

## Creative Problem Solving: Lesson 5

### Cultivating Creativity

Challenge yourself to develop your creativity mindset. Choose an idea from the Cultivating Creativity Recommendations Sheet or create your own challenge. Choose something that you can commit to completing – or at least get started – in the next two to four weeks. Don't be afraid to try something new! Challenge yourself with something that is a little bit outside of your comfort level. Document your challenge experience using the spaces below and on the next page.

#### Step 1 – Challenge Yourself

*To grow my creativity, I plan to...*

*This activity will challenge me to...*

*After completing this challenge, I expect or I hope...*

## Step 2 – Reflection

*What positive outcomes did you experience from completing (or starting) your creativity challenge? If any positive outcomes were unexpected, explain why.*

*Did you experience any unexpected challenges or difficulties? What were they and how did you overcome them?*

*How did this activity make you feel about your creativity?*

*Would you recommend a similar challenge to a friend who wanted to increase their creativity? Why or why not?*

### **Step 3 – Share**

Discuss your experience with your teacher and share your experience and any outcomes with the class. If your challenge results in a creative product you should share your work with the class as well!