



WEEK TEN



bonus
challenges

LilliBean's 'Creative Everyday Quick Challenges'

Part of making creativity an accessible and fun every day practice is not to make it too hard to figure out what to do each day.

This is a creative 'theme' sheet full of different themes that you can explore for a week or a month, using any or all of the techniques we have explored during our ten weeks, and others that you have discovered along the way.

For Example: This week you may choose the theme my body and on day one you do a line drawing of your hand with out looking at the page, you might then do some blob pages with body parts, or you might use collage, drawing, painting, doodling, journal pages etc. to depict the theme of your body.

| | | | | |
|---------------|--------------|---------------|----------------------------|----------------|
| MY BODY | TREASURE | MY FAMILY | MYTHICAL CREATURES | UNDER THE SEA |
| WINTER | SPRING | SUMMER | AUTUMN | ABOUT ME |
| THE CIRCUS | TOYS | FLOWERS | TREES | MY TOWN |
| CHRISTMAS | DINOSAURS | MY BIRTHDAY | MONSTERS | EASTER |
| FACES | ADVENTURES | MUSIC | SNOW | RAIN |
| THE JUNGLE | THE DESERT | ANIMALS | FAIRYS | MY COLLECTIONS |
| UNDER THE SEA | IN THE TREES | IN THE SKY | ON THE GROUND | THE FARM |
| THE ZOO | THE BEACH | THE MOUNTAINS | MY FAVOURITE (INSERT HERE) | NEW YEAR |
| BUILDINGS | PARKS | MY HOME | MY DAY | MY LUNCHES |
| MY DINNERS | MY DRINKS | MY BREAKFAST | MY TREATS | MY BOOKS |

Or try something a little more abstract for a week....

| | | | | |
|----------------|--------------|-----------|-----------|----------|
| INNOCENCE | INSANITY | SMILE | RAINBOW | TEARS |
| UNDER THE RAIN | NIGHT | LOVE | LIGHT | HEAVEN |
| EXPECTATIONS | HOLD MY HAND | TWO ROADS | STRIPES | A SECRET |
| MELODY | ANNOYANCE | CHALLENGE | BROKEN | HEAL |
| ILLUSION | TOWER | MAGIC | HERO | 67% |
| MIRROR | WORDS | TRIANGLE | WORTH | PUZZLE |
| SOLITUDE | REVELATION | QUESTION | LAUGHTER | MEMORY |
| GREY | HAPPINESS | DREAMS | OBSESSION | MISCHIEF |
| PIECES | SPIRAL | DRIVE | STARS | BREATHE |
| INTRODUCTION | MOTHER | FOREIGN | STILL | TEAM |

Print these off and glue them into your notebook - marking off each one when you complete the challenge.

Use these to spark creative ideas and play, create and explore.

RESOURCES THAT I LOVED WHEN DISCOVERING MY CREATIVE SQUEAK

VIDEOS/ TED TALKS:

- Elizabeth Gilbert (about the idea of genius):
https://www.ted.com/talks/elizabeth_gilbert_on_genius
- Mel Robbins (on procrastination):
<https://www.youtube.com/watch?v=Lp7E973zozc>
- Tim Urban (inside the mind of a master procrastinator - I just found this funny because I am this person!):
<https://www.youtube.com/watch?v=arj7oStGLkU>
- Elle Luna (Cross roads of should and must)
<https://www.youtube.com/watch?v=F5pMSEerKVI&t=2154s>
- YOUTUBE: search for time lapse paintings, mixed media paintings, how to tutorials, etc.

PODCASTS:

- Creative Pep Talk
- Happier with Gretchen Rubin
- The Chase Jarvis LIVE show
- Beth Kempton Freedom seeker
- Creative living with Jaime
- The Creative Mom Podcast
- Big Magic - Elizabeth Gilbert
- Possibilitarian - Kelly Rae Roberts

PINTERST:

Boards I have set up:

- Art techniques I want to try
- Tutorials
- Reference boards (wings, people, mermaids etc)
- Steal like an Artist (private)
- Journal pages I like

Set up your own 'creativity based' boards - be deliberate and don't put 1000's of images in each board choose exactly what you want to create.

COURSES:

- Creative Live: have all kinds of courses you can do often for free on the day they launch.
- Willowing: Tamara Laporte has a free art course called Art, Heart and Healing. She also does Life Book, which consists of 52 lessons with her and other artists. Great for exploring different techniques. You can keep the lessons if you download them, and you can still join 2018's classes

- Flora Bowley: <https://florabowley.com>
Abstract artist with beautiful designs
- Carla Sonheim: <https://www.carlasonheim.com>
taking blobby art further

ARTISTS I ADMIRE:

- Tam Laporte (willowing)
- Jane Davenport
- Kelly Rae Roberts
- Natalia Pierandrei
- Leilani Joy
- Juliet Crane
- Danny Gregory
- Jasmine Beckett

Check out my pinterest board called 'beautiful art' for more artists and inspiring artworks

CHALLENGE/ THEME SITES:

- Illustration Friday
- 52 weeks (closed now but you can still see the work)
<https://illo52weeks.blogspot.com>
- 30 in 30 Leslie Saeta
- NaNoWriMo: November writing challenge <https://nanowrimo.org>
- November Create everyday: <http://creativeeveryday.com/art-every-day-month>
- Create Every Day Month: <http://creativeeveryday.com>
- <https://www.theydrawandcook.com/>

BOOKS:

- Danny Gregory - Illustrated Life and Creative License
- Kerri Smith - Wreck this journal
- Austin Kleon - Steal Like an artist + show your work
- Carla Sonheim - Drawing Lab
- Julia Cameron - the Artists Way
- Betty Edwards - Drawing on the Right Side of the Brain
- Jane Davenport - beautiful faces
- Elizabeth Gilbert - Big Magic
- Shondra Rhimes - The year of Yes

SOME DIFFERENT TECHNIQUES TO TRY OUT:

- Rock salt on watercolour. Lay down a wet watercolour background and cover it in rock salt. Let it dry and then brush off.
- Try the same technique but use alcohol instead of rock salt.
- Paint a background and use coloured pencils over the top.
- Cover a page with tissue paper and paint over the top of it.
- Find an artist you admire and copy their painting exactly.
- From you pinterest feed, draw everything you want to make, create or bake.
- Choose a word and write it in as many different fonts as you can find
- Journal your week with illustrations only
- Use gel pens over a black and white photo to change the image

My pinterest board - Art techniques I'd like to try has many more ideas to try. Or my LilliBean Designs account - tutorials + DYI Art supplies

Pinterest: www.pinterest.com/kirstmcculloch

Or

<https://www.pinterest.com.au/lillibeandesign>

Let me know which of these techniques you loved, or hated, or just meh!!