

Some things from Nothings - Play Prompts Collection

*For you to print out and cut out into individual slips of paper, put in a jar or shoebox.
Draw one out whenever you need it.*

Creative acts in everyday life: pick and arrange some flowers. Notice what draws you to different flowers: colour, scent, form, texture. **Prompts:** Take a photo. Take a photo of a tiny detail. Position the flowers in different places in your house. Appreciate them in different places. Gift some flowers.

Move: Turn your phone off. Go for a walk. Breathe. Notice what happens, externally and internally. **Prompts:** Wander, without destination. Lie on the grass looking up. Lean on a tree. Hug a tree. Find a 'sit spot' you like, somewhere near water. Stretch. Skip home.

Make: Make an installation with what's just in your bag / on your desk. Arrange the objects. Rearrange them. **Prompts:** Take a photo. Record a voice memo talking about what it means to you. Write a detailed description. Imagine a person who might own these objects. Imagine a tiny creature who might live in this miniature world. Imagine a soundtrack.

Collect: Take a photo in a specific time and/ or place. For example, take a photo every day wherever you are or take a photo everyday in the same place, like your kitchen window, every morning / weekend / time you remember. **Prompts:** Take a photo, then turn around and take one in the exact opposite direction. Place an object or body part in each photo. Collect your photos in one place, this might just be an album on your phone.

Write: Stream of consciousness writing with pen and paper. Start by writing 'I think...', 'I see...', 'I feel...' on the page. Then write something more for each sentence. Now start with 'In this moment...' and continue writing for 10 minutes (set a timer) without stopping or lifting your pen off the page. Try to avoid censoring yourself or making any corrections. **Prompts:** Write a detailed answer for another of the starting prompts. Describe something you can see in as much detail as you can. Write about a different sense eg. 'I hear...' Change the pronoun from 'I' to 'he/ she / they / it' and repeat. Read it back out loud to yourself, as if it were a poem.

Draw: Put your pen in your non-dominant hand. Place your pen on the paper. Close your eyes. Begin to move the pen. Listen to the sound of the pen, enjoy the feel of the paper. Keep moving the pen. Explore the paper with the pen, without opening your eyes. Turn the paper upside down. Open your eyes. **Prompts:** Pick out shapes that could be something else. Using a different colour pen repeat the exercise on top of the original drawing. Colour in your drawing. Colour outside the lines.

Creative acts in everyday life: make an autumn rainbow using leaves. **Prompts:** Arrange them on a footpath somewhere and leave a note in chalk. Take a photo. Reflect on what each colour means to you this season. Tell a story using the journey of the fallen leaves as a starting point. Create an outdoor 'mobile' by stringing the leaves on twine and watching them naturally change with time/the weather.

Move: Choose a song - one that transports you somewhere. It might be a throwback, one that you listen to often in a certain mood, one that evokes a specific feeling, one that takes you 'home' (wherever, whatever and whoever that might be). Play it all the way through first thing in the morning before you even get out of bed. Try playing it through again just before you go to sleep. Notice the way your body feels when you are listening to it. **Prompts:** Try playing your song out of speakers in a space where you can easily create a star shape. Move your body in some way continuously for the duration of the whole song. Breathe. Stretch. Reach your arms up to the sky. Hang your head between your knees and nod 'yes' and shake it 'no'. Try playing it through headphones. Stand in front of a mirror and watch yourself move to your song. Imagine yourself sharing this moment just with yourself. Keep moving. Imagine yourself sharing this moment with others.

<p>Make: An audio journal for a period of time (this could be a day, a week, a month, the full three months). Prompts: Record the sounds of your life. Interview your friends about things they care about. Ask them what they think about the things you care about. Record your kids' / friends' / neighbours' sounds: singing/ fighting/ talking. Record the sounds of your animals, your daily routine, the kettle boiling. Record noise, and silence. Create voice memos of insignificant everyday moments.</p>
<p>Collect: Bits of memorabilia from different moments in the season. Create something with them: a collage, a tapestry, a postcard, some writing paper, a framed picture, a collection of things to burn in a fire on winter solstice. Prompts: Notice details on physical 'tangible' things like receipts, programs, tickets, school newsletters, bank statements, junk mail, community notice boards etc. Rip bits off that speak to you, photograph them, scrunch, fold, highlight, underline, make notes. Use these things to tell a visual story for an experience you might be currently going through.</p>
<p>Photograph: (Self) Portraits. While the selfie is a dreaded invention of the modern times, it can be a marvellous way to kick self flagellation in its butt. Prompts: Allow yourself to be captured. By yourself, and others. Notice when you like a picture of yourself, and when you don't. Ask why. Take photos until you get one where you don't recognise yourself. Play with filters. Put the people you love in the pictures with you. Perhaps, play with costume! Perfect some fish lips. Photograph your hands, your birthmark, your toes, your dimples. A self portrait is capturing anything of thy self - it's up to you which parts. Imperfections are perfection, illuminate them. Print some out and marvel at yourself.</p>
<p>Doodle: Doodling is often unplanned and unstructured. Take some time, regularly, to doodle on different things. Create a 'doodle mural', add doodles to it whenever you can. This can be a wonderful way to take a moment while creating something that continues to grow. Prompts: Trace the outline of your arm and hand on a piece of paper over and over again in different positions, filling the paper with shapes. Fill these shapes with circles, lines and dots. Try it with your feet. Ask others to trace themselves. Doodle to music, try and draw the music. Tape some paper and fill a corner of your house or the back of a door with a doodle mural.</p>
<p>Do a puzzle. Pack it away.</p>
<p>Pour a glass of water. Drink it.</p>
<p>Take a raw egg. Break it.</p>
<p>Plate up a beautiful snack. Eat it.</p>
<p><u>Blow some bubbles. Let them fall.</u></p>
<p>Wish on a dandelion. Hold the stem.</p>
<p>Rake a pile of leaves. Leave it for the wind.</p>
<p>Tidy a space. Mess it up.</p>
<p>Sit in silence. Make loud noise.</p>
<p>Be completely still. Move wildly. (Throw a tantrum?)</p>
<p>Stand at your gate and decide where you're going. Turn around and walk the opposite way.</p>
<p>Play with bio-glitter. (Try to) clean it up.</p>
<p>Make an ice lantern. Watch it melt.</p>
<p>Create with care. Leave it behind.</p>

