

# CREATIVE PROMPTS

For Mindful Creativity With *MHN*

- **A Personal Album Cover:** Think of one music album that you could listen to over and over. Turn on the album from the beginning and then, open a blank canvas in your art-making app of choice (Adobe Fresco, Procreate, etc). Using scribbles, watercolor swooshes, and doodles, fill the page as you listen to the album. Song by song, make lines and shapes that reflect how you feel about each one. When you've reached the end, you now have an album cover that what's special to you about this record.
- **DIY Minimalistic Wall Art:** Go outside and find an interesting flower or leaf. Take a picture of it on a blank background. Upload the photo to your digital art-making app of choice. On a separate layer, draw lines and use splashes of paint to highlight the parts of the leaf that stand out to you. When finished, remove the photo layer to reveal your own DIY artwork that you can hang in your home or gift to a friend.
- **Visual-First Journal Entry #1:** Open a blank canvas in your app of choice. Get a simple brush ready to go (like the pencil brush). Turn on a song you like and close your eyes, and then guide your hand along the page. Let yourself scribble away without looking. When the song is over, open your eyes and see what you've created. Write today's date in the top right-hand corner of the page. Save it to your device. Now you have a unique, visual-first journal entry!
- **Visual-First Journal Entry #2:** Upload a photo of yourself that you like to your app of choice. It could be a childhood photo or a selfie from yesterday - whatever photo you like. On a separate layer, write a letter to yourself on top of the photo. Write today's date in the top right-hand corner of the page. Save it to your device. Now you have another unique, visual-first journal entry!