

EduCaRe

LET'S GROW TOGETHER!



9
2015



creativity

Educational magazine for children, kids, families
and schools with human value focus



Why should we all use our creative power?
Because there is nothing that makes people so generous, joyful, lively, bold and compassionate.

Brenda Ueland

Dear Readers,
Creativity is not only the use of our imagination or inventiveness to create something new! It is a hidden power that we all have, and a very precious and very sacred power! Because the power to create comes from the...Creator!

By focusing within and tapping the source of our true being, we trigger this power and allow its energy to flow, bringing color to our thoughts, beauty to our words and joy to our actions! Creativity is a plane of consciousness!

Creative activity helps us kindle this human potential and helps children learn "to look within and to bring out"; to bring out the deep, inner movement of the heart, an intuition or an ideal, and to make it visible, for their own appreciation and the joy of others.

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Editor-in-Chief

Suzanne Palermo

email: kiba09@sunrise.ch

Editorial team

Branislava Babić

email: bana.bb@love.com

Marina Ciccolella

email: marinaciccolella@teletu.it

Daniel Conci

email: soham.db@libero.it

Olga Emmanuel

email: olga.k.emmanuel@gmail.com

Adrienne Palermo

email: gbpalermo@gmail.com

Design and Layout

Daniel Conci.

Project and Illustrations

Daniel Conci, Suzanne Palermo.



ISSUE

2st trimester 2015

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Produced and published by ISSE. SE

48018 Faenza RA, Italy

www.isseducare.org

email: secretary@isseducare.org

Director: George Bebedelis

in collaboration with

SaiCare Stiftung Germany

www.saicare-stiftung.de

Love

Creativity



Quotations

Creavity is how to join existing elements and find new, and useful combinations.

Henri Poincarè

The only real voyage of discovery consists not in seeking new landscapes but in having new eyes.

Marcel Proust

Art is the highest task and proper metaphysical activity of this life.

Nietzsche

If you can dream it, you can do it.

Walt Disney

Thoughts create! I will make mine good and beautiful!

Marty

Creativity is an inborn talent common to all people. The great artists who possess it are able to transform a canvas or a stone into a masterpiece. And whoever transforms banality into beauty has it.

R. Benigni



Goals

All human beings excel in a triple creative power. It is the power of thought, word and deed. Our thoughts are at the basis of whatever we do, our feelings add strength, colour and taste to them, and our actions give them shape and form. Together they make up what we see around us and who we are!

The topic of creativity is vast and awe-inspiring. To get a closer understanding of the forms of human creative skill and imagination, and of the importance of self-expression, are among its goals. However, we would like to especially point out how 'all people are creative... and thus creators' ... and that as we grow in awareness, we can mould and transform our world into a masterpiece! True art... comes from the heart!



Dictionary

CREATIVE VIRTUE, THE ABILITY TO CREATE WITH THE INTELLECT AND THE IMAGINATION. IN PSYCHOLOGY THE WORD CREATIVITY INDICATES A DYNAMIC INTELLECTUAL PROCESS WHICH IS CHARACTERIZED BY SPECIFIC FACTORS: PARTICULAR SENSITIVITY TOWARDS PROBLEMS, THE ABILITY TO PRODUCE IDEAS, THE ORIGINALITY IN INVENTING, THE CAPACITY OF SYNTHESIS AND ANALYSIS, THE ABILITY TO DEFINE AND STRUCTURE IN A NEW WAY ONES EXPERIENCES AND KNOWLEDGE.

Synonyms

CREATIVE VIRTUE
INSPIRATION
IMAGINATION
PRODUCTIVENESS
INVENTIVENESS
GENIUS
EXTRAORDINARY
BRILLIANT

Antonyms

INSIGNIFICANT
DULL
COLOURLESS
CHARACTERLESS
TASTELESS
BLAND
DRY
COMMON
ORDINARY, BANAL



Creativity is the ability to challenge, question and explore. It involves taking risks, keeping an open mind and making connections where none are obvious.

Victoria and Albert Museum of Childhood.

We often think that only special people are creative, but all people are able to express themselves creatively in some area, because creativity means expressing ourselves. To help children become aware of their innate creative power is an all-round experience and fosters self-confidence.

Creativity has been defined as having four characteristics:

1. It involves thinking or behaving imaginatively.
2. The imaginative activity is purposeful - it is directed at achieving a goal.
3. The creative process is original - it involves ideas that are new to the person being creative. The ideas may also be new to others.
4. The outcome of creativity is of value - it provides a solution to a problem or it is useful or it provides enjoyment to the creator or to others.

Some people may make a more obvious difference to the world than others through the products of their creativity (like great actors, cooks, writers or scientists). But creativity is often more about the process, rather than the actual product. The creative process develops confidence in ourselves; good relationships with those we are being creative with and helps us find out what our talents and strengths are, and to increase our positive emotion. In short, the creative process helps us flourish by teaching us about who we are, what we love and what we can give to the world. With children, it is useful for us to focus on the purpose and importance of the creative process as opposed to the outcome. The goal is the process of writing a story or coming up with an invention or creating a picture, etc. The outcome of a creative project does not have to be worthwhile for anyone else to read or look at, although of course it may be very worthwhile!

Crafting together will help you get to know your child better, and to see things through his or her eyes! But don't discourage your children by having too many expectations as to how things should be.

Being involved in creative activities is fun and absorbing for children, who explore different solutions and develop:

Appreciation of different ways of looking at the world.

Team-work and Good relationships.

Communication and language skills.

Concentration, discipline and motivation.

Discipline (practice is essential!).

Emotional intelligence and intuition.

Empathy (by learning about their own emotions they become more prone to feel empathy for others).

Imagination, open-mindedness and independence of thought.

Physical activity, Positive emotions, Problem-solving.

These characteristics and abilities have been shown to lead to:

- A sense of purpose
- Achievement
- Confidence
- Development of strengths, talents and interest
- High aspirations
- Self-respect
- Sense of belonging

From: www.handsonscotland.co.uk

Creative activity is a perfect tool for the development of an harmonic synthesis between the expression of body, mind and soul! It helps us become familiar with what we see and who we are, encourages us to be ourselves, and teaches us that by being creative we can make our dreams come true and realize our highest ideals!



**THE LANGUAGE OF AN ARTIST IS
UNIVERSAL.**



MY DAD SAID WE CAN BE
ANYTHING WE WANT TO BE
IN LIFE!



WE ARE CREATIVE BEINGS!



I WANT TO BE A FASHION DESIGNER!



I WANT TO BE AN ASTROPHYSICIST!



I WANT TO BE A BALLERINA! SIGH!

I want to be...



...an artist!



I WANT TO BE A LAYWER, A
DOCTOR, AN ARCHITECT AND
A TEACHER!



AND I WANT
TO BE...ME!

Life. An endless composition!



The five elements are waves of energy that mix together and create everything that surrounds us. Our mind receives these vibrations through the senses, and translates them into forms, colours, flavours, sounds, and all kinds of sensations! Good vibrations bring good thoughts, and good thoughts create the beauty of nature and the goodness of human beings.

The five elements are space, also known as ether, air, fire, water and earth. The heavier they are the more attributes they have. Earth is the heaviest of them all, so you can find all the elements in earth!

The five elements are everywhere! They are in the food we eat, so we are made out of the elements, too!

The balance of the five elements in nature is what we need if we want peace on our planet!



The five elements make up all that you see. Their endless combinations create the universe!

