

LOS ANGELES COUNTY
CREATIVE
COMMUNITIES

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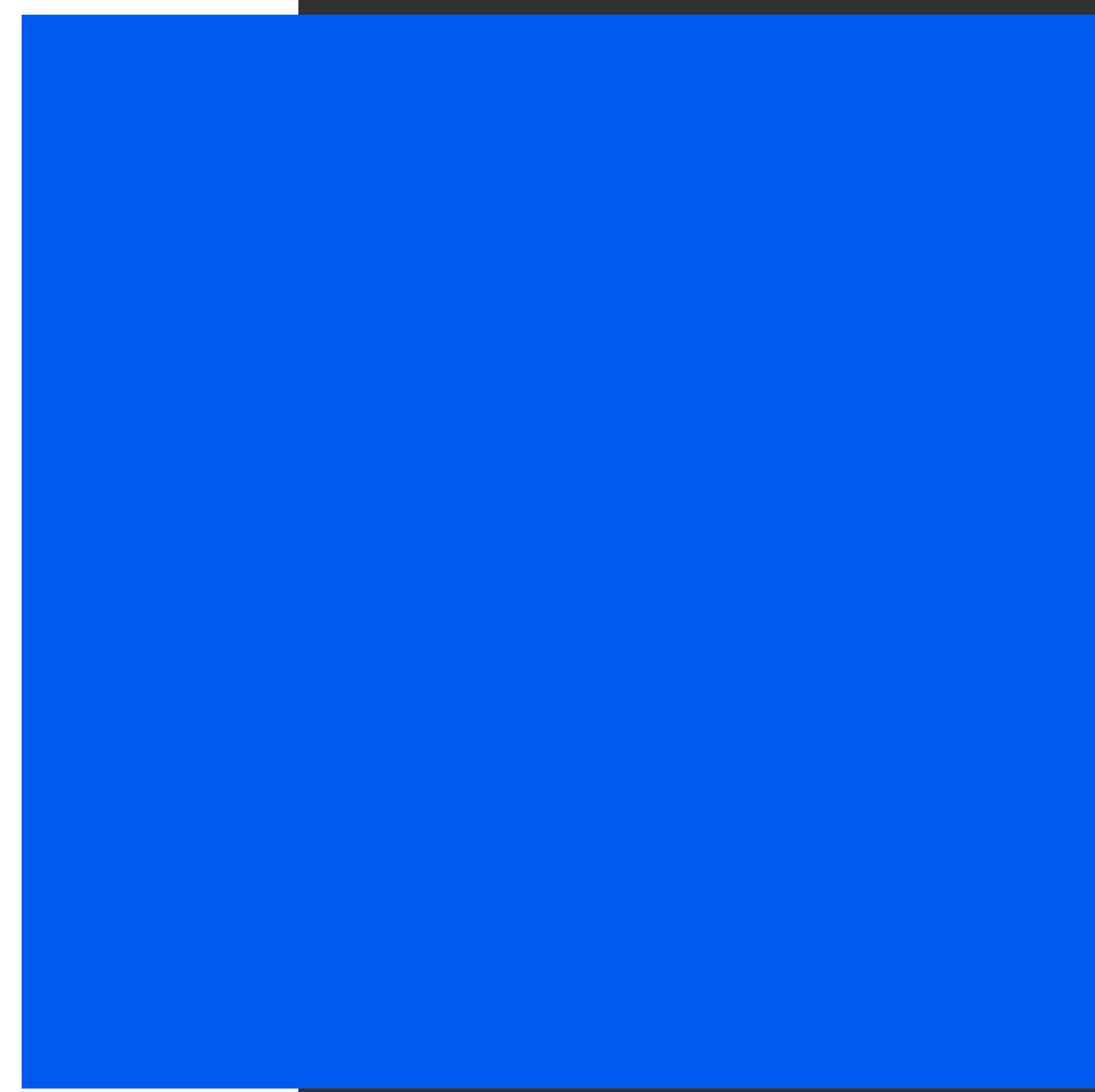
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WELCOME TO LA COUNTY CREATIVE COMMUNITIES

THESE CARDS ARE AN INVITATION.

