

# A STEP-BY-STEP APPROACH

If you could use the support of some step-by-step options to guide you through the creative process, this is a good way to start. If you need help identifying the “what” and “why” of your ideas, we recommend you start here.

## 1 READ ALL 16 SEED QUESTIONS (OUT LOUD OR TO YOURSELF, WITH OTHERS OR ON YOUR OWN.)

What's one word/phrase you would say in response to this moment?

What's something you've noticed in this time that you haven't before?

Where do you spend most of your time?

What are the most important things in your space right now?

Where do you spend most of your time?

What are the most important things in your space right now?

What are you planting?

What are you tending?

What are you gathering?

What are you letting go of?

What do you depend on others for?

What do others depend on you for?

Have you felt this way before?

What does this remind you of?

What is your biggest obstacle right now?

What has been fractured and what has been mended?

What text or media has been supporting you at this time?

What questions would you want to ask someone in another part of the country?

## 2 GATHER YOUR MATERIALS:

- What brings out your inner artist?
- What makes you feel creative?
- What helps you best express how you're feeling!

*Think: markers, colored pencils, crayons, watercolors, glitter pens, guitars, pianos, tambourines, digital devices, recording equipment, cameras, recorders, needle & thread, ink & quills, minecraft blocks, clay, silly putty OR warm up your body, warm up your vocal chords, warm up your thinking caps - ANYTHING that suits you!*

## 3 READ ALL 16 SEED QUESTIONS AGAIN.

This time, take note if there are any that stand out to you.

- Are there any that jump out when you read them?
- Are there any that feel particularly meaningful?
- Are there any that you didn't notice the first time, but that caught your eye on a second read?

## 4 GRAB YOUR MATERIALS AND GET CREATIVE!

- You can choose to respond to just 1 seed question, all 16, or anything in between!
- You can combine the questions, reinterpret them, break them all down or add them all up.
- There's no wrong way to answer the questions, there's only the way you answer the questions.

## 5 SHARE IT!

Show it to your family, your friends, your neighbors, your pets, your teachers or your imaginary friends.

Most importantly share it with us! Email us what you've created in whatever format works best (picture, video, word file, etc...) to:

**submissions@inHEIRitance.org.**

Please Include:

- Your name
- The title of your piece
- A short description of it
- Where you were when you made it.

## A SELF-DIRECTED APPROACH

If you want to take a more interpretive approach to the questions in your work, we suggest you investigate the themes at the heart of the sets of questions. With this approach, the big ideas are your anchor, and the options for your artistic process can be wide open.

### BREAKING DOWN THE SEED QUESTIONS

The **first set** of seed questions might guide your attention to the spaces around you.

Take time to close your eyes and imagine your ideal place to be:

- Where are you?
- What does it look like? Smell like? Feel like? Sound like? Taste like?
- What else is there?
- Who else is there?
- How does it feel to be there?

Think of where you spend most of your time now:

- Where are you?
- What does it look like? Smell like? Feel like? Sound like? Taste like?
- What else is there?
- Who else is there?
- How does it feel to be there?

With those two feelings still inside of you, consider the following:

*What is one word or phrase you would say in response to this moment?*  
*What is something you've noticed in this time that you haven't before?*  
*Where do you spend most of your time?*  
*What are the most important things in your space right now?*

The **second set** invites you to respond from a more introspective place, considering the cycle of time.

- What comes to mind when you hear cycles?
- If you think about the cycle of the seasons, what are the images/feelings that jump out at you?
- In a harvest cycle, the seasons each have their own purpose: Spring was for planting new seeds, Summer was for giving them time and space to grow, Fall allowed for harvesting and gathering the crops, and Winter was a time of rest for the ground, and preparation for the cycle to resume.

With the metaphor of the harvest cycle in mind,

consider the following:

*What are you planting?*  
*What are you tending?*  
*What are you gathering?*  
*What are you letting go of?*

The **third set** of seed questions ask you to consider your relationships and experiences in this moment.

Divide your paper into 2 sections

- Things I'm good at:
- Things I need help with:

What do you notice about your lists?

- Circle the things on your list that you think people know about you
- Underline the things that feel the most important to you
- Star the things that are the most useful during this time

With those lists in mind, consider these questions:

*What do you depend on others for?*  
*What do others depend on you for?*  
*Have you felt this way before?*  
*What does this remind you of?*

The **last set** of seed questions may provide an opportunity to imagine how to call others into conversation.

Think about your typical week -

- Is there anything that is repeated often?
- Is there anything that you wish you did more of?
- Is there anything you wish you did less?

Think about the people you encounter during a typical week -

- Who are the people you see in real life?
- Who are the people you see through a screen?
- Who are the fictional characters that you engage with in TV, movies, books, etc...?

With those ideas in mind, consider the following:

*What is your biggest obstacle right now?*  
*What has been fractured and what has been mended?*  
*What text/media has been supporting you at this time?*  
*What questions would you want to ask someone in another part of the country?*