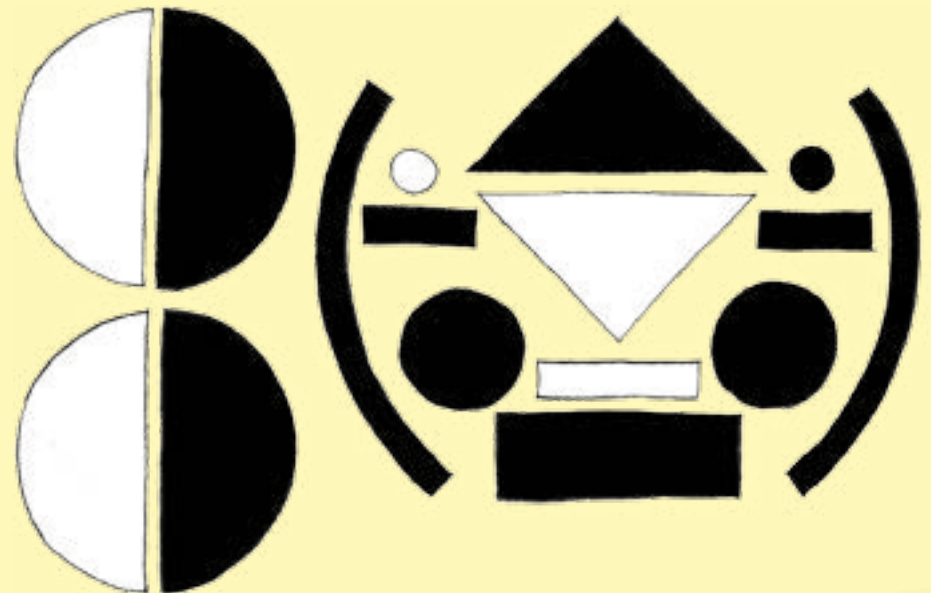
activity

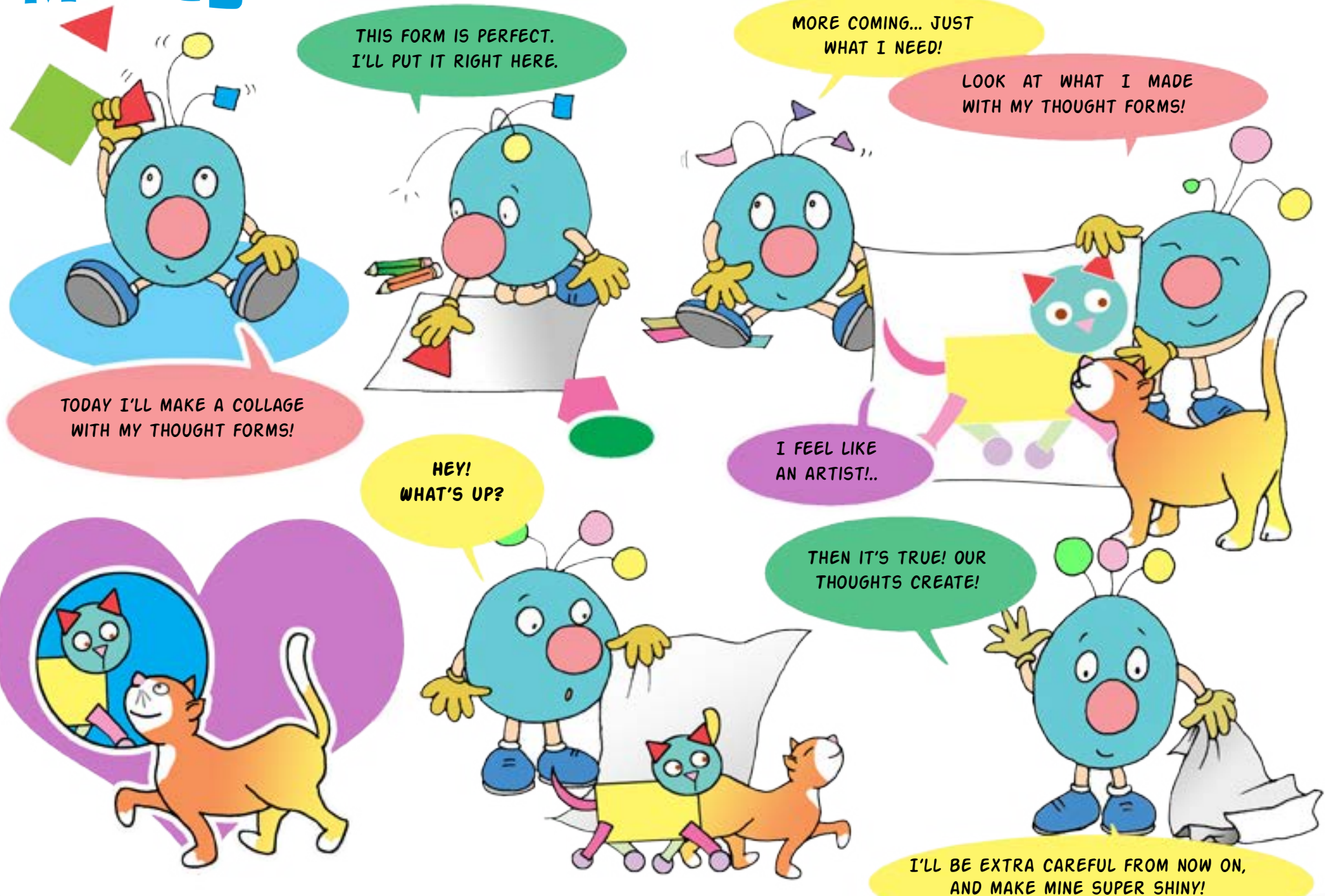
Make a collage!

You need: color paper, scissors, glue.



Dedicate your work of art to the five elements! Chose five special forms, each for an element. Make lots of cut outs, in different color and size, using your chosen forms. Assemble them on your paper and make a collage. Remember how the elements create new forms when they combine! So be inspired and... creative!





