Creativity for Everybody

by Kathryn P. Haydon and Jane Harvey

A *Discussion Guide* to ignite conversations and creative growth
for book clubs, classrooms, families, and workplaces

Please enjoy this discussion guide and share your experiences with us. Have more questions or an idea to share? Click on the links to connect to us:

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Creativity for Everybody *Discussion Guide*

Haydon & Harvey, *Creativity for Everybody*

Compare your before reading and after reading mindset by reflecting on this question:
In what ways do you consider yourself creative?
Is your answer different after reading the book?
If so, how?

Go to the back cover. Have you ever said or heard any of the phrases in the thought bubbles?

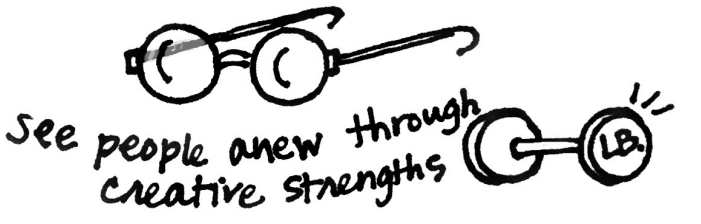
We all use creativity in our everyday lives all the time. How do you use creativity in your everyday life? Share some examples. Consider how others (a family member, co-worker, friend, boss, teacher) use creativity regularly and provide examples.

On page 15, the authors write that creativity is solving problems in ways that are new and useful to you and those around you. In what ways have you solved a problem in a new way today? This week? This month? This year?

Often, we think creativity only happens when related to the arts, like music, painting, dance, or theater. *Creativity for Everybody* shares a story of an actress who had exactly the opposite experience: she felt her original thinking was more limited during a particular acting experience. In what activities do you feel that you are freest to think original thoughts, solve problems, and make up your own ideas? Why do you think people have the misconception that creativity only happens in the arts?

We need freedom to think creatively. What does that mean? Why would freedom be important for new thinking? Have you experienced the relationship between freedom and creativity in your own life? If you feel constrained, how you might gain some freedom?

Creativity is all about starting with what we have and building from there. What creative strengths make up your own creative constellation? Did you know about these strengths before reading this book?



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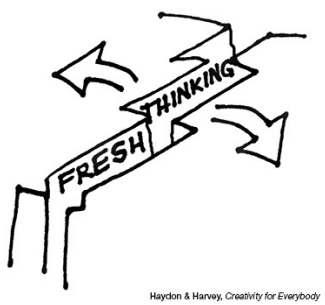
Curiosity is named on page 31 as a habit of mind used to help us practice creativity. Which of the "friends of curiosity" on page 30 do you use on a regular basis? What curiosity have you explored recently?

Pages 34 and 35 talk about new ways to ask questions that invite new thinking and ideas. Think about a recent question you asked someone. Was it a question requiring a factual answer or was it an open-ended question inviting new thoughts or ideas? State a question and then see if you can restate it with the openers on page 34.

Think of a standard activity in your life that you dislike. Think up ten ways you could make that activity more meaningful—and therefore, more interesting (p. 37).

On pages 38 and 39 there is a story about a girl who was considered a poor student but ended up excelling when she had the opportunity to pursue her interest. Do you think that everyone needs to have one specific passion to commit to, or is it valid to have multiple interests or try different things at different times?



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Why does creativity take courage? Have you ever had to stand behind a new or unpopular idea? Why do you think people are often uncomfortable with new ideas or creative behaviors? Act out a scene of someone coming in with a new idea, and how people might respond to it. Exchange roles.

Read Robert's story on pages 46 and 47. Think about an ecosystem that you are part of (family, classroom, business, book club). What are the positive and negative forces that make your ecosystem one where creativity thrives or does not? What might you be able to change to help creative thinking and new ideas be better supported?

Take a look at the list of creative strengths and the negative ways they are perceived on page 50. Have you ever been misunderstood for any of these creative traits, or gotten into trouble because of them? Or, consider another person who has had this experience. What might you do to help these traits be noticed and used as strengths?

Why is it important for ideas to be actively expressed by voicing them or writing them down? Challenge yourself to keep track of your ideas. What might be different ways to capture them?

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Did you read the book sideways? There you will find creative thinking catalysts. Pick one or two that intrigue you and share how you might use them to help you with something in your life.

Look at the table of contents on pages 4 and 5. Pick one topic or page spread that interests you most and review those pages. Then, turn to the corresponding research for those pages in the Dig Deeper section (pages 70-84) to review. What additional learning or insights did you gain?

A final note from the authors:

We are delighted that you chose to read *Creativity for Everybody* and to discuss this book with your group. Please connect with us, and contact Kathryn Haydon at inspired@sparkitivity.com if you'd like to schedule her to lead your group in further discussion, facilitate an interactive workshop on creative thinking, or provide a keynote presentation or consulting services. For additional information and inspiration, visit www.sparkitivity.com.

Source: Haydon, K.P., & Harvey, J. (2015). *Creativity for everybody*. New York: Sparkitivity.

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