

# CREATIVITY PACK

EVERYTHING YOU  
NEED TO CREATE...

YOUR  
SENSE MAP



WE ARE AN ARTS CHARITY  
BASED IN SHEFFIELD,  
WE AIM TO CELEBRATE  
AND CONNECT  
COMMUNITIES THROUGH  
ART AND CREATIVITY.



IGNITE  
IMAGINATIONS



# INSTRUCTIONS

- 1** Choose a room in your house or find an outdoor space, like a park or a garden. You are going to take some time to explore this space using your senses.
- 2** Draw an outline of a shape that represents the space you are in. It could be that you try and follow the shape of the space you have picked, or you can draw a shape that represents how this space makes you feel. Your shape should take up the main part of your picture.
- 3** Now you are going to turn your shape into a sense map. Think about the things you can smell, hear, and see around you. Start by closing your eyes and listening carefully to what you can hear – notice where a sound is coming from and mark it on your map.
- 4** Draw a picture that represents your sound and think about the words you could use to describe it – You could turn your sounds into a fictional landmark for the map, such as 'Birdsong Mountain' or 'Buzzing Bee Forest'.
- 5** Do the same for sense of smell, sense of touch and sense of sight, exploring the most interesting textures, scents, and things to be seen around your chosen space.
- 6** When you have plotted all of these onto your map, add more drawings and decorations to complete your map.

Well done!

**WE HOPE YOU ENJOYED YOUR CREATIVITY PACK**  
**GET IN TOUCH WITH US BY EMAILING**  
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