

### Creativity Overview

Get ready for some fun as we focus on Creativity this month! One way to think about Creativity is "using your imagination to create something new or solve a problem." Opportunities to be Creative are all around us! How can you find ways to be Creative as a family this month?

Creativity is 1 of 3 traits we will focus on throughout the year that helps students **Be Well**. Across grade levels, students will be developing skills like emotion regulation, positive self-talk, and stress-management.

### Conversation Starters



- Can you share or show what Creativity is?
- How can being Creative help you solve problems?

### PurposeFull Pursuits

*Have some fun connecting as a family this month while practicing Creativity. Here are 2 "PurposeFull Pursuits" you can complete together!*

**#1**

Get Creative with expressing your emotions through a game of emotion charades! Gather as a family and brainstorm some emotion words. Write them on slips of paper and turn them facedown. Then, take turns choosing a slip of paper and acting out the emotion (assist with reading as needed). Other family members will guess the emotion that is being acted out. After each person's turn, take a moment to talk about what we may need when experiencing these emotions.



**#2**

*Review Creativity as a family! Creativity is using your imagination to create something new or solve a problem. This challenge is about creating something new – together! Find a large cardboard box and unleash your Creativity as you work together to create something totally new. What can the box become? Perhaps it will be a spaceship, an ice cream shop, a fairy castle, or a race car. Use any craft supplies or scraps on hand and your imagination to turn an ordinary box into a new creation!*