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Here are some good ones to try out: Record something that happens each day as text, image or both. Use images cut out from magazines that are meaningful to you and stick them in. Doodle, cut and color pages in your journal - not all have to be the same size, shape or colour. Set intentions for the year.

Creativity for Wellbeing. Creative Art Activities for Everyon

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Gilham, T. (2018). Enhancing public mental health and wellbeing through creative arts participation. *Journal of Public Mental Health*, 17(4), 148-156.

Gordon, C. (2015). Adventures with Mr. Monkey: Stimulating Creative Writing in the primary school classroom through play. *Practically Primary* 20 (1), 30-31.

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Culture and Communities: A Conversation about the Creative Sector, Community Development and Impact Investing October 16, 2020 The Federal Reserve Bank of New York hosted a discussion with Upstart Co-Lab on the role of cultural institutions in New York City ' s recovery from COVID-19 on October 16, 2020 via Webex.

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