

Grow



HELPING GIRLS GROW IN JESUS

"Let your roots grow deep into Jesus."

Colossians 2:7

Module 14: Grow Your Creativity



Girls Will learn

You can try new things. Your creativity matter.

Key Verse

For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. – Ephesians 2:10

Module Components

Create Energy	Get Hands-On	God’s Word	Application	Talk About It	Life Skills
<i>Pass The Canvas</i> Get creative as you give this viral TikTok challenge a try. <i>Doodle Drawings</i> Use your imagination to make something out of nothing.	<i>Caption This!</i> Come up with witty captions for silly photos. <i>Props</i> Hmm...what could that be? As many things as you can think up.	<i>A Creative God</i> Let’s go back to the very beginning, to look at the first creation ¹ account in the Bible . .	<i>Creative Problem Solving</i> We’re creative, just like God! Put your creativity to work by doing some creative problem solving. Gratitude Journaling	<i>Reconciliation</i>	<i>Graphic Design</i> Learn to send a message through visual cues, then try your hand on your own graphic design.

Suggested four-week schedule

Week 1: Create Energy, Get Hands-On

Week 2: God’s Word, Application

Week 3: Talk About It

Week 4: Life Skills

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Message to Leaders

Just to be clear, I'm not an artist. So I was surprised when I felt strangely drawn to a colouring Bible in a local craft store. At first, I dismissed the idea. I hadn't done any drawing or colouring since grade school. Why start now?

But I couldn't get the Bible off my mind. A few days later, I returned to the store and brought it home with me. Hundreds of Scripture verses lined the wide margins, ready to be filled with bright colours. On other pages, the margins were left blank, awaiting my own drawings and notes.

My fingers caressed the fresh, crisp pages. I nervously laid a selection of pencil crayons across my dining room table. As I meditated on a page of Scripture and prayed for inspiration and the courage to begin, God reminded me that I have a creative soul. We are all created in God's image, and God is a creator.

I began to think of the world God created. The variety of plants, flowers and animals in the world speak of God's creative nature. The diversity of ethnicities and cultures also reveal the creativity of God. And if we are all created in the image of God, then we all have the capacity for creativity.

With this fresh insight, and already a closer connection to the heart of God because of it, I began to illustrate the Scripture before me.²

But our creativity is not limited to things like art. In so many ways, God has formed us to be creative in our thoughts as well. With innovation more important than ever before as we seek to solve a wide array of complex societal issues, creative problem solving is a part of our design we need to tap into.

In this module, girls will learn that they have the ability to be creative in many ways, because they are made in the image of a creative God. ~Laura

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Pass The Canvas



This viral TikTok art challenge will be a great way to get the girls' creative genius flowing! Partners swap art projects every 5 minutes, and the results are unpredictable and so much fun!

Feel free to choose your medium based on the supplies available to you – simple paper and pencil crayons or markers will work, or you can go all-out, and purchase stretched canvas and paints

What You Need

- Art supplies for each girl
 - Paper or canvas
 - Colouring supplies – pencil crayons, markers paint etc.
- A timer (one on a phone works just fine)

What To Do

1. Optional: You may want to show girls some sample videos to explain the activity. A simple search of #paintingswap on TikTok or Instagram will yield lots of results.
2. Distribute art supplies. Set the timer for 5 minutes, and let the girls get creative.
3. When the timer sounds, girls must stop what they are doing and swap papers/canvases.
4. Reset the timer for another 5 minutes and repeat.
5. Continue until the art projects are complete.

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Doodle Drawings



This drawing challenge is another fun way to get those creative geniuses flowing. Random doodles are reimagined and become works of art.

What You Need

- Plain White Paper
- Black marker
- Drawing/colouring tools

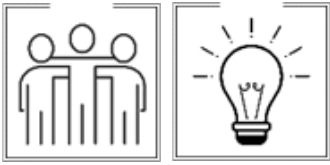
Before You Start

- Prepare one project for each girl by drawing a random doodle on a piece of paper using a black marker.