Set out a palette of brightly coloured paints. Mix them all together.
Stack a tower of blocks/rocks. Topple it.
Build a sandcastle. Jump on it.
Make play dough shapes. Smash them.
Take a series of photos. Delete them.
Take a roll of photos on a disposable camera. Expose the film to light.
Write/draw/paint something on paper. Burn it. (Everyday?)
Dig a hole. Fill it in.
Make yourself a SfNs 'to do' list - tick things off as you go
Find an SfNs buddy - someone who will help you to hold yourself accountable. Make at least one date with them in the next month. Tell them what you're committing to doing, then do it. Meet online/ in person and tell them what you've done. You might even do some things together.
Don't wait for 'free' time - choose something that you are doing already or that can happen during things you already do. eg. Doodle during meetings, join your child's craft project, sing in the shower, dance while packing away the dishes... tick it off your list!
Diarise at least one 'artist date' with yourself, a block of time to break from your everyday routine and do something simple and fun to feed your creative spirit eg. visit a local gallery or an artist's supply shop, go for a walk and collect beautifully coloured autumn leaves, or try any of these 101 artist date ideas.
Take out a project that you've been meaning to 'get to' (you know the one). Set to work on it. Enjoy the feeling of finally getting back to it. Decide to finish it. (Remember, this can take as long as it takes to 'catch your fish'.)
Set an alarm for a particular time each day to stop for exactly 1 minute and take a 'moment'. (See also 'moment' suggestions from previous SfNs emails.)
Print/ write out SfNs creative prompts from our previous emails on small pieces of paper. Put them in a jar somewhere you walk past frequently. Draw one of them randomly out every time you walk past. Read it and put it back. Then do it. (At least once.)
Set up a creative space as if you were setting it up for someone else. Lay out the materials, set the lighting. Stand back and appreciate it. Maybe take a photo of it, or put on some music? Make a cup of your favourite beverage. Sit down to that space, as if you were that other person, and start something. It can be very small. Finish it.
Put something you have made on the fridge.
Share something in our SfNs zoom.
Drop something anonymously into someone's letterbox.
Send something snail mail to someone you care about.
Post on social media.

Start an art specific instagram account, invite all your friends.
Start a blog, share the link.
Share at an open mic night.
Perform a movement piece, in your living room.
Install an anonymous public artwork in nature.
Leave an artwork for someone to find at on a tram / a tramstop.
Draw a poem in chalk on the footpath.
Put your work on a notice board.
Print your photos / drawings and use them as birthday cards.
Put something in a frame, hang it on the wall.
Read poetry on the toilet (leave a book on the floor)
Set yourself a photography project around the menial tasks in life (like supermarket shopping)
Make a compilation video on your phone for a friend for no reason
Edit your photos (snapseed is easy and free) before posting/sharing
Doodle in meetings, keep those doodles, turn them into cards
Get fridge word magnets, put them together here and there while drinking your coffee (make your own!)
Make a slow burn playlist of songs while in the car, name it, share it with your friends with small anecdotes as to why each one exists
Get a whiteboard marker and write things on your bathroom mirror (look at your reflection and draw a portrait to keep things real and silly with yourself)
Do a colour hunt down your street: Get an egg carton. Use paint, texta or crayon to colour each section. Head outside and look for natural things that match the colours. Enjoy the rainbow around you!
Leave your chosen art tools out so that you might use them if you have a moment
Buy a pair of canvas shoes and paint on them with acrylic paint, wear them, dance in them
Write something (anything) on an A4 paper, fold a paper airplane and fly it down the hall
If gardening is your artform, design or decorate a pot or notice or create a moment in your garden that is for pure joy.
Record the sounds of everyday life