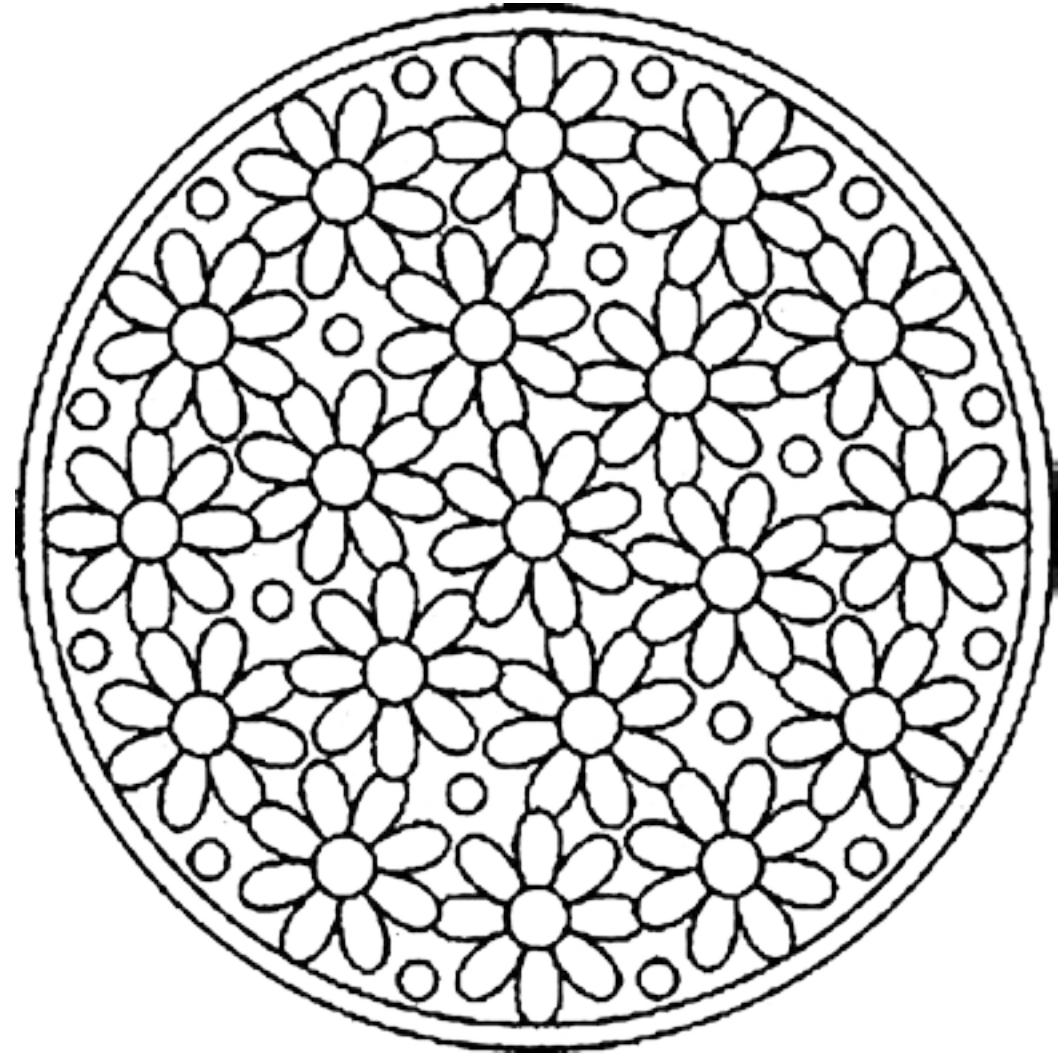


Colour the Mandalas!

Sit quietly and concentrate your attention on coloring one of these fantastic mandalas! It is an activity that not only calms your mental activity and your pulse rate..., but brings you closer to your center of creativity. Coloring a mandala is something that any child can do, and any adult, which is why it's a perfect family activity.

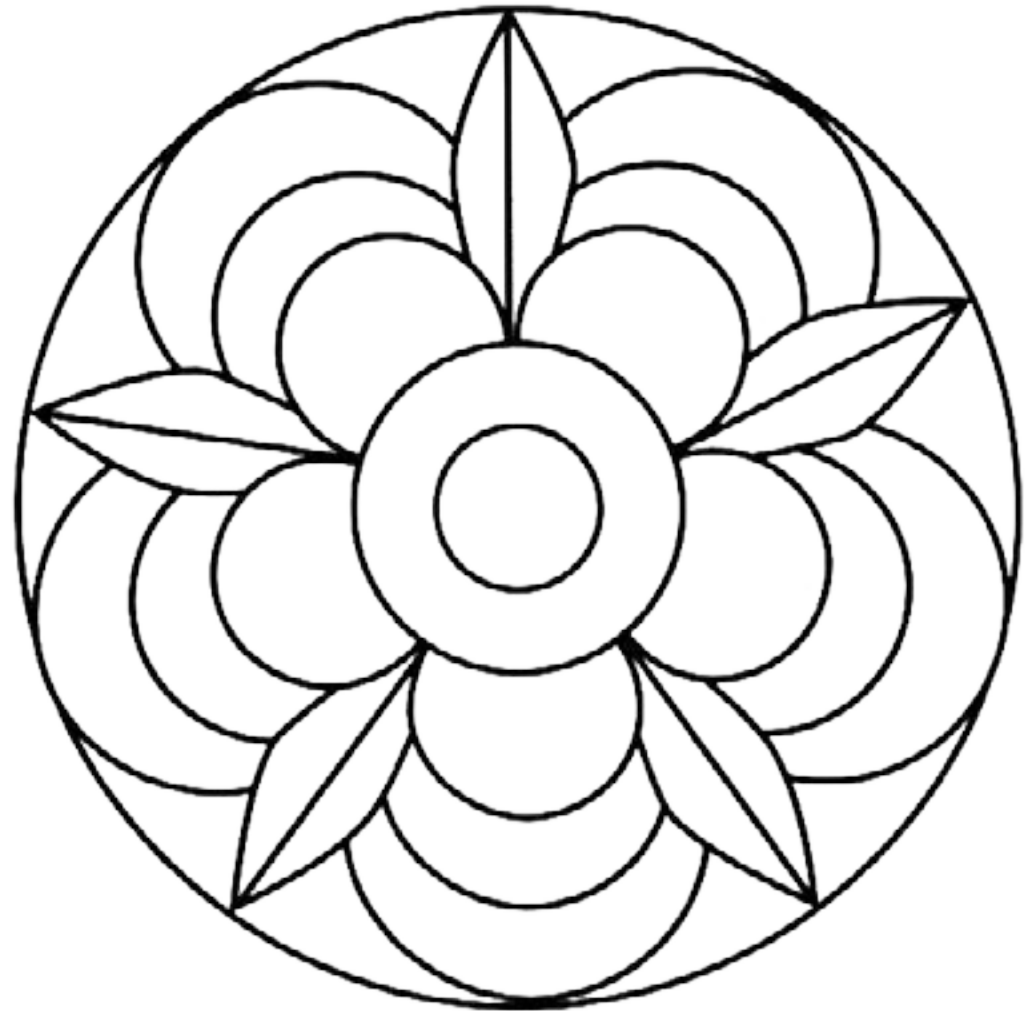
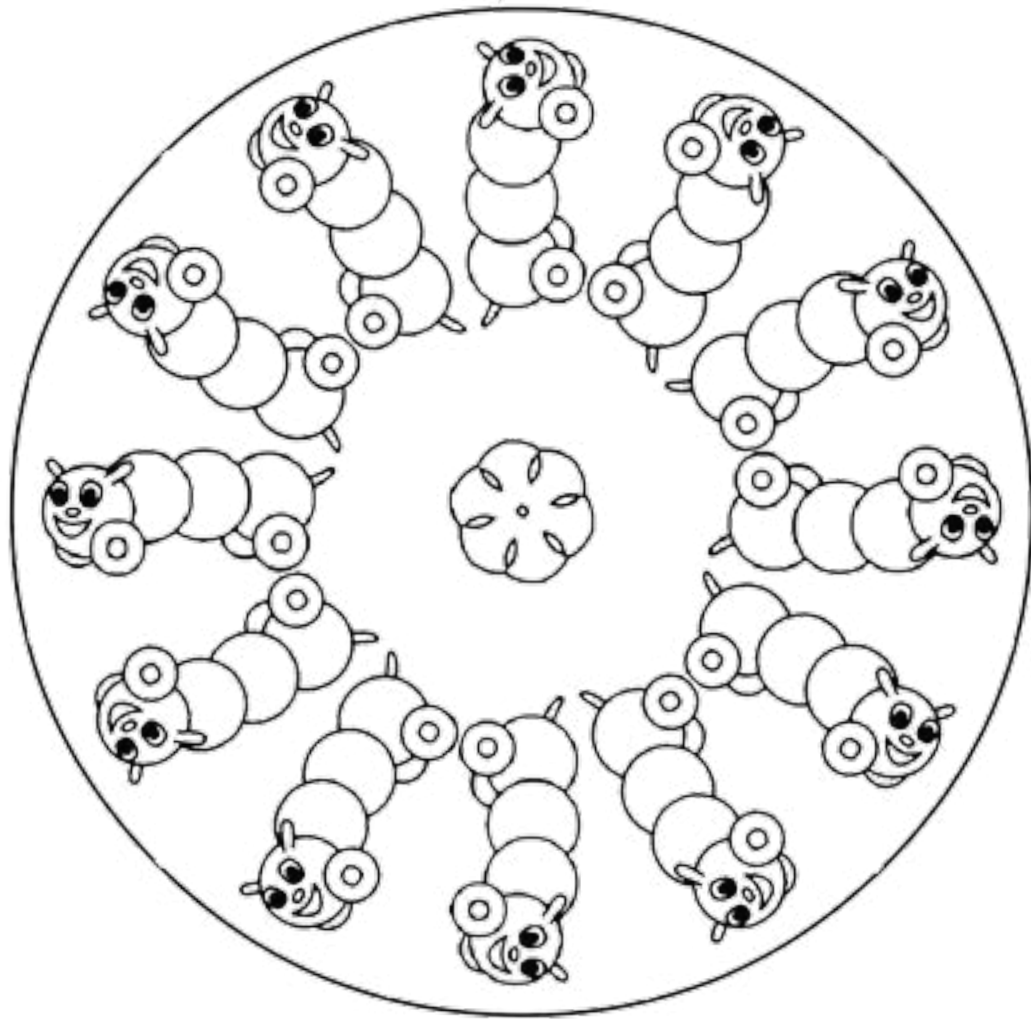


Color the mandala!