What To Do

1. Randomly pass your own “doodled” paper to each girl.
2. Invite the girls to use their imagination to turn the doodle into a tangible object, and then finish the picture. The following is an example taken from boredpanda.com

Caption This



Creativity doesn't need to be visual! In this activity, girls get creative by writing witty captions for pictures they find in magazines.

What You Need

- Various magazines
- Scissors
- Tape
- Post-it Notes
- Pencils or pens

What To Do

1. Invite girls to browse the magazines and cut out the most interesting pictures they can find (you may want to leave this open ended, or assign a specific number of images for the girls to find.)
2. Tape the magazine pictures on a wall in a straight line.
3. Distribute Post-it notes and pencils. Invite girls to come up with the best funny caption for each photo and stick it on the wall under the magazine picture.
4. Allow time for girls to read other answers.

OPTION

You could easily turn this into a fun competition by keeping captions anonymous and having girls vote on their favourite caption for each picture.

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Props



Like the classic improv game from “Whose Line Is It Anyway,” girls will try to come up with as many uses for random props as possible.

What You Need

- A selection of random household items
 - Examples may include things like fly swatters, pilons, pool noodles, ice scraper, squeegee, party hat etc.

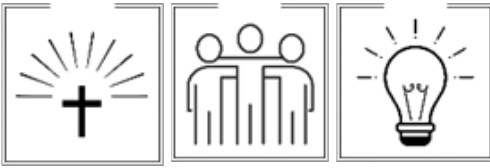
What To Do

1. Have the girls sit in a circle.
2. Pass an object from girl to girl. As each girl takes the object, they must use it in a creative way that is different from their intended use.
 - a. For example, a pool noodle may be brought up to the eye while the girl says in a pirate’s voice, “There be the treasure”, indicating that the water bottle has turned into a viewing scope.
3. Repeat with as many objects as you want.

OPTION

This activity can be turned into a competition between two teams, where the prop is passed back and forth until one team can’t come up with a new idea.

Attitude of Gratitude



Let's go back to the very beginning, to look at the first creation account in the Bible . . .

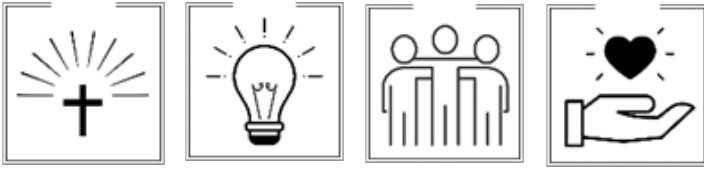
What You Need

- A Bible or copy of Genesis 1:1-2:4 for each girl
- A TV or screen, and access to the internet OR appendix 14-A

What To Do

1. Read Genesis 1:1-2:4 together; you can either read it to the girls, have them read in unison, or take turns reading a verse or two each.
2. Watch The Bible Project's teaching video on Genesis 1 together:
<https://bibleproject.com/explore/video/genesis-1/> OR Use the graphics in Appendix 14-A to show Genesis 1 teaches that God formed and filled that which was previously formless and empty. God creates order from chaos. On days 1, 2, and 3 God forms the world, and on days 4, 5 and 6, God fills that world.
3. Discuss the following: What's your favourite part of God's creation? What are you happy God chose to create? How does it make you feel to know that God created the world on purpose and for a purpose? How does the idea of God bringing order out of chaos resonate with your own life? - How does it make you feel to know that you are made in God's image, and set apart as special in creation? What do you think that means?

Creative Problem Solving



Just as God is creative, we are made in God's image and can be creative too!

There are many ways we can be creative: through writing, drawing, dancing, and other creative arts, of course, but also through inventing and creative problem solving. Have the girls brainstorm different ways they can be creative, then practice creativity together. We've offered some suggestions, but you're welcome to "get creative" and come up with your own

Option 1: Community Problem Solving Documentary or Slide Show

Challenge girls to work in small teams to create short documentaries or slide shows using their phones as cameras.

