



Sample Activity from the S.P.A.R.K. Child Mentoring Program

Activity One: Thought Creations (20 minutes)

Activity Focus: The purpose of this activity is to show participants that they have many thoughts coming in and out of their head without their control. The activity will also demonstrate that all things that are created, first come from a thought.

The facilitator will begin by handing out Play-Doh (modeling clay) to each participant. When each participant has their own Play-Doh (modeling clay), the facilitator will instruct them to make any creation they want to out of it. The facilitator should give the participants 10 minutes to make their own creation. The facilitator will explain that if the participants start to create something and do not like it, they can start over and make something new.

When all the participants have finished their creations, the facilitator will begin a group discussion. Each participant should have a chance to share what they created and why. The facilitator should guide the participants to understand that the ideas came to them from a thought.

Sample Questions:

1. What did you make with your Play-Doh? *Example Answers: Car, flower, airplane, taco, hot dog.*
2. What made you decide to create that? *Example Answer: I don't know, it just popped in my head.*
3. Did you tell yourself to think of it, or did it just come to you? *Example Answer: No, I didn't tell myself to think of it, it just came to me.*
4. Was anyone surprised by what they created? *Example Answers: Yes, I did better than I thought I could. Yes, my plan was to create something entirely different.*

The facilitator should explain that creativity is actually nothing more than the ability to have new thoughts, and we all have that ability. Sometimes people have a thought that they aren't creative and by thinking that is true, they create an uncreative experience.

5. Did anyone not like what they were creating at first and decide to change it? *Example Answer: Yes, I was making a snowman but then decided to make an airplane.*

The facilitator should guide participants to understand that thoughts can change, just like their creation. If they began making something and didn't like it, they simply thought of a new idea and created that instead.

6. Did anyone get stuck at first? If so, how did you get unstuck? *Example Answers: I started playing with the Play-Doh and eventually an idea came to me. I just waited and an idea came to me.*

The facilitator should explain that this is how thoughts work; we can't force them. When we get stuck, it's just a matter of time before a new thought or idea comes through. The facilitator should wrap up the discussion by explaining that new thoughts come in all the time without us having to do anything.

For more information visit www.sparkcurriculum.org

Listen to our podcast here: <https://sparkcurriculum.org/podcast/>

Sign up for a sneak peek of our curricula here: <https://sparkcurriculum.org/sneak-peek-sign-up/>