

# Creativity

High School Activity Booklet



**Unplugged**

[www.live-unplugged.com](http://www.live-unplugged.com)

## A message from Unplugged

Hi! To be honest, I am obsessed with my phone. Sometimes I find myself scrolling for hours on end. However, after learning about and experiencing the negative impacts of cell phones on teenage brains and their link to increased mental illnesses such as depression, anxiety, low self-esteem, and more, I decided to do something about it.

I launched Unplugged to provide fun and engaging activity booklets for high school students looking for an alternative to their devices, like I was. Through challenges, journal prompts, and activities, I hope to inspire students to put down their phones and enjoy the world around them. All of the activities I included within the Unplugged booklets are rooted in positive psychology and are designed to promote curiosity, gratitude, bravery, and creativity.

With Unplugged, I aim to help improve teenagers' mental health and well-being, acknowledging that excessive phone usage can create a dependency that makes it hard to connect with others and focus on tasks, which can make you feel alone. By providing students with the tools to engage with the world more meaningfully, I hope to encourage positive growth within young people like me, enabling them to build healthier relationships with others and—most importantly—within themselves.



# Why Creativity?

## CREATIVITY

/cre·a·tiv·i·ty / • noun

The ability to discover new and original ideas, connections, and solutions to problems. Creativity encourages resilience, promotes happiness, and allows one to realize their own potential.

---

Creativity can serve as a means of self-expression and self-discovery. Through creativity, people can express their ideas, feelings, and experiences in unique and meaningful ways. Creativity allows us to look at problems openly and develop innovative solutions.



