



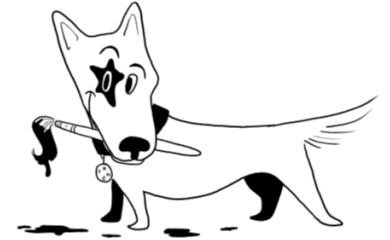
Navigating Creativity:

Turning Ideas Into Art

#1 Start with this month's Idea:

JOY: A feeling of great pleasure and happiness

What makes you feel happy? Excited? Delighted? Joyous? Is it spending time with a certain person? Is it taking the time to visit a special place? Or perhaps you feel the most joy doing something you love to do.



#2 Add the Creative Challenge:

Capture your idea of JOY in a video

It's December and the season of giving has arrived! When we pick out a present to give to someone, we are usually thinking about what brings them joy, and then we try to find something that will add to that joy! For this challenge we would like to invite you stop for a moment and think about what brings YOU joy – then capture it creatively in a video.

The video should be 10-15 seconds and can be YOU FILMING something that brings you joy, for example:

- Your pet
- A beautiful view of a sunset
- Something you collect
- Your favorite place in your house

Or, it can be SOMEONE ELSE FILMING YOU doing something that brings you joy, such as:

- Taking a walk in the woods
- Dancing to your favorite piece of music
- Baking cookies
- Running as fast as you can

#3 Submit your video:

Submit your video [to this form](#) by 8:00 p.m. on Tuesday, December 15, 2020, for a chance to win. You can also include an optional artist's statement/explanation of your artwork if you would like.

We plan to compile all of the submissions into one video to release to the Navigate community in late December. We cannot wait to share your JOY!

For an extra dose of JOY this season -- consider sharing the video you make with your family and friends in a special holiday email!

