



Am I allowed to be creative?

Finding the permission to create

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There are many obstacles to creativity.

I used to say to myself that I didn't have the time, or the resources nor the inspiration. Trawling through countless websites and magazines would leave me completely overwhelmed, that I didn't even know where to start—so I didn't!

I wonder if my initial lack of creativity wasn't based on the obstacles that I came up with, but with the thought of **permission**. The creative pursuits I wished to have, unless validated, seemed to be a huge waste of time. I thought that unless I was creating an example for the children to use in my classroom, it was a pointless exercise. And yet, I was encouraging others to be creative, but not giving myself the permission to do the same.

I remember that as a child, creative aspects filled me with so much happiness. I would be making 'grass soup' for my sister and I in the garden, constantly painting, using Plastercine and inventing games which had complex rules, always in my favour as a big sister.

And then that all stopped. I put all these creative enjoyments aside to focus my time and energies on more 'academic realities'. Unbeknown to me it was only when years later when my mental health suffered, that I gave myself the permission to start creative making and thinking again.

Thank goodness that in recent years, there has been an influx of creative activities like 'Mindful Colouring'. There seems to be a recognised permission in using these types of activity as relaxation and a way to

increase happiness. So what is to stop us from liberating other creative activities and rediscover our creativity? I used to like dot to dot pictures. Maybe I could start doing them again!

I recently started circular weaving after attending an online event. I'm on my fifth weaving now and after reading the children's book 'The Dot' by Peter H. Reynolds. I know how rewarding it can be to encourage others and inspire them to find their own creative happiness by authentically enjoying my own.

"We are all meant to shine, as children do. It's not just in some of us; it's in everyone."

*And as we let our own light shine, we unconsciously give other people **permission** to do the same.*

As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson

What would happen if we started to water our own creative seeds - drop by drop - until they started growing again. Sometimes, all we need to begin something again is the permission. Make a dot, make a squiggle, have a creative thought, daydream, sing. Find the 'thing' that make your creative heart sing. And if it doesn't, find another creative song!

Who knows—you might even inspire someone else to do the same. Give yourself permission!