Color the mandala!





Energy Creates!

Everything is made of energy, and our thoughts and feelings are a form of energy, too. When they are good and happy, that's the kind of energetic field we create around and within us!



Watch the vibrations... and remember that by having good thoughts we build harmony within and around us, and can help our relationships be lasting and good!



I AM A CREATIVE BEING!

ACTIVITY

MAKE UP NEGATIVE AND POSITIVE COMPOSITIONS BY USING SHAPES AND FORMS, LINES AND WORDS! THEN COMPARE THEM. HOW DO THEY MAKE YOU FEEL?

Imagine that an invisible sculptor is working on you to make you into a beautiful work of art! Do you know who the sculptor is? It's you! By knowing that your thoughts, words and deeds are the chisels in your hand, you can fill them with values. Your life will turn into a masterpiece!



To make things in life Nature uses the 5 elements.

An artist uses shape and colour.

A musician uses sound and music.

A cook, pots, pans, and ingredients.

And you use thoughts, words and deeds!

Recipes for a happy world!

You need:

A notebook, pen, pencil, markers, goodwill and human values!



Make the front cover of... your human values cookbook! Write a human value on every page of the book and find the ingredients that will help you create a special recipe to make that value visible, and share it with others... just like a good piece of cake! !

Here's an example

Recipe for PEACE

Ingredients: respect, understanding, kindness, forgiveness, love.

Put a handful of respect into your heart and mix it with kindness and understanding. Add a touch of forgiveness and mould it in love.



Who creates?

Two astronomers were close friends; one was an atheist (non-believer in God) while the other had unflinching faith in God.

Once the atheist visited the laboratory of his friend, and found a new model of the solar system. Out of curiosity he asked his friend who had constructed the model. Pat came the reply: "No one!"

The visiting astronomer thought it was a big joke. "Now seriously, he said. "It is a good model and I would like to know who made it."

The reply came again the same. "No one made it. I am not joking. It got created by itself."

The atheist got all worked up and with irritation showing in his voice he demanded, "How can a mechanical model get constructed all by itself?"

The reply came coolly, "If this whole universe does not need a creator, if it can originate and function without any agency, why can't a small model get constructed by itself?"



Reborn thanks to kitchen stove!

The famous Italian chef, Filippo La Mantia, owes his incredible career to two main ingredients: bad luck and creativity. His bad luck was such that a High Police Commissioner was killed from the window of an apartment where he had re-



sided months before. La Mantia had nothing to do with the brutal murder but was arrested and taken to the Ucciardone prison in Palermo, Sicily. To console himself he triggered his creativity and began to cook, without the use of knives, for his jail mates, asking them to share their favorite recipes with him. He spent his time preparing tasty meals for them and was organizing a special Christmas dinner when he was released from Prison. Since then he has never stopped cooking... La Mantia has re-invented traditional recipes, by omitting garlic and using herbs, almonds, capers and citrus fruits. He is the owner of a famous restaurant in Rome, Italy, and his story was translated into a narrative and made into a motion picture!



Images and words with Rice!

Koichi Hanada, an employee of a small municipality in Northern Japan, received an unusual request from his boss. He asked him to find a way to attract as many tourists as possible to their small rural community, packed with rice paddies and apple plantations. For months Hanada searched for an idea. One day, he noticed how the children of a nearby school class who were planting rice in a rice paddy, were interchanging two varieties of rice, one with dark violet stems, the other with bright green stems. The idea came in a flash! Why not plant different varieties of rice and make up words and images with them!? The result was a planetary success!



CREATIVITY

The guru (i.e. the teacher) is Bhrama, (i.e. the creative aspect of God), because teaching is a creative activity... Recognize the vast potential hidden within, and help the child learn to bring it forth and express it.¹

To live we need the life-blood of imagination, fantasy, inspiration and creativity. When pragmatism rules our lives, as is often the case, we lock up our soul in the rigid structure of rationalism and intellectual dependency, which nourish our mind, but not our deepest being. This part of ourselves demands to be fed, but we conceal its need in the name of profit and efficiency. Our negligence lays the basis for the development of stress and depression. Though educational recommendations in most countries highlight the importance of overall human development and social conscience, they rarely refer to creativity if not in association with artistic skills. And yet this human quality is a powerful life-skill.

Today, outstanding educational study centres, such as www.macmillaneducation.com, focus on *emotional intelligence* and on the development of cha-

racter virtues². They affirm that these virtues are 'concrete and specific and can be easily translated into teachable and learnable curricula'³. These Institutes maintain that it is 'much easier to deal with empathy, cooperation and fairness as distinct teaching values.'⁴ And, they believe that 'rather than teaching on virtues a teacher can choose instructional strategies that include virtues as an embedded topic.'⁵

Similar affirmations represent a big step towards a human values approach to education. A step which, I am sure, will move us closer to that which is behind each 'value', to that which sustains and nourishes it, to that something we call spirituality. Currently we speak of 'emotional intelligence' but sooner, or later, we will extend this understanding and finally reach the definition of 'spiritual intelligence'. A mere mental approach towards education will shift its focus to an integrated vision, which contemplates mind, emotions and heart.

When imagination, fantasy and inspiration stand on their own, they may lead astray by turning into an escape mechanism. The same faculties, when cultivated, give way to creativity.

Any lesson can be something creative for both the teachers and the students and can be instrumental to developing

¹ Kasturi, Satyam Shivam Sundaram, Italian version, Mother Sai Publication-s, p.226-

² CREATIVITY, © Macmillan Publishers Limited, 2015, slide no.5

³ idem

⁴ idem

⁵ idem

The value of Creativity

this life-skill. Creativity is a process that connects to an inner creative source. It's energy needs to be called upon and fostered if we wish to develop our creative potential. Creativity can be measured on the basis of how personal and original you are in elaborating matters, tasks and projects, in drawing out ideas and strategies yourself. It is an outstanding feature in children who are so very present and personal when it comes to drawing, acting or writing about themselves, their world and their families. As the children grow and gradually adapt to a standardized system, which offers them packaged solutions for practically everything, creative expression is most of the time forsaken, if not utterly lost. To foster creativity, one needs to be creative. To work at creativity and understand this human value, its implications and power, means to accept everyone's peculiarities, which are unique and unrepeatable. It means to realize that in the same way that the world's greatest painters do not need to rely on imitation; children are unique beings, and, as such, each single child is "the ONE". I learn a lot from my student's ideas and suggestions, the topics they chose to explore and the interpretations they give. By valuing their contributions and points of view, I am able to grasp new insight. Creativity is a powerful human trait and the business world takes it highly into account, expecting their employees to think creatively in order to



Creativity:
A grid of exam-
ples made by the
students them-
selves.

find new inventive ideas. In this case the goal is to succeed in making a profit. While, when speaking from the standpoint of a teacher, of a school, the aim is to foster and respect one's students' inborn creativity, which implies accepting and respecting the spark of a light which makes the children unique and inimitable human beings.

