



Creativity Sparks!

with Barbara Hengstenberg

Change Your Perspective

Think about looking at things from somewhere out of the ordinary...

- Sit on the floor and draw or write about what you see.
- Sit at the base of a tree and look up.
- Lie face-down on the grass and look straight ahead.
- Watch a bird fly over your head. What movement do you notice?
- At a lake or pond, sit still on the shore and pay attention to what's happening underwater. Rocks, plant life, fish... What would life be like under there?
- Open a window or sit outside at night. Does it seem like a different world than during the daytime? What do you hear and see?
- Look up at the sky at night, especially on a clear night.
- Pay attention to the moon every night for 28 days in a row.

Where else, other than your usual places, can you look at things???