

Motivation



Say to Teen: Obstacles are the cost of greatness. In this activity, you will create a step-by-step plan for creating a piece of art. Let's go!

Planning for Creativity

Materials:

- Paper
- Pencil

Instructions:

- Discuss with teen on what art project they want to pursue
 - For example, sculpture, painting, sketch, multimedia show, sewing project, etc
- After, have teen write down their responses to these questions
 - What materials do I need?
 - Where do I get all the materials?
 - How much time do I need to work on it?
 - How will I keep myself accountable to finish?
- Then, have them follow their plan to create their piece of art



Reflection: After finishing their project, check in with teen how they held themselves to their plan. What did they learn? Were there any obstacles along the way? Was there anything they forgot to include? How did they motivate themselves? Remember to praise their efforts and accomplishment for finishing their piece of art.