YOU DON'T NEED TO BE AN ARTIST. YOU DON'T NEED EXPERIENCE, TALENT, OR A PERFECT BLOCK OF TIME. YOU NEED FIVE MINUTES (MAYBE TEN) AND A WILLINGNESS TO PAY ATTENTION TO WHAT'S ALREADY INSIDE YOU.

THE ACTIVITIES IN THIS DECK WERE DESIGNED FOR PEOPLE WHO WORK HARD AND GIVE A LOT. THEY ARE SHORT, QUIET, AND PORTABLE. MOST REQUIRE ONLY WHAT YOU ALREADY HAVE: A PEN, A PHONE, YOUR BREATH, YOUR BODY. THEY LIVE IN THE SPACE BETWEEN TASKS; IN A BREAK ROOM, AT A DESK, ON A WALK, IN A MOMENT YOU DECIDE BELONGS TO YOU.

THESE CARDS ARE FOR YOU, ESPECIALLY IF YOU JUST SAID TO YOURSELF, "I'M NOT CREATIVE."

THAT STORY IS ONE OF THE MOST COMMON ONES WE CARRY. MAYBE SOMEONE TOLD YOU IN SCHOOL. MAYBE YOU COMPARED YOURSELF TO SOMEONE ELSE AND DECIDED YOU DIDN'T MEASURE UP. MAYBE CREATIVITY HAS ALWAYS FELT LIKE SOMETHING OTHER PEOPLE DO.

THIS DECK WAS MADE WITH YOU SPECIFICALLY IN MIND.

CREATIVITY IS NOT A TALENT YOU EITHER HAVE OR DON'T. IT'S A WAY OF PAYING ATTENTION, TO WHAT YOU FEEL, WHAT YOU NOTICE, WHAT SURPRISES YOU. EVERY SINGLE ACTIVITY HERE IS DESIGNED TO BE ACCESSIBLE TO PEOPLE WHO HAVE NEVER MADE ART, NEVER WRITTEN A POEM, NEVER PICKED UP A PAINTBRUSH. YOU WILL NOT BE GRADED. YOU WILL NOT BE EVALUATED. YOU CANNOT DO THESE WRONG.

HOW TO USE THIS DECK

EACH CARD INCLUDES A TITLE, A GOAL, A TIME COMMITMENT, MATERIALS NEEDED, STEP-BY-STEP INSTRUCTIONS, AND A SET OF EXPLORATIVE QUESTIONS. THE QUESTIONS ARE NOT HOMEWORK, THEY ARE INVITATIONS. YOU CAN SIT WITH THEM, WRITE A RESPONSE, OR SIMPLY LET THEM ECHO QUIETLY AFTER YOU FINISH.

USING THE CARDS ON YOUR OWN:

THIS DECK IS ORGANIZED BY MEDIUM (E.G., CREATIVE WRITING, DRAWING, ETC.). BROWSE BY MEDIUM OR FOLLOW YOUR MOOD. YOU DON'T NEED TO WORK THROUGH THEM IN ORDER. LET THE TITLE CATCH YOUR ATTENTION. TRUST THE ONE THAT CALLS TO YOU TODAY.

USING THE CARDS IN A FACILITATED WORKSHOP:

THESE CARDS ARE ALSO DESIGNED TO BE USED IN GROUP SETTINGS WITH A FACILITATOR. A FACILITATOR MIGHT INTRODUCE THE ACTIVITY, READ THE INSTRUCTIONS ALOUD, HOLD TIME AND SPACE WHILE PARTICIPANTS WORK, AND INVITE, NEVER REQUIRE, SHARING AT THE END.

THE EXPLORATIVE QUESTIONS WORK ESPECIALLY WELL AS GROUP DISCUSSION PROMPTS. NO PRIOR FACILITATION EXPERIENCE IS REQUIRED; THE CARDS DO THE WORK. A FACILITATOR'S PRIMARY ROLE IS SIMPLY TO CREATE SAFETY, HOLD THE TIME, AND AFFIRM THAT WHATEVER PARTICIPANTS MAKE IS ENOUGH.



