



#FAMEChallenge24 Creative Ideas

Your creative challenge can be 30 days of practicing, 30 days of watching performances or visiting art shows, it can be 30 days of reading poetry. It can be a combination of the above. It can also be a combination of other creative activities. If you're feeling stuck, and playing scales is not where your creative energy is calling you, below are some creative ideas to help inspire your creative practice. Pick and choose what seems fun, and share your journey with friends, family, and FAME. Remember just because you are normally a painter doesn't mean you can't pick a day to make music. Expand your artistic horizons - you might just find something new out about yourself!

MUSIC	WRITING	VISUAL ARTS	DRAMA/MOVEMENT
Try playing a song backwards	Write a letter to your future self	Pick one object to draw; put it on a table by itself; set a time for one minute; using just pencil and paper sketch the object from different angles, but only give yourself ONE MINUTE per sketch	Create a cartoon voice (or try mimicking one you like that you haven't yet tried): talk with that voice for 30 minutes (challenge: don't let anyone know what you're doing and see how they respond)
Using things in your kitchen, create a new instrument and try to play your favorite song	Write a short story from the point of view of a pickle	Make a masterpiece with your dinner plate (remember to eat, but can you make art with mashed potatoes?)	GROUP CHALLENGE: Play charades with friends or family
Listen to a new song once and try humming it. Record yourself and see how different it sounds. How many times listening to the song does it take to hum it back so that it sounds like the same song?	PARTNER CHALLENGE: write one sentence of a short story about a summer vacation, after one sentence swap with your friend. Keep swapping stories one sentence at a time and see where the story goes	Sea Scene: using crayons draw an underwater picture; after you're done use watercolor paint to paint the water on top of it (the reaction of crayon and water should make the picture look a little wet)	Write down every emotion you can think of. Using a mirror practice making faces that you think showcase that emotion.
Write a new song about the last food you ate (it can just be music or you can add words - whatever seems right to you)	MORNING CHALLENGE: wake up and immediately start writing - set a timer for 15 minutes and just see what comes to your head	GROUP PROJECT: this is perfect for 2-4 people. Fold paper into equal parts (depending on the number of people in the group) - each person gets to draw on one section of the paper. You can decide in advance	Pick a speech (a monologue, a speech in history, or even a random paragraph in a book): practice saying it outloud while keeping your mouth really wide. Say it again without using any vowels.

		on a topic or you can just see how the drawings before you inspire the picture to be completed	Now consonants. Say it without taking a breath. Now take a breath after every word.
Try playing/singing your favorite song in an entirely different way (slower, faster, a different style)	Rhyme time: using the first word that comes to your head write down as many words you can that rhymes with it; do this with as many words as you want	Using a disposable camera (or an app that mimics one on your phone): take 24 pictures - don't look at them between clicks	DANCE CHALLENGE: put on some music and dance like no one's watching - that's it - just dance
With appropriate permission create a glass piano (fill water glasses with different levels of water and play them by circling your finger around the rim) - can you create a scale with the glassware?	Write an Acrostic Poem using the phrase: FAME's Creative Challenge	Turn a cardboard box into anything other than a cardboard box	PARTNER CHALLENGE: pick a character (in a play, a book, a tv show) - have a friend pick one too; each of you try walking and thinking like that character (maybe even say some words of theirs); then have a dinner date with your friend - each one playing the character - ask questions and interact as if you were this other person
Record sounds in nature and layer them together to create a new song. Feel free to add some of your own self made sounds too.	LISTENING EXERCISE: put on a piece of music and just listen; when you're done write a story about the music: who might have written it? what led them to write it?	Wet an old clean cloth or a small towel and freeze it. Once it's frozen take it out of the freezer and imagine what its frozen shape might be - draw this object in its natural habitat	STRANGER CHALLENGE: OK, you don't need to talk to a stranger, but the other person doesn't need to participate (unless they want to). Ask someone to give you an object - this is your prop. How many different things can you turn this object into other than what it is normally used for. Make a pose with the object for each idea illustrating its new use.
LISTENING EXERCISE: be silent for 5, 10, or even 30 minutes and just listen to the sounds you hear. Write down what you heard, and if anything sounds like music. Sometimes even white noise has a pattern	Try writing a fairy story that you know without using any "E's" Can you do it? <i>This is called restriction writing</i>	Using an inkpad put a few of your fingerprints on a sheet of blank paper; using colored ink pens or colored pencils turn the fingerprints into part of a masterpiece	Pick an animal. Study it by watching videos, looking through pictures, or even visiting the zoo. Practice moving and making sounds to imitate the animal.

that can inspire.			
PARTNER CHALLENGE: pick a song and have a friend pick one too, try and mash them up into one song (if you try this - please share results - we so want to hear new mash-ups)	Quickly write down everything you did last week. Using your activities last week write a science fiction short story? Or maybe a mystery? Or write it as a play?	Using strips of paper, cloth, string, and even twigs, weave a small square for a textured project	Turn the next object you see into a puppet - have a conversation with it about its biggest fear.
QUIZ TIME: turn shuffle on youtube/spotify/imusic until a song comes on the intrigues you - can you identify all the instruments used?	Pick an event in history. Change it (can be a big or little change). Write down what you think the world would be like if that was the real history.	NATURE CHALLENGE: go outside and gather objects that you find in nature; create a sculpture OR lay them out and draw what you've found	Interview a member of your family, maybe someone you wish you knew better; after learning about them and talking to them can you pretend to be them. How do they walk? Talk? If you repeat some of their words - can you pretend to be them?