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The Creative Injection

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Warm up discussion

- ▶ What does creativity mean to you?
- ▶ What gets your creative juices flowing?
- ▶ How can someone increase their creativity?
- ▶ How do inject creativity into your classroom?
- ▶ Which creative person do you admire and why?



Outline

- ▶ An overview of the precepts of “The Artists’ Way” by Julie Cameron
- ▶ Principles & weekly themes
- ▶ The pages
- ▶ Teacher creativity
- ▶ Applying the precepts to student activities
- ▶ Conclusion

Basic Principles: some of them

- ▶ "1. Creativity is the natural order of life. Life is energy: pure creative energy.
- ▶ 2. There is an underlying, in-dwelling creative force infusing all of life – including ourselves.
- ▶ 3. When we open ourselves to our creativity, we open ourselves to the creator's creativity within us and our lives.
- ▶ 4. We are ourselves, creations. And we in turn, are meant to continue creativity by being creative ourselves." Cameron (1995)

"The Artists' Way" Julia Cameron

- ▶ Safety
- ▶ Identity
- ▶ Power
- ▶ Integrity
- ▶ Possibility
- ▶ Abundance

Connection
Strength
Compassion
Self-protection
Autonomy
Faith

The Pages

- ▶ Stream of consciousness writing 2-3 pages
- ▶ Mental 'junk' out
- ▶ Clarity of mind
- ▶ Emotional charge removed
- ▶ Allows for action

Teacher applications

- ▶ Do the pages
- ▶ Assists in clarity
- ▶ Goals clarified
- ▶ Priorities ordered
- ▶ New ideas flow

Other applications

- ▶ Safety: support network
- ▶ Possibilities: experiment with new/different ideas
- ▶ Self-care: nurturing, nutrition and adequate rest
- ▶ Connection: making alliances to generate positive energy/ideas
- ▶ Rewards/positive self talk

Student activities

- ▶ The pages: stream of consciousness writing
- ▶ Oral presentation: someone they admire
- ▶ Self-awareness: VARK & Myers Briggs
- ▶ Self-care: nutrition/rest/exercise

Student activities continued

- ▶ Rewards for doing things well/completion
- ▶ Positive self-talk
- ▶ Music for motivation
- ▶ Art gallery – Oral presentation

Conclusion

- ▶ Injects new ideas both for the teacher and the student
- ▶ Facilitates the teachers understanding of their current cohort
- ▶ Strengthens engagement
- ▶ Promotes self-awareness and understanding
- ▶ Be willing to try new things and use different approaches
- ▶ See the students creativity; release and encourage it

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