A NOTE BEFORE YOU BEGIN

YOU ARE ALLOWED TO FIND THIS AWKWARD. YOU ARE ALLOWED TO BE BAD AT THIS. YOU ARE ALLOWED TO FEEL NOTHING THE FIRST TIME, OR EVERY TIME. YOU ARE ALSO ALLOWED TO BE SURPRISED BY WHAT YOU MAKE, BY WHAT SURFACES, BY HOW FIVE QUIET MINUTES CAN SHIFT AN ENTIRE AFTERNOON.

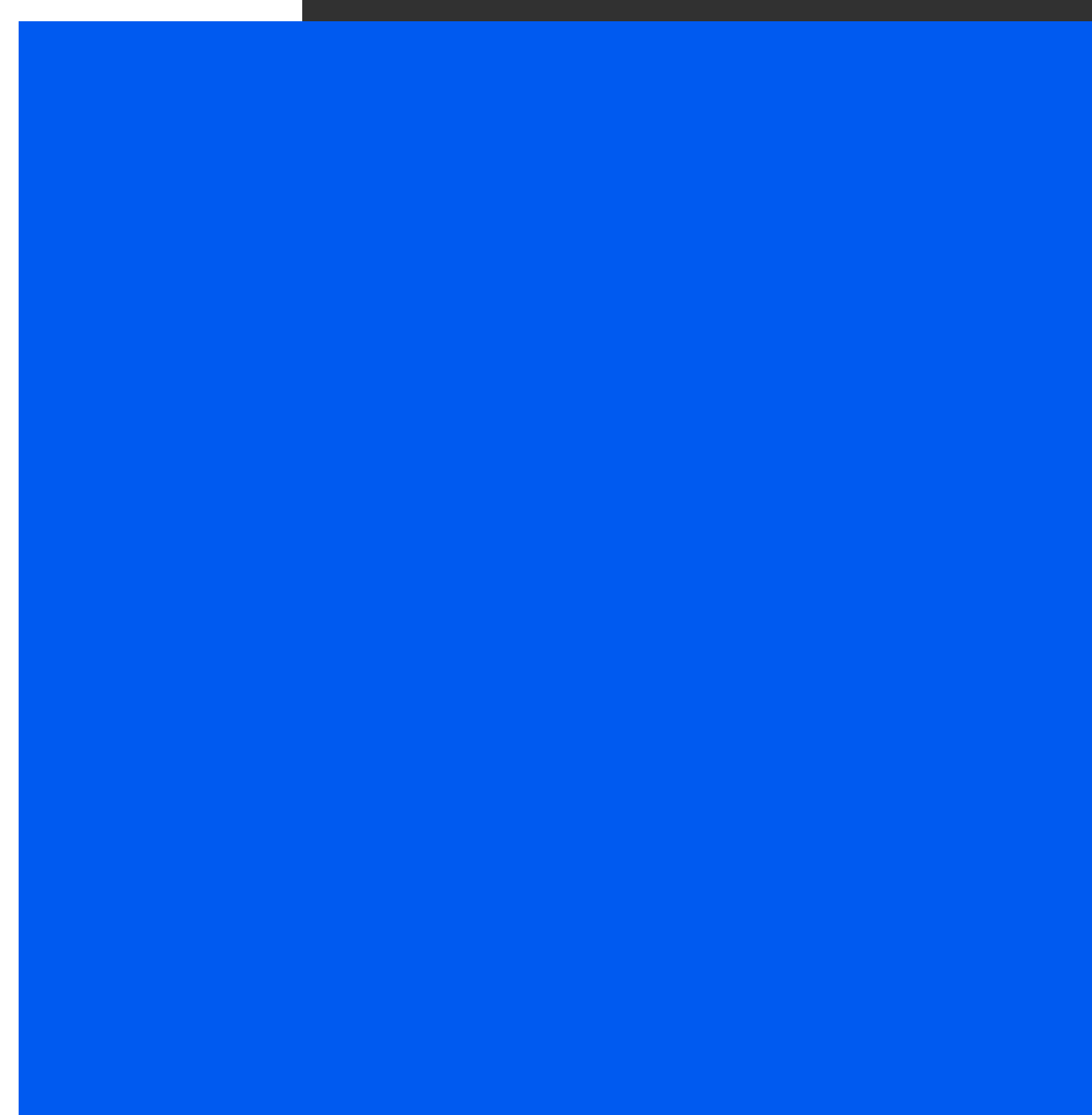
THESE CARDS DON'T ASK YOU TO BECOME AN ARTIST. THEY ASK YOU TO SHOW UP AS YOURSELF.