1. Creativity doesn't come from nowhere – it's in you.
 2. Creative people need to have important positions. They should have the time and resources to work on new ideas.
 3. The most creative people understand where others went wrong in the past.
 4. It is the job of creative people to focus on the present. The future will take care of itself.
 5. Creative solutions to problems often come from thinking from outside the box.
 6. If I have a problem, I like to sleep on it. Then, when I wake up, I usually find of a more creative solution.
 7. Only artists and people like that need to be creative.
 8. There is always more than one way to solve a problem.
 9. Creativity helps you overcome daily problems that are often overwhelming.
 10. Speaking or working creatively makes you feel better; I am myself and not what others want me to be.
- Aurora (14) had the task to find a list of quotations on self-confidence. She forgot



to make a note of the authorship, but I appreciated how creatively she presented her findings on power point. I had the impression that her work emphasized she enjoyed carrying out her research, and how deeply the quotations had inspired her. Her colourful arrangement gave a personal touch to them.

Some practical examples

Mariangela (14) had to carry out a project on India. The following two slides were her own output. The captions are in Italian. What matters is how freely she worked on her project, demonstrating the important role that creativity plays in a school assignment.

Unity in diversity, not uniformity.

Creativity implies that you love what you are working at, and be it teacher or child, you are inspired by the very act of working at it. It is the best antidote to the widely accepted trend to standardize final educational outputs. A creative attitude and approach does, in no way, deny knowledge, preparation and interest. On the contrary, it enhances them, and stretches one's imagination, flourishing in new results and versions. Discipline becomes perfectly integrated, and part of you. In fact, Creativity enables us to find unexpected solutions that arise from within.

Creativity points at excellence. It makes academic knowledge less academic



and more linked to life, bringing the child's uniqueness, up 'til then hidden within, to the surface. To dedicate time to creative activities is never 'a waste of time', as the following quotes point out:

Every child is an artist, the problem is staying an artist when you grow up- P.Picasso

"Curiosity about life in all of its aspects, I think, is still the secret of great creative people" – Leo Burnett

"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will" – George Bernard Shaw

In simple words Veronica (14), says what creativity means to her, stressing its power to convey values, which impact our lifelong learning process.

M.Ciccolella



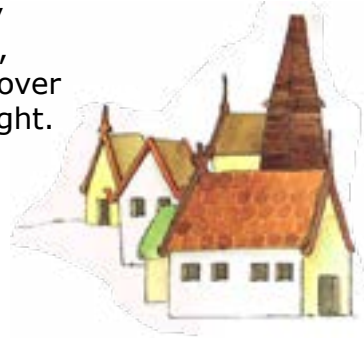
ICELAND

HI! MY NAME IS ERIK.
I LIVE IN ICELAND.
I AM ICELANDIC.

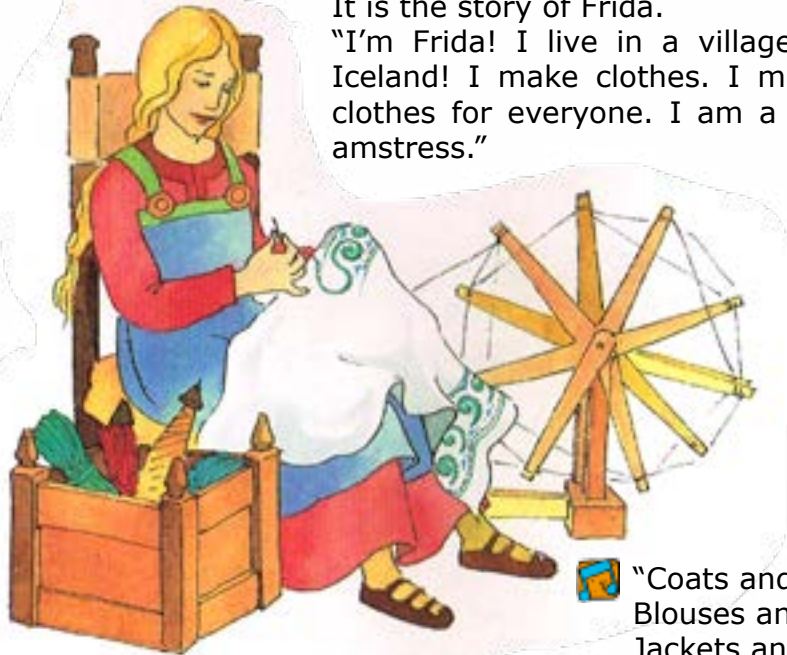
A dress for the sky



One, two, three, follow me!
Come and see my country!
Read the story
In bed tonight,
And when it's over
Turn out the light.



This is a beautiful story.
It is the story of Frida.
"I'm Frida! I live in a village in
Iceland! I make clothes. I make
clothes for everyone. I am a seamstress."



"Coats and overcoats,
Blouses and skirts,
Jackets and raincoats,
Trousers and shirts."



Yes! Frida is a seamstress. And she is a very good
seamstress! She is the best seamstress in the village!
She makes clothes for men and women, fishermen
and hunters, boys and girls, dolls and animals...
She has a big needle and lots of thread.
"My needle is made of gold!" says Frida.





"I love to sew! I like to sew!
And embroider what I sew!
It makes me happy!
It makes me glad!
When I sew I am never mad!"



One day...
"Knock! Knock!"
"Someone is at the door..."
says Frida. "Who is it?"



"I am the king's messenger! The king wants you to make a dress. He wants you to make a dress for... the sky!"
"A dress for the sky? Oh my!" says Frida.



"It must be a beautiful dress!" says the messenger. "It must be more beautiful than anything ever made..."

"It must be the most beautiful dress in the world!"

"I have lots of yellow cloth" says Frida. "I can make a yellow dress for the sky!"



Many days later..
"Here it is! It's a beautiful dress!"
says Frida.
She washes the dress and hangs it on the clothes line to dry..
"I push and pull and know no rest. I blow and blow and go around the world!"

"Ssshhh...."

"Oh! The wind is strong today!"
says Frida.

"Ssshhh... I am strong!" says the wind.

Oh dear! The wind pulls and blows Frida and the yellow dress away...
Frida flies in the sky. She flies over hills and woods...

"We can help you" says a little bird.
"No!" says Frida. "You can not! The wind is strong. The wind is stronger than you!"



The wind blows and pulls Frida across the sky. She flies over hills, woods and mountains...
The Snow Queen sees Frida.

"My elves and I can help you!" she says.
"No!" says Frida. "The wind is stronger than you!"
"My dear girl" says the Snow Queen. "We are strong! We are the strongest!"



"Push and pull!
Push and pull!
Blooowww!"

The wind blows and blows.
The queen pulls and pulls.
The elves pull and blow!
Frida pulls and blows and...

The yellow dress tears into a million little pieces! Very little pieces! The fly across the sky and they cover it... like a dress!
"Look! Oh, look!" says Frida.
"What a beautiful dress!" say the elves.
"I am a very good seamstress!" says Frida.
"Yes, you are!" says the Snow Queen. "You are the best!"

Teo and... The eyes of an artist

Suzanne Palermo

Teo loved to draw since he was a small boy. He loved to create funny characters and to make Tilo's portrait. Sometimes he preferred painting to drawing, and, Oh, he was crazy about cutting out paper shapes and assembling them into colorful collages. He liked using tissue paper to make his collages, too!

Teo would use his fantasy and imagination to make his artwork and needed to be still and silent to do so. Grandpa called it concentration. "That's when your thoughts, feelings and ...hand... aren't flying around on their own, but are really working together." He said. Teo thought that that was probably why he didn't always notice how long he had been sitting at his drawing table, and why mom had to call him twice to get his attention. He would become so concentrated that he entered a world of his own.

"A whole world lives inside of me, grandpa!" He said one day, while he was busy painting. Grandpa grinned. "And it looks like your 'world' wants to come out to 'see the light' all together!"

Teo laughed. "Yeah, that's it!" he said, nodding in assent. "Creativity is a special gift, Teo." Continued grandpa. "It's a flow of energy! It moves you towards your inner world, and helps you learn to share it with others!" He was pleased to see how skilled his grandson was, for there was no doubt about Teo's talent.

