



Being creative is good for our overall well-being. When we focus our energy on a creative exercise, we help our bodies and minds calm down. Research suggests that spending time doing something creative can sharpen our mind, improve our mood, and relieve anxiety and stress. Creative outlets such as art, music, and writing can also help promote emotional expression, build empathy and compassion, and develop self-awareness. From crafting to dancing, drawing to playing music, there are so many ways to be creative.

***In this Wellness Wednesday, let's be creative.***

### TRY THIS...

#### As a class, group, or family:

- Brainstorm ways we can be creative (i.e., draw, dance, sing, act, paint, listen to music, play an instrument, decorate, collage, write, etc.).
- Colouring is a way to be creative and shift our focus to the present moment.
- Gather colouring materials and colouring pages. Try a mandala (i.e., [Bell's Mandala Art](#), [free printable mandala](#), [create your own](#)).
- Encourage everyone to spend some time colouring. The goal is simply to be creative and have fun.

### CATHOLIC CONNECTION



*"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well." (Psalm 139:14)*

The Bible demonstrates that our creativity is a reflection of God as the ultimate creator. God made all things and His mercy and love is continually reshaping and restoring us. Being creative is a way to draw closer to Him.

### ASK YOURSELF...

- How do I feel after doing that activity?
- What might I create today?
- How will I channel my creative energy?

### FURTHER LEARNING



- RESOURCE: [Kids Help Phone's Mindfulness Colouring Book](#)
- ADULT BOOK: "Creativity and Wellbeing in the Early Years" by Sonia Mainstone-Cotton
- CHILDREN'S BOOK: "Mindfulness Coloring Book for Kids" by Rockridge Press
- EDUCATOR RESOURCE: [SMHO's Colouring Away Stress activity](#)

