



# Messiness, Playfulness, and Wildness as Creative Tools

## RESOURCES LIST page 1

### BOOKS

Brené Brown. **Rising Strong**

Julia Cameron. **The Artist's Way**

Michelle Cassou & Stewart Cubley, **Life, Paint, and Passion**

Glennon Doyle. **Untamed**

Carol Dweck. **Mindset**

Elizabeth Gilbert. **Big Magic**

Anne Lamott, **Bird by Bird**

Eric Maisel. **Fearless Creating**

Stephen Nachmanovitch. **Free Play**

### Things you can do throughout the day

Use music to help you to move and change your state

Dance around

Be in your body

Breathe

Unbend your knees

Take breaks that include moving your body

Go outside

Be curious. Explore. Experiment. Discover. Wonder.





# Messiness, Playfulness, and Wildness as Creative Tools

## RESOURCES LIST page 2

### Things to try:

Play what your bones feel like

If you can't figure out what to write, try dancing it.

Ask your characters what they want to say, then listen.

Find ways to laugh. Don't take yourself too seriously. Lighten up.

Use colors you are uncomfortable with

Sing like a 5 year old in the spring

Use a bigger brush

Use words in weird ways

Choose colors by what feels good or challenging or scratchy

Paint the feeling of your fear

Write characters you don't like

Play a different instrument

Put on music and dance around the studio

Enjoy the feel of the paint gliding over the paper

Paint or write with your non-dominant hand

Pretend you're someone else, then write or paint

### Ask yourself "what would happen if....."

I played only one note over and over for two minutes?

We dance slowly, with our eyes closed?

I only use three colors?

I write as if I'm Mae West or Winnie the Pooh?

I decide to paint something ugly?