

## CREATIVE PLAY exercises from REV. SUZELLE LYNCH

-- for solo or group fun

1. **One Minute Doodle** – Grab a sheet of paper and something to draw with – perhaps a crayon or marker to make big bold marks! Set a timer for one minute and put it somewhere you can't see the time counting down. Begin making marks or drawing on the paper, letting yourself draw however you wish until the timer sounds. (Variations: Try with music playing, or with your non-dominant hand, or periodically trading pages with a friend and continuing from there.)



2. **Write a Limerick** – Limericks are fun or sassy poems with a rhythm that goes like this:  
da DUM da da DUM da da DUM (8 syllables, usually)  
da DUM da da DUM da da DUM (8 syllables)  
da DUM da da DUM (5 syllables, usually)  
da DUM da da DUM (5 syllables)  
da DUM da da DUM da da DUM (8 syllables)  
Write one!! Alternate writing lines with a friend!

3. **Puna Beraska** – Draw one. (Would you like to have one? What is it? What's it used for?)

4. **Name Play** – swap the first letter of your first, middle, and last names (for example, “Kamala Devi Harris” becomes “Damala Hevi Karris” or “Joseph Robinette Biden” becomes “Roseph Bobinette Jiden.”) What does that character do for a living? How did they get their name? Where do they live? Describe them...



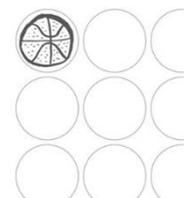
5. **Sing About Something You Love** – Think of something you really love; could be a person, place, thing, activity, pet, etc., and simply allow yourself to put your feelings and thoughts about it into musical form. Launch in and see where it goes.



6. **One Hand Dancing** – Play some music, and, using just one of your hands, express how the music makes you feel – let your hand respond to the music with a dance. It doesn't have to be in time with the rhythm – just feel the music and let your hand respond with its own dance moves.

7. **Turn it Upside Down** – Find an image in a magazine or book and turn it upside down. Describe what it looks like – what new item or object do you see?

8. **30 Circles, 3 Minutes** – Download and print a [template](#) (or just make one). Set a timer for 3 minutes, and using a pencil, pen or marker, transform as many of the circles as possible within the 3-minute time limit.



9. **Sing Your Feelings** – Make up a song about your feelings. Just go for it!

10. **Compound Word Play** – Compound words are the result of two smaller words being combined to make a new word (for example, “row” + “boat” = “rowboat.”) Choose two numbers between 1 and 150, then consult our [Compound Word Play list](#) for the compound words



that correspond to your numbers. Take the first half of each word and pair it with the second half of the other word. Choose the new compound word you like best and invent a definition for it, or draw it, or write a story or poem with it.

11. **Draw a Flaming Chalice** – Your choice what it looks like or is made of. Could a chalice be made from words? From paper? From a random object in your home? Draw it.

12. **What Else Can I Do With This?** – Pick up an object that is near you, and ask yourself, “What else could I do with this?” Make a list of ten alternative uses for the object you’ve chosen.



13. **“Imagine....”** – Use the tune to John Lennon’s song, “Imagine...” Sing, “Imagine there’s \_\_\_\_\_...” and fill in the blank – making up your own words about what you’re imagining. (You also could begin, “Imagine there’s no \_\_\_\_\_...”)

14. **Partner Story** – Create a story (OR a song) with a friend. You begin speaking (or singing) a line, and your friend takes it up where you leave off. Keep going as long as you can!



15. **5-Minute Tinfoil Hats** – Grab an inexpensive roll of aluminum foil, and set your timer for five minutes. Without looking in the mirror, wrap the foil around your head to make the best possible hat. When the timer rings, look at yourself wearing your hat, and give your hat a name and a purpose.

