

# 30 Days of Creative Prompts

2022

FAME Center's 30 Day Practice Challenge

Warning "Dad" joke coming:

*Q: Do you know how to get to Carnegie Hall*

*A: Practice!*

It's a...mediocre joke, but it's 100% accurate. You have to practice at whatever you're doing. And this April we want you to practice with FAME Center and our #FAME30PracticeChallenge.

Whatever your area of art is, it is important to practice! Sometimes that means practicing scales or a song, sometimes it's practicing drawing the back of your hand or writing a list of words that rhyme, sometimes it's memorizing lines. Sometimes though you need a break to let all that practice sink in, but it's still important to practice your creativity.

If you are looking for inspiration here are 30 creative ways to practice. Use this list for every day or mix and match with your own regular practice.

And remember taking a class or a one-on-one lesson: that's practice too! Going to a concert or visiting a museum: PRACTICE!

1. DANCE BREAK: have a 5-minute pajama dance party
2. make a puppet out of a solo sock
3. write an acrostic poem using your full name
4. create a monster out of playdough or clay or mashed potatoes

5. pick a song and change the lyrics to make the song about something else
6. act like an animal
7. [LISTEN: Vivaldi: The Four Seasons](#)
8. write a short story about the day in the life of an inanimate object
9. draw a picture of yourself with one facial feature EXTREMELY BIG!
10. play or sing a song and record it; listen to yourself and write a review
11. DANCE BREAK: floss (the dance) to [Flight of the Bumblebee](#)
12. read a poem outloud acting out all the verbs
13. [LISTEN: Tuvan Throat Singing](#)
14. using old magazines, scrap paper, construction paper and whatever else you can find: create a collage of a forest, jungle, or secret garden
15. [WITH HELP: make a glass and water scale](#)
16. costume yourself using an old t-shirt (with permission and help), cut, color, or tie it to make something other than a t-shirt
17. make up two characters: a superhero and their alter-ego (you can write descriptions, draw, or act them out - or all three)
18. [WATCH: Amanda Gorman \(short\)](#)
19. pick an American composer and learn about their life
20. walk in slow motion: how slow can you move and still look like you are walking; what else can you do in slow motion
21. make sure no one is napping and play the drums on pots and pans - how does the sound change if you start playing on books, what changes when you use your hand vs a wooden spoon vs a pencil vs a metal spoon
22. [LISTEN: 2Cellos](#)
23. Make a list of your 5 favorite songs and then listen to them while drawing: let each song be a new picture - what do different songs inspire?
24. DANCE BREAK: lie on your back and dance with your legs up in the air
25. improvise your own song (use any instrument, your voice, or found objects)
26. write a script advertising a vacation on a different planet
27. [VISIT: Inside the Louvre](#)
28. try playing (or humming) a song backwards
29. try telling your favorite fairy tale (or other story) without speaking - practice and share with friends or family to see if they can figure it out
30. practice bowing - you've earned it!