

How To Host Your Own Creative Social

Bring connection, creativity, and joy to your friends and family by hosting your own Creative Social. Hosting your own Creative Social is a wonderful way to bring people together and facilitate self-discovery and fun through art.

1. Your Hosting Guide:

- Pick your Creative Social activity.
- We recommend checking out our [Creative Challenge forum](#) for engaging activities that are great for groups; or, if you want to host a screening event, our [Double Feature page](#) is a regularly-updated source of short films to watch and discuss.

2. Sign up for a free video conferencing service.

- We use Zoom, but there are a wide array of video conferencing tools that will allow you to host and invite people to a shared conference.
- Once you have your date and time picked out, it's time to invite whoever you'd like to partake in your Creative Social.

3. Creative Curriculum

- Every Creative Social is split into four parts:
 - Ice-Breaker
 - It's fun to start with a little exercise to facilitate an environment of sharing, creative thinking, and connection. Usually, these activities pose a question related to your Creative Social activity. For example, if your activity involves objects, an appropriate ice breaker question might be: "What object in your house do you connect with the most?"
 - It's important to set expectations with your group around how to talk about people's creation. Remind group members that there is no "bad" or "wrong"— the point of this exercise is to let your creativity shine as a form of expression, no matter how it comes out.
 - Inspiration
 - Share your screen and warm people up by looking at artwork. This gets people in the art-making spirit, and gives people examples of what they could make. Open up the discussion for thoughts about what they notice about the art work and any theories they might have about the artist's technique or intention. It's okay not to know whether the theories are correct or not. It's about the discussion.
 - You can find examples on online museum archives, or if you are doing an activity you've already completed, you can show your own work as an example.
 - Activity

- Explain the creative exercise you have chosen, and give group members 10-15 minutes to complete the activity. You can play music while they work on their creative expression, or let them focus in silence.
- Sharing
 - The most important part of any Creative Social is letting group members share and talk about the pieces they've created.

Have fun, and be sure to take pictures of participant's creations to upload to our website:
artandhealing.org/stuck-at-home-challenges.