

Different Ways to get Creative this Winter

Winter is a time of year for wrapping up warm, sitting in front of the fire, spending time with family and friends and taking long country walks. It is also a great time for getting creative! There are so many ways to get creative over the winter. Here are just a few ideas to get you started:

1. Make your own Christmas decorations! This is a great activity to do with children or to do with friends over mulled wine on a Sunday afternoon. There are lots of decorations that you can make; paper chains, Christmas tree decorations, Christmas wreaths, even nativity scenes!
2. Make your own Christmas cards. Get out the coloured card, the glue, sequins, stickers, wool, stamps and coloured pens and start creating! Alternatively you can put your artistic flare towards your Christmas card making and use sponge prints, water colours or pencils to come up with individualised cards that your friends and families will be delighted to receive.
3. Get walking! Take the kids, take the dog, or simply take yourself and breathe in the great outdoors. Walking is great for you physically, emotionally and mentally. It is also a way to get your creative juices flowing. Use the walk as an opportunity to look at the way the light hits the objects and creates vibrant colours, to make up short stories or snippets of poetry based on the environment you're in, or to notice new adjectives to use in your writing.
4. Join a reading group...or better start your own one. The winter brings with it long, dark nights and it can be difficult to motivate yourself to be active or even creative during this time. A reading group is a great way to get around this, and to keep yourself and others in your neighbourhood in good company and creatively inspired over the long winter months.
5. Spend some time in the kitchen. Cooking and baking are both fabulous ways to develop your creative side. Personally I find baking works best, particularly over the Christmas period where you have the perfect excuse you need to start baking and decorating biscuits, cakes, mince pies and muffins. Cooking can however be equally as rewarding, and the attention you have to pay to colour and presentation works wonders for developing those creative tendencies of yours.
6. Play with the children...and they don't have to be your own! Take your friend's little ones down to the park, run around the local pub with the 3 year old neighbour, borrow the grandchildren, your godchild or niece / nephew for the day. Simply being exposed to children can help you find a creative passion because children approach the world in such a carefree and enchanted manner, you find that you can help but become inspired by their attitude.
7. Sing! Singing is a great creative activity because not only does it act as a means of expressing yourself, but it can also help you find an appreciation for the way that language sounds, sentence construction and the power of emotions that can be

expressed through song. Share some of that Christmas cheer vocally, and enhance your creative nature at the same time.

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