THAT IS MORE THAN ENOUGH.

ABOUT THE CATEGORIES

THIS DECK IS ORGANIZED BY MEDIUM (E.G., CREATIVE WRITING, DRAWING, ETC.).

BROWSE THE CATEGORIES AND FOLLOW WHATEVER CALLS TO YOU.



LA COUNTY CREATIVE COMMUNITIES

TITLE:

Ingredients of Joy

CARD #: 1

GOAL:

Think about what makes you happy and joyful using your senses and feelings

MEDIUM:

Creative Writing

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Using comparisons to understand feelings
- Noticing what you sense (taste, smell, touch, see, hear)
- Finding words for your emotions
- Connecting to happy feelings

INSTRUCTIONS:

1. Find a comfortable place to write
2. Think about what celebrating feels like to you
3. Imagine joy is like a recipe. Your ingredients are feelings, memories, and things you sense
4. Write your recipe. Include details about taste, smell, texture, and temperature
5. Read what you wrote and see what you discover

EXPLORATIVE QUESTIONS:

- What does celebration taste like to you?
- If you could make a recipe for joy using only feelings and memories, what would you add?
- What ingredients surprised you?
- How does writing these ingredients change how you think about joy?



CARDS 1–24 | CREATIVE WRITING


WORDS ARE HOW WE MAKE SENSE OF THINGS. THESE CARDS INVITE YOU TO WRITE (NOT PERFECTLY, NOT FOR ANYONE ELSE) BUT AS A WAY OF DISCOVERING WHAT YOU ALREADY KNOW. YOU MIGHT WRITE A RECIPE FOR JOY, A LETTER TO A FEELING, OR A DESCRIPTION OF A COLOR YOU'VE NEVER SEEN BEFORE. THE PAGE IS YOURS. WHAT COMES OUT OF IT OFTEN SURPRISES PEOPLE.

MATERIALS: PAPER AND PEN

CARDS 25–31 | MAGNETIC POETRY

LANGUAGE LOOSENS WHEN YOU WORK WITH YOUR HANDS. THESE CARDS USE MAGNETIC POETRY TILES (SMALL, MOVEABLE WORDS YOU CAN ARRANGE ON ANY METAL SURFACE). THE CONSTRAINT IS THE GIFT: YOU CAN ONLY USE WHAT'S IN FRONT OF YOU. LET YOUR HANDS DO THE CHOOSING. YOU MIGHT BE SURPRISED WHAT THREE LINES KNOW THAT YOUR MIND DOESN'T.