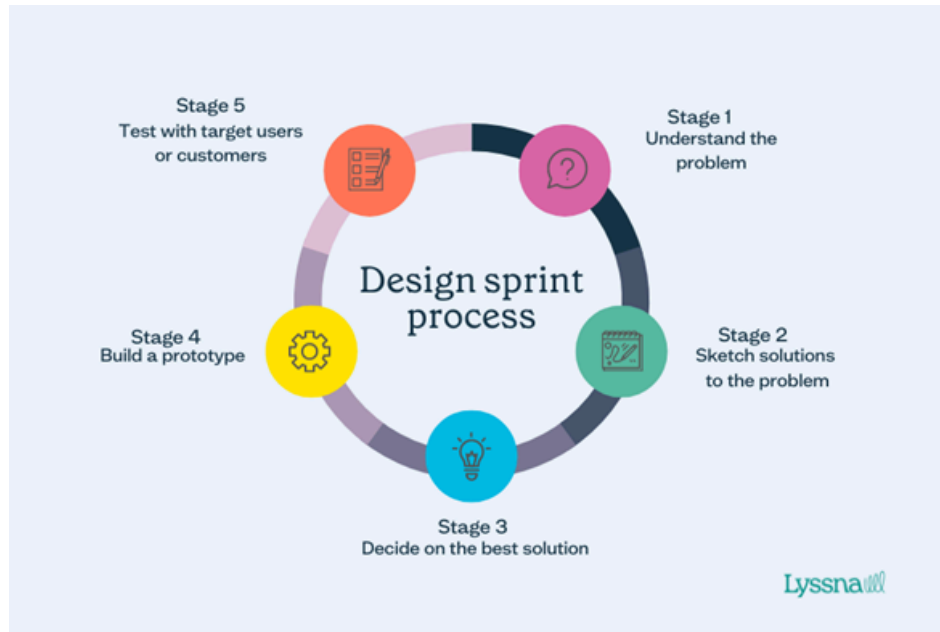
1. Identify a problem they see in their community, in school, or in the world.
2. Brainstorm different ways the problem could be addressed or solved.
3. If possible, test the idea to see if it is viable, and show how successful it is.

Girls can use Canva, Google Slides, or any other free editing software to edit their documentary or slide show. Encourage them to share their production with the group.

Option 2: Design Sprints – Designing a Wallet

Introduce girls to the concept of design sprints, a 5-stage process for solving complex problems developed by Google Ventures⁵. It works like this:

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Normally this would be done over the course of a week, but you can speed it up to a “super-sprint” and work through the stages in a couple of hours.

The design sprint can be done with any problem, such as re-arranging furniture in a room at your ministry unit, updating the school cafeteria menu etc. One of the more famous design-sprint exercises involves designing a wallet for a partner. It would look something like this:

Stage 1 – Talk to your partner about what they are looking for in a wallet. What size should it be? Does it need to be stylish? What does it need to hold? How many cards does it need to carry? Does the person take the bus, or need a place where ID is easily visible?

Stage 2 – Sketch a few samples of what the wallet might look like.

Stage 3 – Share your ideas with the partner you are designing for. Select an option. Make tweaks to your design as necessary.

Stage 4 – Optional – Try making a prototype wallets, either with simple supplies like duct tape^[1], or with the help of talented sewers in your ministry unit. (This could be a great way to integrate your Women’s Ministries group with Grow!)

Stage 5 – Optional – If you have created a prototype, have the person it was designed for try using it for a period of time, and have them report back as to how successful the design was.

[1] <https://www.wikihow.com/Make-a-Duct-Tape-Wallet>



Option 3: Escape Room

Visit a local escape room to allow girls to put their creative problem-solving skills to the test.

Graphic Design



Graphic design is visual communication. It's a way of sending a message through something you can see. This includes everything from traffic signs to magazine covers to app icons.

If we want our visuals to communicate something specific, we need to know some things about what message certain visuals send. In this Life Skills section, we're just going to touch on a few design concepts, and then the girls will have an opportunity to design something themselves!

