



INSPIRATION JAR

You will need:

A large glass jar
Coloured or patterned paper
Alphabet stickers
Double sided sticky tape
Scissors
Printable prompt cards
Pen

Instructions:



Measure your jar around the centre to get the length of paper you need. Then measure the height of the straight area of the jar inbetween where the jar curves towards the bottom of the jar and the top of the jar. Ideally you don't want to have to bend your paper over these curves as it will look scruffy, so you want to cut your paper so it sits nicely in the centre area of the jar. Cut one piece of paper to match the jar measurements, then cut several other pieces of paper to layer onto the largest piece of paper. I also cut a strip of paper to attach the alphabet letters to. Arrange the layers of paper so that you are happy with how they look, then start to stick the layers down with double sided sticky tape onto the largest piece of paper you have cut. Once these are in place you can stick the the whole thing onto your jar, don't thoroughly press it down until you are happy with the positioning so that you can tweak it slightly. You can then print out & cut the printable inspiration cards pdf, write some ideas for inspiration onto the blank prompt cards & pop them all in your jar. You can keep adding your own prompt cards whenever you have an idea. Next time your stuck for inspiration, give your jar a shake and pull out an inspiration card or two and go get creative!

draw 25
stars &
fill them
with
doodles

DRAW A
BUILDING
FROM YOUR
HOME TOWN
IN WHATEVER
STYLE YOU
LIKE

draw
a
daisy

MAKE
A
COLLAGE

I woz here!
doodle
your
name
DOODLING
RULEZ!

draw
a
butterfly

MAKE A
RAINBOW
FROM
OBJECTS IN
YOUR HOME

DRAW YOUR
FAVOURITE
DRINK