MATERIALS: MAGNETIC POETRY TILES



CARDS 32–47 | DRAWING & WATERCOLOR

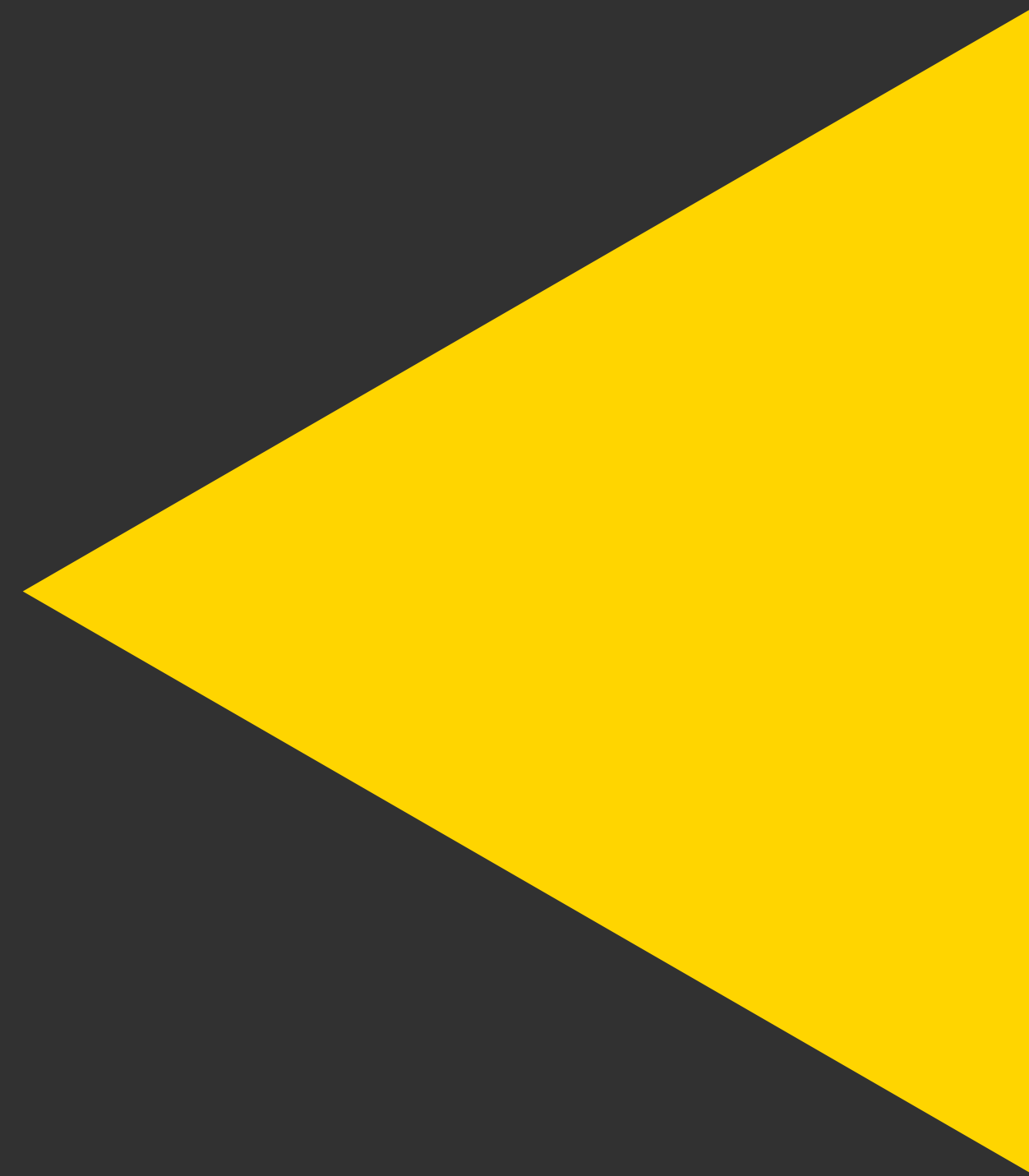
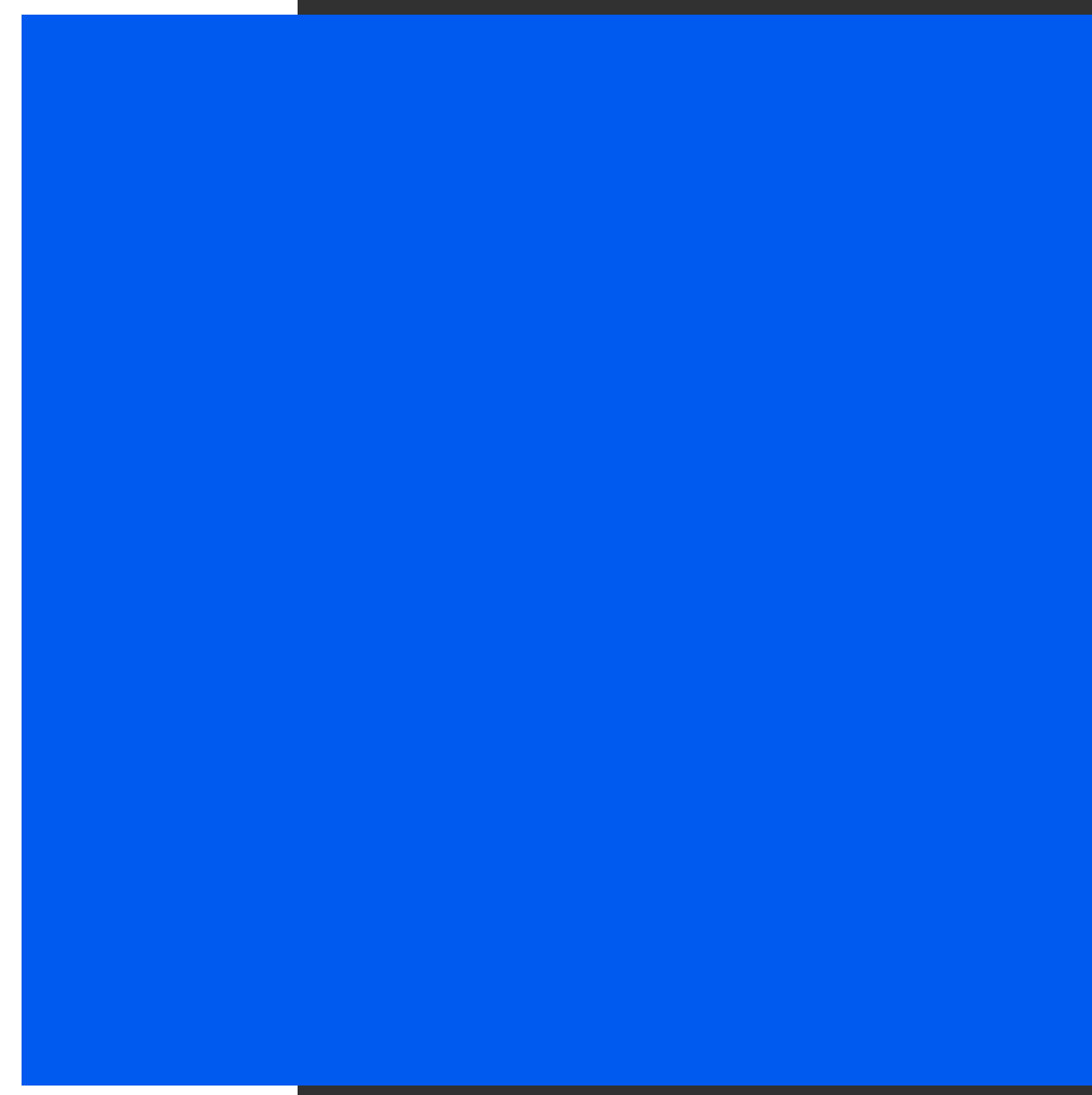
YOU DON'T HAVE TO DRAW WELL. YOU JUST HAVE TO DRAW. THESE ACTIVITIES USE LINE, SHAPE, COLOR, AND MARK-MAKING TO EXPRESS THINGS THAT DON'T ALWAYS FIT INTO WORDS. SOME ARE STRUCTURED; SOME ARE OPEN. ALL OF THEM INVITE YOUR HAND TO MOVE FREELY AND SEE WHAT IT MAKES.