Mom and dad did their best to help their son cultivate his love for art. The boy's room was full of huge rolls of white paper, the kind that grandpa used at the office, piles of notebooks and sketching pads, pencils, colors and other art material. Teo could draw, color and paint to his heart's delight! Mom had bought him the softest paintbrushes he had ever seen and a fantastic set of watercolors for his birthday, but poster paint was still his favorite. It remin-

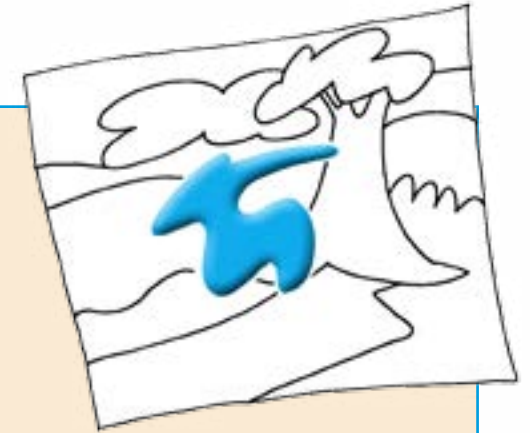
ded him of the feel of finger-painting when he was a kid.

Teo didn't need to be asked twice when Miss Jenny Jacobsen opened a summer art course. The young lady, an illustrator of children's books, had decided to share

her expertise and love for color, form and rhythm with children. "Art", she said, "is the expression of your heart. To let the beauty within you emerge and flow means to create harmony and contribute to a world of peace!"

Miss Jacobsen was of great inspiration for the children. She explained that everyone had a creative touch within him or her. "It's the most natural way to discover yourself and express that 'something' that hides deep within you". She said, explaining how some people reach a point of excellence, pass the threshold of artistry and become real masters of Art. "Like Botticelli, Michelangelo and Leonardo!" The children spent lots of their time flipping through exhibition catalogues and art books, marveling at acclaimed masterpieces, discovering how very small brush strokes could create the sensation of moving light, or getting a glimpse of revolutionary styles of modern art like cubism whose world was made of fractured geometric shapes!

The class had fun experimenting with 'the tricks of the trade' all summer long. They learned about the three primary colors, red, yellow and blue, and discovered how by mixing them they could create an endless array of color hues and tones! They learned all sorts of other things,



too! That the primary colors, combined two by two, make what Miss Jacobsen called 'secondary colors' and that each primary color had an opposite: green for red, orange for blue and violet for yellow. And it didn't take long for the budding artists to see that colors need to be balanced. Because colors can be warm or cool, and, awesome to say, they have a weight to them, too! Their vibrant combinations can arouse excitement, agitation or calm! Lines, forms and color are like musical notes!

"An artist creates melodies, concerts and symphonies!" said Miss Jacobsen one day showing her class the work of a Russian painter of the 19th century, which looked just like a music sheet but instead of having musical notes it was full of odd looking shapes and squiggles.

Teo's last art lesson was the zenith of his learning process. He had just finished the drawing of a beautiful landscape and had just dipped his paintbrush into a beautiful sky blue, when...

"Oh, no! I spoiled it!" He cried as he watched big blue drops of paint dripping down right in the middle of his picture. Was the damage irreparable? Did Teo have to begin a new painting from scratch?

Miss Jacobsen ran quickly over to the boy's desk, calling the other children to run fast. "It's fantastic, Teo!" she said. "Your blot of color will reveal the art of life to us!" The young lady gleamed and grinned, in front of a class of children in dismay because of what had happened to Teo's beautiful picture. How could such an ugly stain reveal the beauty of life to anyone? They wondered. But the children pricked up their ears just the same, so as not to lose one single word of what their art teacher was about to say.

"That blot you made by mistake is not something that has to stay there like a bad spot on your paper, forever!" she began. "I know that it wasn't your intention to make it like that, Teo, but... if you look at it closely you'll find something

inside of it that will talk to you... inspire you... and you'll be able to transform your mistake into part of your painting!" Teo stared at his drawing and at the terrible blue spot that seemed to be staring right back at him. For a moment he thought that it would be impossible to "see something" in it, a little bit like when you made drawings starting from a silly doodle, he figured. He stared at his drawing for a long time and then he tried to concentrate himself seriously, to look at it with the eyes of an artist and the heart of a poet. Maybe he succeeded in doing so because all of the sudden the spot spoke to his heart and he saw that there was an image hidden inside of it!

Teo didn't lose time. He grasped his colors and paintbrushes and following his inspiration completed his painting, being careful not to drip some new spot somewhere else on the paper!

At the end of the day the class went up to say goodbye to Miss Jacobsen, thank her for her lessons, and proudly show her their final artwork. Teo's painting was amazing. Everyone was thrilled to see how he had solved what had seemed to be a hopeless disaster. The spot wasn't there anymore, and there was no mistake

to be seen either. In the middle of Teo's breathtaking landscape was the shape of a man dressed in blue, walking peacefully along his way.



Creativity and Communication

We rarely think of creativity in association with language, and yet one of the most creative expressions of humankind can be found in the different ways people communicate, both verbally and in written language. Over the ages, different cultures have given form to different languages, using graphic symbols and alphabetic letters. Here are some examples:

Arab alphabet

ا	ALIF	ب	1	سین	SIN	س
ب	BA	ج	2	عین	'AYIN	ع
ج	JIM	د	3	ف	FA	ف
د	DAL	ذ	4	س	SAD	س
ذ	HA	ه	5	ق	QAF	ق
ه	WA	و	6	ر	RA	ر
و	ZAY	ز	7	سین	SIN	س
ز	HA	ح	8	ت	TA	ت
ح	TA	ث	9	ث	tha	th
ث	YA	ي	10	خ	kha	kh
ي	KAF	ك	20	د	dhal	dh
ك	LAM	ل	30	ذ	ḍad	ḍ
ل	MIM	م	40	ځ	dha	ḍh
م	NUN	ن	50	غ	ghayin	gh

Cyrillic Alphabet

А	Б	В	Г	Ґ	Д	Ђ	Ѓ	Е	Ё	Є
A	Be	Ve	Ghe	Ghe capovolta	De	Dje	Gje	Je	Jo	Je Ucraina
Ж	З	С	И	І	Ї	Й	Ј	К	Л	Љ
Že	Ze	Dze	I	I ucraina	Ji	I breve	I lunga	Ka	Ei	Lje
М	Н	Њ	О	П	Р	С	Т	Ћ	Ќ	У
Em	En	Nje	O	Pe	Er	Es	Te	Čje	Kje	U
Ў	Ф	Х	Ц	Ч	Џ	Ш	Щ	Ъ	Ы	Ь
U breve	Ef	Cha	Tze	Če	Dže	Ša	Šča	Jer dura	Jery	Jer molle
				Э	Ю	Я				
				E capovolta	Ju	Ja				

Cinese Ideograms

A	B	C	D	E
女	氣	安	宀	功
F	G	H	I	J
夫	武	止	戈	術
K	L	M	N	O
空	手	康	道	入
P	Q	R	S	T
首	場	流	充	シ
U	X	Y	Z	
極	拳		氣	

Japanese Ideograms Katakana

ア	イ	ウ	エ	オ
A	I	U	E	O
カ	キ	ク	ケ	コ
KA	KI	KU	KE	KO
サ	シ	ス	セ	ソ
SA	SHI	SU	SE	SO
タ	チ	ツ	テ	ト
TA	CHI	Tsu	TE	TO
ナ	ニ	ヌ	ネ	ノ
NA	NI	NU	NE	NO
ハ	ヒ	フ	ヘ	ホ
HA	HI	FU	HE	HO
マ	ミ	ム	メ	モ
MA	MI	MU	ME	MO
ヤ		ユ		ヨ
YA		YU		YO
ラ	リ	ル	レ	ロ
RA	RI	RU	RE	RO
ワ		ヲ		ン
WA		WO		N

Braille

Braille is a tactile alphabet which was invented during the 19th century, by a Frenchman named Louis Braille. He used his creativity to develop this incredible system to people who are physically challenged by loss of eyesight or hearing.