Colour Matters

Different colours send different messages to its viewer. Psychologists have found that different colours evoke emotional responses that are very similar person-to-person (though there are always outliers.)

What you Need

- Chart paper, a white board, or computer and screen
- Various colours of markers, if applicable

What To Do

1. List the following colours in a table like this – if possible, use corresponding-coloured markers:

Red	Orange	Yellow	Green	Blue	Purple
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2. Ask girls what emotions each colour makes them feel.

Note – while there are no “right” or “wrong” answers, studies have shown that these are the most common emotions associated with each colour:

- Red: excitement, passion, anger, danger, action, anxiety, power.
- Orange: playfulness, friendliness, creativity, warmth, enthusiasm.
- Yellow: happiness, optimism, warning, joy, originality, enthusiasm.
- Green: Youth, vibrancy, vigor, nature, growth, stability.
- Blue: Calm, stability, depth, peacefulness, trust.
- Purple: Royalty, luxury, romance, introspection, calm.

Notice how there are some overlaps. You’re not limited to only one color—or one tone of that colour—per emotion.

3. Now ask the girls to list as many logos as they can that prominently feature each colour.

4. Discuss how the companies may have chosen the colour of their logo based on colour psychology. Does the colour correspond to the emotion they probably want people to feel when they see their logo?

Examples may include:



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Colour isn't the only thing that sends a visual message in graphic design. The fonts we use do too.

What You Need:

- A copy of Appendix 14-B, either printed or projected
- A copy of Appendix 14-C, either printed or projected
- Chart paper, a white board, or computer and screen
- Markers, if applicable

What You Do:

1. Show the girls the font samples in Appendix 14-B. You may even want to cut them apart, and place them along the top of a table like the one we drew for colours:

Serif Fonts	Sans Serif Fonts	<i>Script Fonts</i>	Playful Fonts	SPOOKY FONTS
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2. Ask girls what emotions each font makes them feel.

*Note – while there are no “right” or “wrong” answers, studies have shown that these are the most common emotions associated with each font:

- Serif fonts: trust, respect, authority, formality.
- Sans serif fonts: straightforward, modern, trust, sophisticated, tech-focused, cutting edge.
- Script fonts: elegant, sophisticated, fancy, creative, happy, traditional, personal, whimsical
- Playful fonts: youth, vibrancy, playful, immature, childish
- Spooky fonts: fear, creepy, fun, playful, danger

Notice how there are some overlaps. You're not limited to only one font per emotion.

3. Show the girls the sample messages in appendix 14-C. Either together in a large group, or divided into 5 small groups giving each group one sample, have the girls discuss why these might be the wrong font choices, and why.

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Design Something!



Using Canva or another free graphic design program*, have girls design one of the following:

Option 1: Design A Book Cover

- Have girls choose a favourite book, then have them design a new cover for it!
 - If you have access to a thrift store, you could allow girls to select a book of their choosing, then print their new cover and Mod Podge it over the old one.
- Have girls present their book cover to the rest of the group, explaining why they chose the various colours, fonts and images for their design.
- If you have a particularly curious group, you may want to show them this video clip from PBS Learning Media: <https://www.pbslearningmedia.org/resource/can-you-judge-a-book-by-its-cover-video/its-lit/>

Option 2: Design a Movie Poster

- Have girls choose a favourite movie, then have them design a new poster for it!
- Have girls present their movie poster to the rest of the group, explaining why they chose the various colours, fonts and images for their design.

Option 3: Design A Logo

- Have girls imagine a business they would like to start, then design a logo for it.
- Have girls present their logos to the rest of the group, explaining why they chose the various colours and fonts for their design.

*If you do not have access to computers, tablets, or smart phones for the girls, this can be done with art supplies like papers, pencils and markers, or old magazines, scissors and glue.

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Appendix 14-A



Serif Fonts

Sans Serif Fonts

Script Fonts

PLAYFUL FONTS

SPOOKY FONTS

Summer Camp

Bridal Boutique

Danger!

ENTER PASSWORD:

JUST BE HAPPY