

Play - Chapter two

No matter what your art form, it's important to be joyful and play.

Create a game related to your art form. Below are some ideas for each genre.

- **Literary:** Cut at least a dozen people (characters) out of a magazine. (Be sure that these people are NOT famous.) Then, cut a piece of paper into 6 pieces. Label each one with a genre, for example, romance, action, tragedy, comedy, detective, western, historical.

Next, choose 2 characters and then choose a genre.

Set a timer for 20 minutes, and write their story.

- **Visual:** Draw with your eyes closed, or upside down.
- **Fiber:** Go to your fiber stash and pick the ugliest pattern, texture of yard, or item to upcycle. Sketch out a card to make from these items.
- **Environmental:** Close your eyes and imagine your space with futuristic décor. Play with the time period and see how technology has changed.
- **Performing:** You're scheduled to perform at Carnegie Hall. Divide a piece of paper into six sections. On 3, write a positive outcome, for example, a movie contract based on your one person show. On 3, write a negative outcome. Out of money. Roll the di. See what happens.
- **Industrial:** Play with a different material. Your player must create a project in a material different than their usual.
- **Culinary:** Pick a favorite cookbook. Roll a pair of dice. You roll a 5 and a 2. Flip to the page with the highest number first (page 52). Make that recipe.



Resources to accompany the process book

Do Your ART! 10 Simple Steps to Enhance Your Creativity and Elevate Your Mood

More information at www.doyourart.org

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