

# *Dream Home*

Grab some Lego or playdough and make a plan for your dream house. You can also try this out virtually using something like Minecraft.

**ALONE TOGETHER RESIDENCY | CREATIVITY PROMPT**

# Practicing Gratitude

Write one thing you are grateful for on a piece of paper, tie it to a tree (or houseplant). Add a gratitude everyday to your "thank you tree."

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# Thought Walk

Go for a 15 minute walk and take note of what you are thinking about while you walk (no judgement). Write about this experience when you get home (again, no judgement!

See where this takes you).

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# *Vision Statement*

Create a vision statement for how you see yourself experiencing and benefiting from this residency.

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# Self-Portrait

Explore your window. Draw a self-portrait on you window using a washable marker. Consider going outside to draw on the outside of your window as well as inside.

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# Collaborate by Mail

Call a colleague and set up a snail-mail collaboration. Grab a piece of (thick) paper and do a washy, painted background. Mail it to your collaborator and ask them to do the next step. Mail it back and forth until it feels complete.

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# *Humourous Moments*

Draw or make a model of the most awkward or humorous interaction you have had since physical distancing began.

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# Word in Objects

Spell out a word with objects, this could be your name, something important to you, anything at all!

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# *News Headline*

Write a news headline from the perspective of  
an animal.

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# *Blind Contour*

Call someone you love (family member or friend) on video chat. Do a blind contour drawing of them and send it to them in the mail.

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# Mantra

Play with repetition. Fill a page with the words “it is okay” or “we will get through this” (or another mantra that suits you). Cut this into strips to make a paper chain. Do this daily.

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# Make Some Noise

Get out the pots and pans. Invite your whole family or house-crew. Grab all the instruments in the house and have a jam to [insert your song of choice]. Start quiet and get LOUD!

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# *Favourite Song*

Listen to one of your favourite songs. Write a short poem about how it inspires you.

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# Wild Collage

If animals could talk, what would they say right now?  
Collage this with drawings, magazine cut outs, paint,  
etc... Use whatever you have on hand!

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# Stamping

Get a potato and carve out a shape, and make it so that the shape is the raised section. Why not try carving out a heart? Coat it with paint/ink and stamp it on paper to make a pattern. Create a positive note and send it to someone who needs a little love.

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# Creating Circles

Identify something you have a LOT of in your house (paperclips, forks, clothespins, dirty laundry). Lay out the items on your floor in an arrangement that creates a concentric circle.

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# Observation

Go outside and close your eyes, feel the sun/wind/rain/snow on your face. Observe the sensation (and thoughts). Record this in writing afterwards.

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