# Table of Contents

**5** *Paint-by-Number*

---

**6** *Creativity Quotes*

---

**7** *Musical Scavenger Hunt*

---

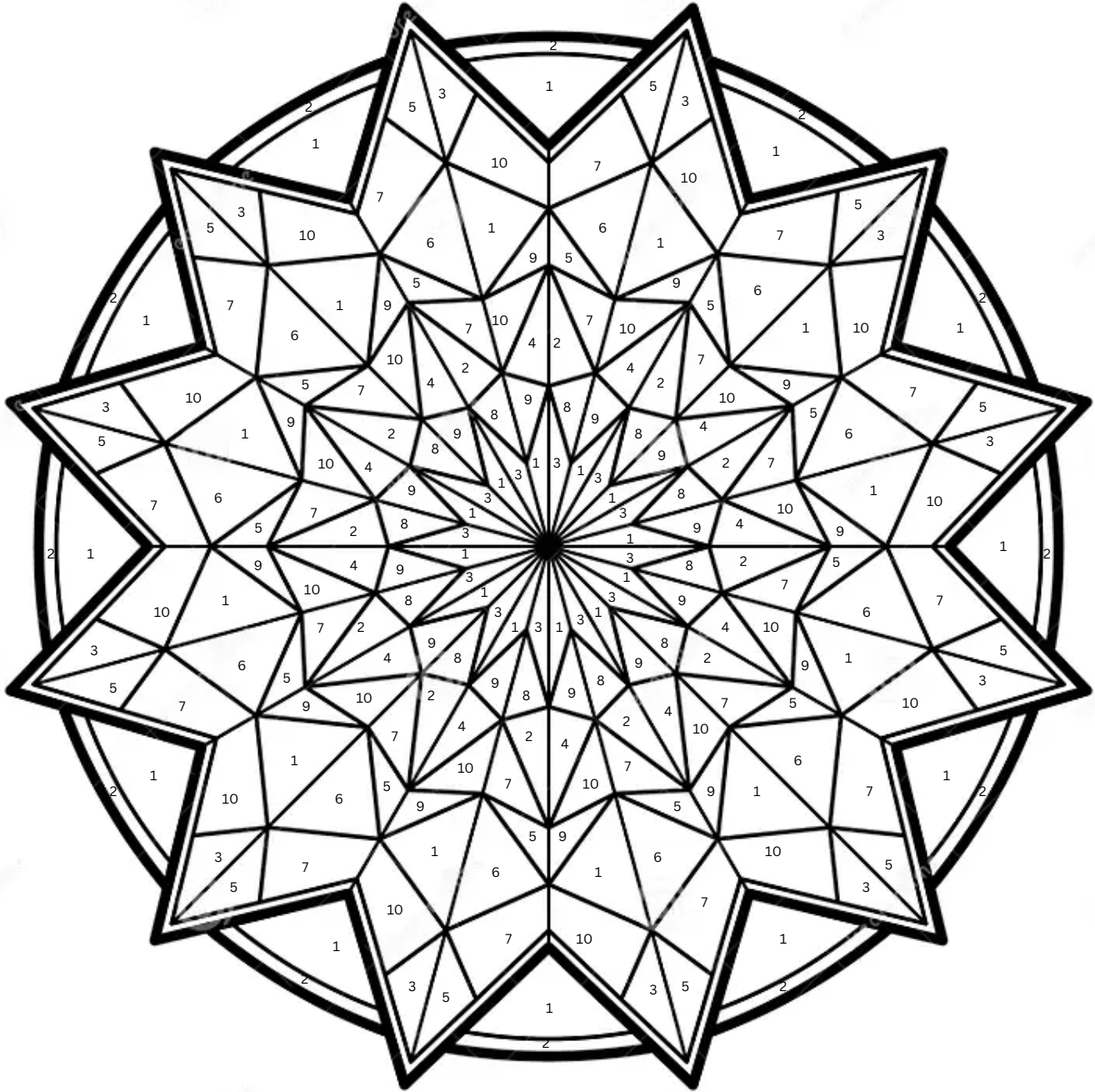
**8** *Creativity Resources*

---

**9** *Creativity Challenges*

# Paint-by-Number

Complete this Paint-by-Number! Find 10 colored pencils, crayons, or markers. Assign each number a corresponding color to create your own key.



Color key:

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

# Creativity Quotes

*"You can't use up creativity. The more you use, the more you have."*

— Maya Angelou

*"Creativity is intelligence having fun."*

— Albert Einstein

*"What keeps life fascinating is the constant creativity of the soul."*

— Deepak Chopra

# Musical Scavenger Hunt

Embark on a music scavenger hunt. Find one song that best fits each category below:

*When you're feeling grumpy:*

\_\_\_\_\_

*For a road trip:*

\_\_\_\_\_

*While you clean your room:*

\_\_\_\_\_

*To make you feel nostalgic:*

\_\_\_\_\_

*Reminds you of summer:*

\_\_\_\_\_

*Makes you want to dance:*

\_\_\_\_\_

*Calms you down:*

\_\_\_\_\_

*Best for a workout:*

\_\_\_\_\_

*For a sunset walk:*

\_\_\_\_\_

## Creativity Resources

PODCAST

**"Rick Rubin: How to Access Your Creativity"**

- Huberman Lab

BOOK

**"Creativity: Flow and the Psychology of  
Discovery and Invention"**

- *Mihaly Csikszentmihalyi*

PODCAST

**"What is Creativity?"**

- The Psychology Podcast



# Creativity Challenges

*Toss a coin onto the page! Wherever it lands, you have to complete the creativity challenge as best as you can!*

Find something from nature that represents you

Set 3 goals for the week, month, and year

Come up with 10 different uses for a paperclip

Choreograph a dance routine

Make origami out of paper

Write down 10 words and come up with a story incorporating all of them

Design a logo for your name

Find a random recipe and make the dish!

Learn how to crochet or knit

Build a tall structure with whatever is around you

Make a dream or vision board

Write a poem about your life

Draw your dream house

Write a song

Build something 3-dimensional, using only what's in your backpack

Draw a personalized picture on a notecard for 3 people you love. On the other side, tell them why you're grateful for them!

Draw something without lifting your pen from the paper



# Unplugged

[www.live-unplugged.com](http://www.live-unplugged.com)