

Creativity Break Ideas by Leslie Ackman

***Make a few marks in your journal**

*DOODLE ON AN INDEX CARD OR PAPER

**Create a background*

*Read an article on creativity on the internet

*Write out a few quotes that inspire you

***Flip through an art magazine or book**

*Journal for 5-10 minutes everything on your mind at the moment

*Stamp images on paper/cut out

***Sort through a stash of your supplies and organize**

***Practice writing creatively**

*Type in art journals and look at the images that pop up

***Clear off and organize your table top**

**Find images on the internet for your journals*