A	B	C	D	E	F	G	H	I	J
⠁	⠃	⠉	⠙	⠑	⠋	⠗	⠓	⠊	⠚
K	L	M	N	O	P	Q	R	S	T
⠅	⠇	⠍	⠎	⠕	⠐	⠖	⠒	⠠	⠞
U	V	X	Y	Z					
⠠	⠡	⠢	⠣	⠤					

"Creativity is a fundamental trait of human beings. It enhances joy in life, and fosters serenity. It helps us relate to our surroundings and other people in a wholesome and positive way, and it improves our relationship with ourselves! This is the type of creativity that transforms us into 'artists of life', improving the quality and length of our existence."

The Italian Association for Creativity

Empathy and creativity

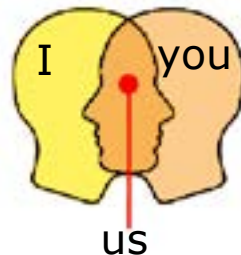
Empathy is the hidden thread of creativity. Scientific research has demonstrated that empathy, contrary to what was once believed, is a universal human skill, innate in all people. In fact, during the very first weeks of its life one can grasp the empathetic ability of a new born child.

Let's work together!

We often think of creativity as being something strictly individual, but a creative process of any kind involves some fundamental aspects of group work. It implies dialogue and equality, and builds an uplifting sense of fun and joy. It is perhaps the only true way for people to bring the world into being.

Creativity is something that concerns everyone:

- men and women who are actively committed to their work and families, and are confronted with challenges that call for the most practical and fitting solutions;



Empathy is the ability to truly sense and understand from a heart level what another person is feeling, a skill that we can encounter in both human and animal experience.

The meaning is often reduced by using the expression "being in another's shoes", for it not only means to go towards the other person, but also to bring the other person towards you. It develops and strengthens intrapersonal bonds and is a powerful means of change.

Let's grow together

- researchers, who interpret and propose concepts, patterns and models to follow in everyday living;
- teachers, who find stimulating ways to help us learn, understand, transform our habits and build good thinking skills.

If inventing something mostly means to combine different elements in a multitude of ways, the more things the individual knows about, in the more fields of interest, the more he or she will have the chance to build and bring together, be original and discover something new. Not all people can reach the height of Pico of Mirandola, but when people work together, sharing their individual talents and professional outlook within a group, the synergy gives way to an upsurge of creative energy that simply makes things happen!



Pico della Mirandola (1463–1494) was an Italian philosopher, renowned for his intelligence and capacity of synthesis. His goal was to develop a universal philosophy based on the concordance among the different schools of thought since ancient times.

-Working on a project within a group fosters active listening, and builds good communication skills. It also:

- helps the group members grasp and interiorize the rules of the group, so as to interact appropriately.

- promotes empathy and helps control impulsive behavior.

- stresses the uniqueness of the group members, respecting and giving value to each member of the team.

- teaches how to socialize and integrate oneself within the group.

- develops tolerance in general.

- moves beyond appearance to reach mutual and authentic understanding and results.

- helps build trustworthy relationships, the basis of constructive dialogue.

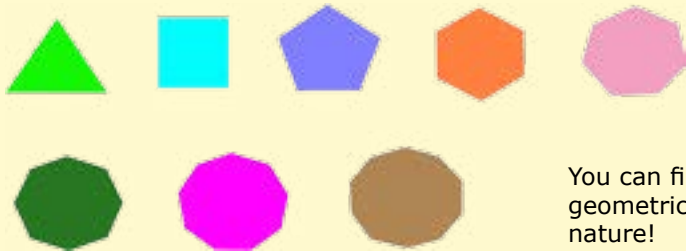
CREATIVITY AND NATURE

Creativity is any kind of activity that... creates! It is the very act of living! Nature is a Master of Creativity. Its endless compositions of color, shape, scent, sound and texture make up a living museum!



All forms of nature, starting from minerals up to human beings are creative! They are able to change and transform form, structure, shape and size, to adapt to their surroundings. They do so to grow and expand, and to be happier and healthier!

Nature expresses itself with the five elements, in the same way that a painter, a dancer, a poet or a musician express their genius with form, rhythm and feeling.



You can find these geometric forms nature!

Go outdoors and DRAW!

You find straight, curvy and wavy lines in nature; square shapes, round shapes, triangular shapes, heart shapes... And there are infinite tones and hues of color! Sit somewhere in nature, with a sketching pad and a pencil. Compare the forms of leaves, trees and flowers. Afterwards, use the lines and shapes you find in nature to make your own masterpiece!



The best form of art is when hand, head and heart work in harmony. John Ruskin



STILL LIFE PAINTING

You need paper, pencils, markers, crayons, paint and paintbrushes.

Make a beautiful still life composition using a bowl of fruit or a vase of flowers. Concentrate on what you see and copy it as it is or interpret it, adding a touch of creativity! If you work in silence your work of art will bring forth the beauty within you!

Be a poet!

You can create harmony and beauty with words, too! Make up a poem on nature! You can follow the 11 word pattern! One word makes up the first line of your poem, then two, three, four. End your poem with one word.



SUN,
LOVING LIGHT.
YOUR LOVE FILLS
THE WHOLE WORLD WITH
LOVE.



- Hello! English - n.11 R.C.S. Libri & Grandi Opere. E.Bussolati, D.Conci, S. Palermo, per Tavi.

- Hong Kong: The Institute of Sathya Sai Education of Hong Kong. Towards Human excellence, book 9 - Inspiring stories - Institute of Sathya Sai Educaiton Mumbai.

Color is the keyboard
The eye is the hammer.
The soul is the piano, with its many strings.
The artist is the hand that purposefully sets the soul vibrating
by means of this or that key.

Wassily Kandinsky - On the Spiritual Art (1912)



WINDING UP

Creativity is like a river. Its flow comes from deep within and its energy sets an incredible interplay of head, heart and hand into motion. Creativity expresses itself in various ways, and kindles intuition. It unlocks ingenuity and turns artwork into masterpieces. Being creative means to let color, music, form, melody and vibration move through our lives and mold our surroundings! It means being aware of the beauty of nature, and allowing this beauty to grow and expand within us as well! The essence of creativity is love. True art comes from the heart!

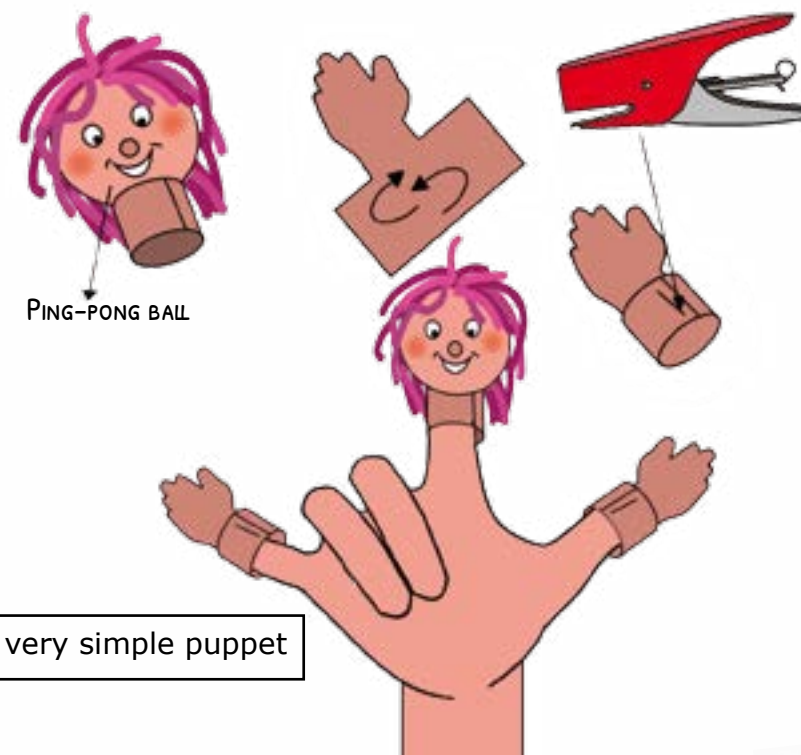
VISUAL AIDS TO ASSIST IN VALUE EDUCATION

