

Relax, unwind and refocus your mind



Think out the Box



Think outside the Box

This month's creative exercise is a little different.

Either use a dice or write the numbers 1 to 6 on separate pieces of paper and put them in a pot.

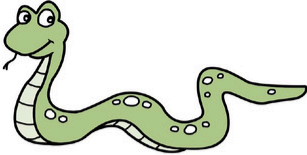
Shake the dice or pull out one number at random and note the corresponding image from the Dice 1 pictures. Then repeat for the Dice 2 pictures.

1. Write down all the things you notice that the two different items have in common.
2. Write down all the things you notice that the two different items do not have in common.
3. Write down as many things as you can imagine that you could create if you combined the two items to make totally different items.

This is an exercise to stretch your creative mind. Don't over think it. Write down every idea that comes to your mind no matter how silly or impossible it might seem. How many can you come up with?

Think outside the Box

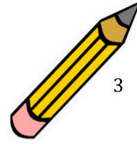
Dice 1



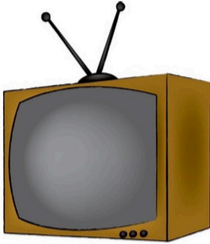
1



2



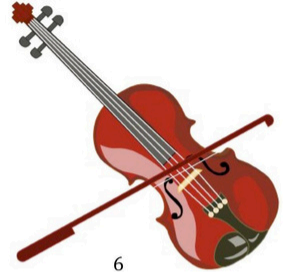
3



4



5



6

Dice 2



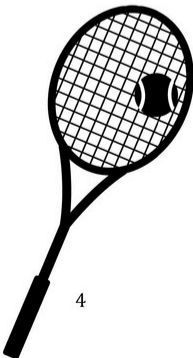
1



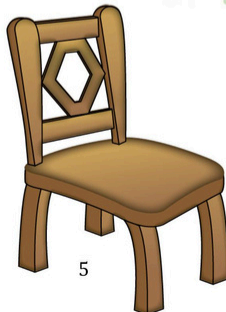
3



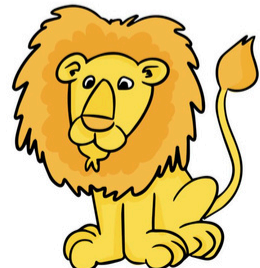
2



4



5



6