

# Dance Daze® At Home Challenge #9: Creativity



## **1: What is creativity?**

Creativity is the act of using our knowledge, experiences, ideas, imagination, and dreams and turning them into something real. Being creative requires two main actions: thinking and making.

## **2: Are we born creative?**

Many people believe that everyone is born creative but that we lose our creative skills over time. This could be because children are often encouraged to be creative, but adults are not frequently encouraged to be creative. The good news is that even if adults lose their creativity, they can re-learn how to be creative by practicing creativity. We are practicing creativity when we intentionally do things such as writing down new ideas without stopping or asking ourselves if the ideas are good or bad. Our creative senses can also be ignited when we try new activities, travel to new places, or talk to new people.

## **3: Why is creativity important?**

Creativity is important because it helps us answer questions that have not yet been answered and solve problems that have not yet been solved.