MATERIALS: PAPER, PENCIL OR COLORED PENCILS, WATERCOLOR PENCILS

CARDS 48–51 | COLORING

SOMETIMES THE SIMPLEST THING IS THE MOST RESTORATIVE. THESE CARDS PAIR WITH A LIBRARY OF OVER 90 COLORING SHEETS: PATTERNS, BOTANICALS, ABSTRACT FORMS, AND MORE. CHOOSE WHAT CALLS TO YOU. THERE'S NOTHING TO FIGURE OUT, NOTHING TO SOLVE. JUST COLOR, AND LET YOUR NERVOUS SYSTEM SETTLE.

MATERIALS: COLORING SHEETS (AVAILABLE TO DOWNLOAD), COLORED PENCILS OR MARKERS





CARDS 52–55 | PHONE CAMERA PHOTOGRAPHY


YOUR PHONE IS ALREADY IN YOUR POCKET. THESE ACTIVITIES ASK YOU TO POINT IT AT THE WORLD WITH FRESH EYES; TO LOOK FOR LIGHT, TEXTURE, BEAUTY, AND MEANING IN THE ORDINARY SPACES AROUND YOU. PHOTOGRAPHY SLOWS YOU DOWN IN THE BEST WAY. IT ASKS YOU TO SEE WHAT'S ACTUALLY THERE.

MATERIALS: YOUR PHONE CAMERA

CARDS 56–58 | SOUND MEDITATION

THESE THREE CARDS ARE DESIGNED TO BE USED WITH THE MORPHÉE ZEN MEDITATION DEVICE AND HEADPHONES, BOTH INCLUDED IN YOUR KIT. SOUND HAS THE POWER TO CHANGE YOUR INTERNAL WEATHER. THESE ACTIVITIES GUIDE YOU THROUGH INTENTIONAL LISTENING, LETTING GUIDED MEDITATION, NATURE SOUNDS, OR TONES WORK ON YOUR BODY AND MIND WHILE YOU REST, BREATHE, AND ARRIVE IN THE PRESENT.

MATERIALS: MORPHÉE ZEN DEVICE + HEADPHONES



CARDS 59–61 | GROUNDING EXERCISES

WHEN YOU NEED TO COME BACK TO YOURSELF, QUICKLY, QUIETLY, WITHOUT LEAVING YOUR DESK, THESE ARE THE CARDS TO REACH FOR. BREATH, MICRO-MOVEMENT, REFLECTION: SMALL PRACTICES THAT PRODUCE REAL SHIFTS. THEY REQUIRE NO MATERIALS AND ALMOST NO TIME. JUST YOU, PAYING ATTENTION.

MATERIALS: NONE (OR PAPER AND PEN, OPTIONAL)

CARDS 62–72 | MEDITATION WALKS

THESE ACTIVITIES TAKE YOU OUTSIDE. WALKING IS ONE OF THE OLDEST FORMS OF THINKING, AND THESE CARDS USE MOVEMENT THROUGH SPACE AS A MEDIUM FOR AWARENESS, REFLECTION, AND RENEWAL. EACH WALK HAS A FOCUS: SOMETHING TO NOTICE, SOMETHING TO CARRY, SOMETHING TO LET GO. YOU CAN DO THEM ON A BREAK, BEFORE OR AFTER A SHIFT, OR WHENEVER YOU NEED TO MOVE.

MATERIALS: COMFORTABLE SHOES, YOUR PHONE (OPTIONAL)

