

## HERE ARE SOME MORE DETAILS ON EACH ACTIVITY

1. **CELEBRATE COLOUR!** Pick your favourite colour and notice where it appears today and how it makes you feel.
2. **LISTEN TO BIRDSONG.** Pause and let their songs lift your mood.
3. **PLAY WITH CLAY!** Use clay, Play-Doh or BluTack. Squish, shape and explore - let your hands lead.
4. **MAKE A GROUP POEM.** Ask each person for one word in remembrance of a loved one. Combine them into a poem.
5. **BAKE AND SHARE!** Make biscuits or cupcakes and share them to spread happiness.
6. **CREATE A SHADOW DRAWING.** Trace shadows and notice how light changes what you see.
7. **LISTEN TO YOUR FAVOURITE PIECE OF MUSIC.** Fully immerse yourself and enjoy the moment.
8. **JOURNAL IN A NOTEBOOK** to slow your thoughts and work through worries or emotions.
9. **SHARE YOUR FAVOURITE BOOK WITH A FRIEND.** What do you love about it?
10. **CREATE A COLLAGE** inspired by nature using scrap paper and magazines.
11. **TRY A GROUNDING ACTIVITY.** Notice and touch different textures, closing your eyes to feel them.
12. **THREE GOOD THINGS...** Write down three good things from your day and keep them to revisit when needed.
13. **PLAY THE DOODLE GAME!** Make a squiggle and challenge a friend to turn it into something.
14. **BE YOUR OWN HERO.** Reflect on someone you admire and connect their qualities to your own strengths.
15. **DANCE FREELY!** Close your eyes and move without thinking, just feeling.
16. **A YELLOW NATURE ADVENTURE.** Find something yellow outside and respond to it by photographing, sketching or pattern-making.
17. **GO ON A LETTER HUNT...** Find letters in nature or on signs. Photograph them to spell your name.
18. **WRITE A HAIKU.** A three-line poem with 17 syllables: 5, 7, 5.
19. **TAKE A LINE FOR A WALK...** Draw continuously for 10 seconds with your eyes closed.
20. **PAINT WITH ANYTHING!** Use turmeric, coffee, spices or other natural materials as paint.
21. **MINDFUL PATTERN.** Create repeating patterns with marks, shapes or colours.
22. **PRESCRIPTION FOR HAPPINESS.** Choose a colour you love, three things you need to stay happy and one wellbeing action for today.
23. **GO ON A COLOUR HUNT...** Fill an egg box with colours, collect matching items, then display them at home.
24. **PRESS PLAY ON THIS UPLIFTING PLAYLIST.** Enjoy the music and let it lift your mood.
25. **CREATE A MINI HABITAT.** Stack sticks and natural materials to make a home for wildlife.
26. **SCULPT A TIN FOIL FIGURE.** Shape a figure and imagine their story.
27. **GO ON A TEXTURE HUNT...** Take rubbings of interesting surfaces.
28. **DOPAMINE DRESSING.** Wear clothes that lift your mood and make you feel good.
29. **MAGPIE MUSEUM.** Collect small treasures, display them, and give each a title.
30. **TRY JUNK MODELLING...** Create something using recycled materials, such as a simple flower.

Activities created with thanks to the Arts Derbyshire team in collaboration with Dr. Melanie Hani (Public Health / Mental Health and Suicide Prevention Team, Derbyshire County Council), Dr Penny Blackwell (GP, Hannage Brook Medical Centre), Imogen Ashby (Performance Maker, Derbyshire), Jo Maker (Arts & Creativity Manager, The National Forest Company), Debi Hedderwick (Dance Artist and Chair of Arts Derbyshire's board), Kate Burns (Creative Revolution, Chesterfield), Gemma Gwen Armes (Artist in Residence - ILKON Gallery, Ilkeston), Susy Smith (Garden Designer, Erewash) and Adam Cormack (Head of Campaigning, The Woodland Trust and instigator of 30 Days Wild).



For EVEN MORE inspiration and information please go to @AD\_CreativeHealth on instagram or scan this QR code to find a digital version of this calendar and further details / resources for the activities!



# CREATE A NEW HABIT



30 Days Creative is a month-long campaign led by Arts Derbyshire as part of its Creative Health work, produced in collaboration with health professionals, artists and community members, inviting everyone to embrace small, simple acts of creativity each day and discover their positive impact on wellbeing.



30 DAYS CREATIVE

1. CELEBRATE COLOUR!

2. LISTEN TO BIRDSONG

3. PLAY WITH CLAY!

4. MAKE A GROUP POEM

5. BAKE AND SHARE!

6. SHADOW DRAWING

7. IMMERSE YOURSELF IN MUSIC

8. JOURNAL IN A NOTEBOOK

9. SHARE YOUR FAVOURITE BOOK

10. CREATE A COLLAGE

11. TRY A GROUNDING ACTIVITY

12. THREE GOOD THINGS...

13. PLAY THE DOODLE GAME!

14. BE YOUR OWN HERO

15. DANCE FREELY!

16. A YELLOW NATURE ADVENTURE

17. GO ON A LETTER HUNT...

18. WRITE A HAIKU

19. TAKE A LINE FOR A WALK...

20. PAINT WITH ANYTHING!

21. MINDFUL PATTERNS

22. PRESCRIPTION FOR HAPPINESS

23. GO ON A COLOUR HUNT...

24. PRESS PLAY

25. CREATE A MINI HABITAT

26. SCULPT A TIN FOIL FIGURE

27. GO ON A TEXTURE HUNT...

28. DOPAMINE DRESSING

29. MAGPIE MUSEUM

30. TRY JUNK MODELLING...

PLEASE TURN OVER FOR FURTHER INSTRUCTIONS

We'd love you to share your creative adventures with us, please tag us on social media @AD\_CreativeHealth or email [morgan@artsderbyshire.org.uk](mailto:morgan@artsderbyshire.org.uk)

