

Creativity — Brainstorming practice I

创造力——头脑风暴练习 I

Creativity can be learned. The biggest mistake for beginners is trying to keep all of your ideas in your head. You are going to practise listing a large number of ideas in order to improve your creative skills.

创造力是可以学习的。初学者最大的错误就是试图把所有想法都记在脑子里。接下来，你将练习列出大量的想法，以提高你的创造力。

- You will improve your ability to generate a large number of ideas.
您将提高产生大量想法的能力。
- You will improve your ability to suspend judgement until after your idea is recorded. Most people stop good ideas while they are still in their mind.
你将提高暂停判断的能力，直到你的想法被记录下来。大多数人会在好想法还在脑海中时就放弃它。
- You will improve your ability to intentionally seek out unusual or specific ideas related to a topic.
您将提高有意寻找与某个主题相关的不寻常或具体想法的能力。

Your topic today: **Things that are sharp, or that have made you angry or frustrated**

你今天的主题：尖锐的事情，或者让你生气或沮丧的事情

When you are finished, please count the number of ideas you generated: _____

完成后，请计算一下您产生的想法数量：_____

Creativity — Brainstorming practice II

创造力——头脑风暴练习 II

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您将提高有意寻找与某个主题相关的不寻常或具体想法的能力。

Your topic today: **Things that are curved, or that have surprised or confused you**

今天的主题：-30- 弯曲的事物，或者令你感到惊讶或困惑的事物

When you are finished, please count the number of ideas you generated: _____

完成后，请计算一下您产生的想法数量：_____

Creativity — Brainstorming practice III

创造力——头脑风暴练习三

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- You will improve your ability to intentionally seek out unusual or specific ideas related to a topic.
您将提高有意寻找与某个主题相关的不寻常或具体想法的能力。

Your topic today: **Things that are disgusting, or that have made you anxious or afraid**

您今天的主题: 令您恶心或感到焦虑或害怕的事情

When you are finished, please count the number of ideas you generated: _____

完成后，请计算一下您产生的想法数量: _____

Creativity — Things that you wish would change

创造力——你希望改变的事情

These words will be used to help you develop your idea for your painting. They will go towards your idea development mark.

这些文字将帮助你发展绘画构思。它们将帮助你完善构思。

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Creativity — Things that inspire you

创造力——激发你灵感的事物

These words will be used to help you develop your idea for your painting. They will go towards your idea development mark.

这些文字将帮助你 发展绘画构思。它们将帮助你完善构思。

Name:

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