inside?		
8	Matching pictures and feeling words		
9	More about me		
10	Using lines to show feelings		
11	If you were a sunset		
12	Can you finish these stories? ONE		
13	Can you finish these stories? TWO		
14	Sad and Happy		
15	What others think about me		
16	Animal Friends		
17	Bad Days – Good Days		
18 & 19	Animal Adventure Stories		
20	Art and patterns in nature - 1		
21	Art and patterns in nature - 2		
22	Art and patterns in nature - 3		
23	Movement, stillness and art		

24	Places and Faces		
25	Imagining difficult times SCENES 1 & 2		
26	Imagining difficult times SCENES 3 & 4		
27	How could these be similar?		
28	I can solve problems		
29	When I think about my future		
30	A poem with rhyming words		
31	Thinking about using this workbook		

32	The Lots-of-Lines Page		
33	The Shapes Page		
34	Feeling Word Lists		
35	Texture Words		
36	A note about the author		

