



**Your**

**6-Week**

**Creative Challenge**

**with TALENT COURTYARD**

WEEK 1 - Nature

M	Make stamps from natural materials	■
T	Try pebble painting	■
W	Make dried, pressed flowers	■
T	Make jewellery from seashells	■
F	Paint designs on tree branches	■
S	Make paint brushes from natural materials	■
S	Create nature sun-catchers	■

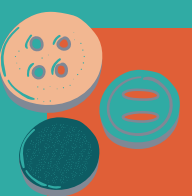
WEEK 2 - Food

M	Try vegetable printing	■
T	Make healthy smoothies from foraged ingredients	■
W	Experiment with raised salt paintings	■
T	Draw a fictional character inspired by a piece of fruit/veg	■
F	Create a meal using an ingredient you have never used before	■
S	Create dips using new food combinations	■
S	Make microwavable mug cakes	■

WEEK 3 - Painting

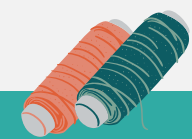
M	Experiment with "watercolour resist" painting	■
T	Try a collage painting	■
W	Create a painting using a "dotting" tool only	■
T	Try blow painting	■
F	Tin foil paintings	■
S	Experiment with spin art	■
S	Make a tapestry by painting on old fabrics	■





WEEK 4 - Upcycling

M	Create a bottle cap mosaic	■
T	Use old newspapers/magazines to create a vision board	■
W	Use an old shoebox lid as a canvas	■
T	Create a collage using old materials/clothing	■
F	Make a teddy out of old socks/gloves	■
S	Turn old bottle caps into small tealights	■
S	Turn an old frame into a key rack	■



WEEK 5 - Collaborative Creativity



M	Create a collaborative collage using natural materials	■
T	Play "pass the drawing" with your friends/family	■
W	Create paper flowers to place on a shared "vase" board	■
T	Play Pictionary	■
F	Bring painted tiles together to make one big image	■
S	Create a collective mural on old pillowcases	■
S	Play ready, steady, cook!	■



WEEK 6 - Writing

M	Write a letter to your future self	■
T	Try writing out an inspiring quote in calligraphy	■
W	Try journaling about how you feel, describing any specific emotions	■
T	Write down 5 important mantras	■
F	Write a gratitude letter	■
S	Experiment with "Sense Mapping"	■
S	Write a descriptive piece about your Happy Place	■

Want to share your art with the TC community?

Use the hashtag

**#talentcourtyardchallenge**

for a chance to get your art  
featured!

