

Creative things you can do in 10 minutes

Make a don't do list
(to free up more
time!)

Sew a cushion
cover

Make home made
Playdough

Write a poem

Journal

Listen to a piece of
music

Sketch
something

Practice your
instrument

Write the verse
of a song

Draw round your
hand and colour it in

Look through your
notes / fabric
stash/ cuttings

Meditate

Read about your
craft

Doodle

Take a power nap

Sing a song (twice)

Knit a few rows

Write a letter to
future you