appendix

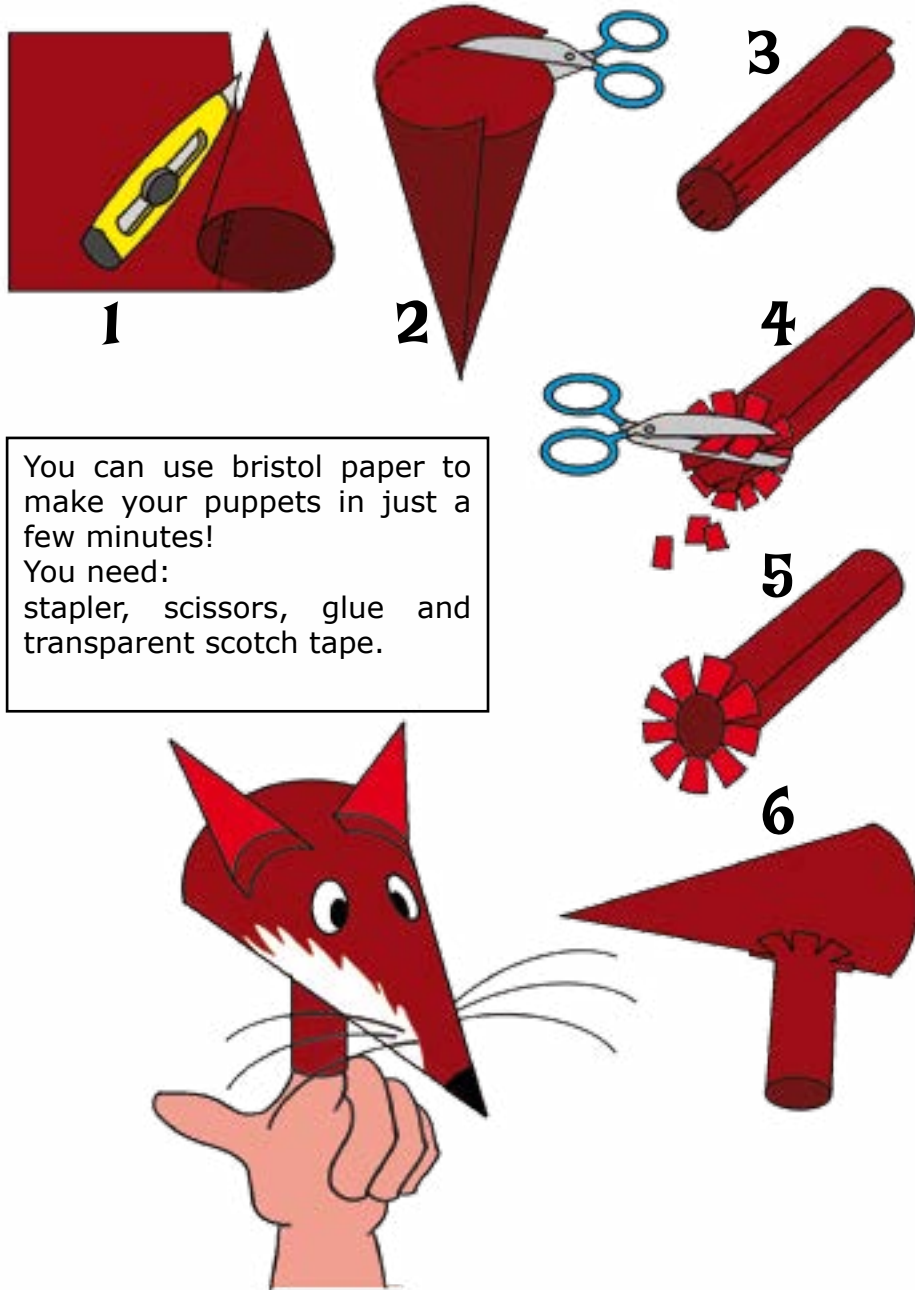
Visual aids to help you be more fun and creative in story telling, are offered as an appendix in the Educare magazine. Step by step explanations will show you how to realize the different kinds of support involving the children in their making and in the art of story telling. You can photocopy the illustrations you find in this magazine or use them as a model for the children to refer to when making their own.



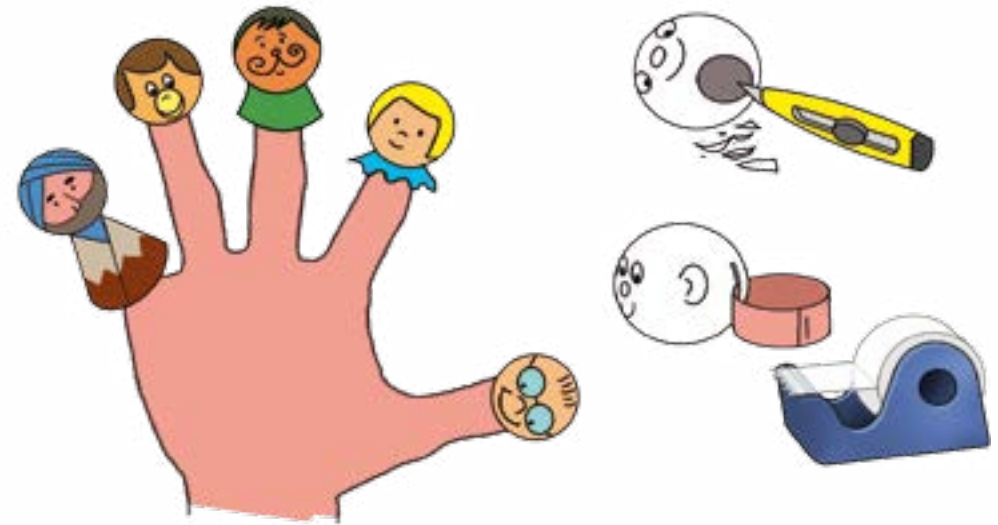
Puppets made out of cardboard and ping-pong balls



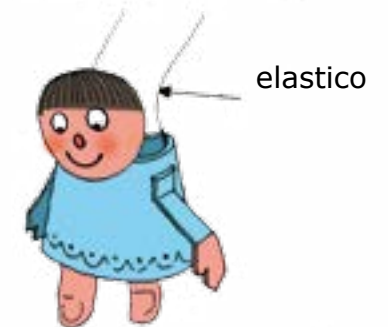
A very simple puppet



You can use bristol paper to make your puppets in just a few minutes!
You need:
stapler, scissors, glue and transparent scotch tape.



Simple puppets with ping-pong balls, and rubber bands.



In the next issue



Food is something we all live on, and we all know that it not only needs to be tasty, but good for us. Good food makes us healthy and strong; it fosters harmony, concentration and clarity, or not, depending on the quality of what you eat. The quality of the images we see and the sounds we hear, and of anything else we experience through the doors of the senses, shapes our mind and consciousness, too, just like food shapes our body! Does that sound crazy? It isn't! Our body, mind and heart all need to be nourished and looked after, and they need the right kind of diet! We will explore this intriguing topic in the next issue of Educare!