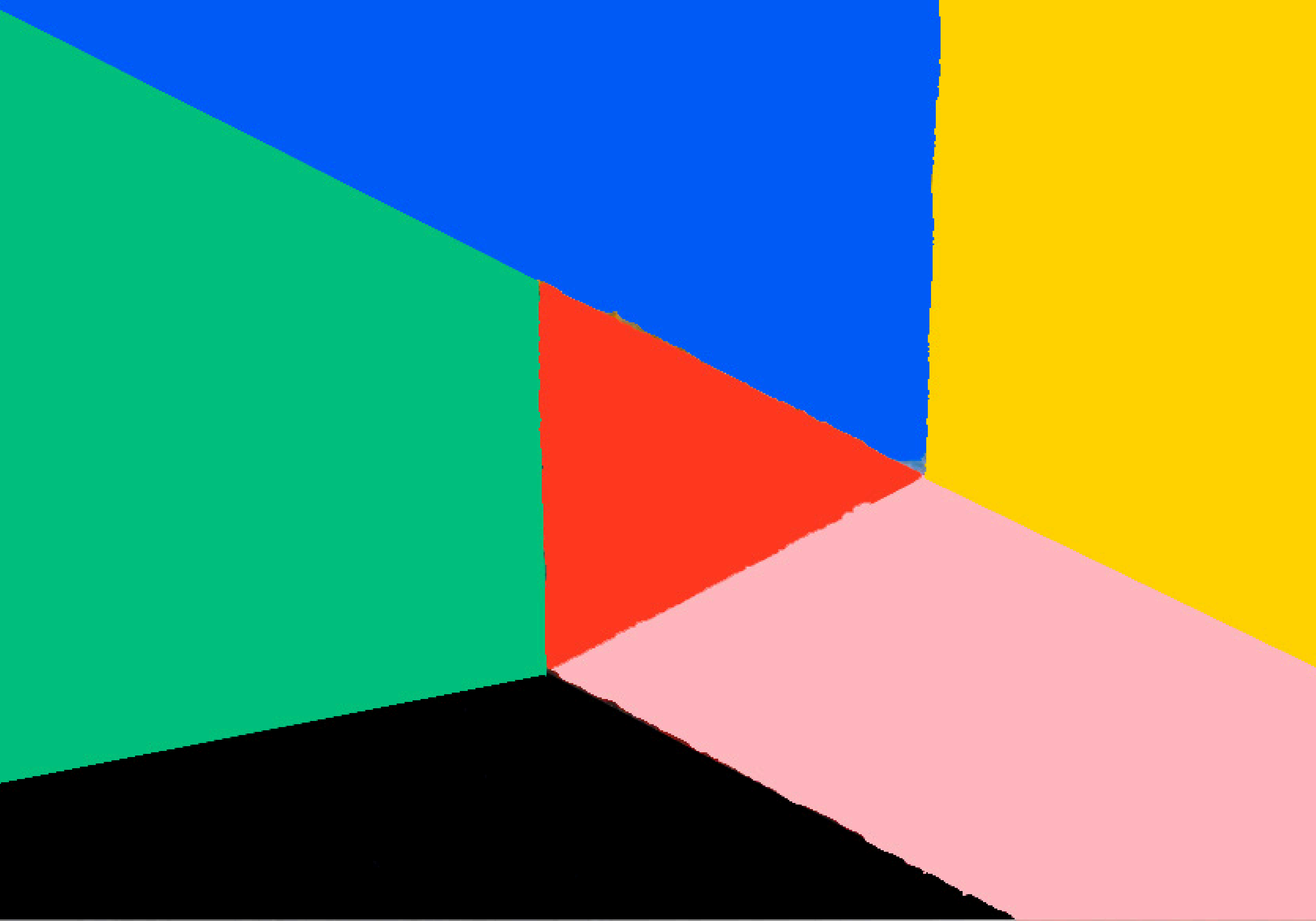


LA COUNTY CREATIVE COMMUNITIES FILES

YOU CAN FIND THE ACTIVITY CARD FILES, THE COLORING PAGE FILES, POSTER AND MAGNET FILES, AND THE LIST OF WHERE TO PURCHASE SUPPLIES FOR THE ACTIVITY CARDS HERE.

FOR MORE INFORMATION, AND TRAINING FILES FOR GROUP FACILITATORS, PLEASE CONTACT:

CROSS-SECTOR@ARTS.LACOUNTY.GOV



Los Angeles County
DEPARTMENT OF



Human Resources



THIS PROJECT WAS DEVELOPED BY CHRISTY ROBERTS BERKOWITZ DURING HER CREATIVE STRATEGIST RESIDENCY WITH THE LOS ANGELES COUNTY DEPARTMENT OF HUMAN RESOURCES. A RECOMMENDATION OF THE CULTURAL EQUITY AND INCLUSION INITIATIVE, THE CREATIVE STRATEGIST PROGRAM PLACES ARTISTS, ARTS ADMINISTRATORS, OR OTHER CREATIVE WORKERS IN COUNTY OF LOS ANGELES DEPARTMENTS TO WORK ALONGSIDE STAFF AND COMMUNITY STAKEHOLDERS IN A COLLABORATIVE PROCESS TO DEVELOP AND IMPLEMENT ARTIST-DRIVEN SOLUTIONS TO COMPLEX SOCIAL CHALLENGES. THE PROGRAM IS ADMINISTERED BY THE LOS ANGELES COUNTY DEPARTMENT OF ARTS AND CULTURE.

TO LEARN MORE, PLEASE VISIT [LACOUNTYARTS.ORG/EXPERIENCES/CREATIVE-STRATEGIST-PROGRAM](https://lacountyarts.org/experiences/creative-strategist-program)