



Creativity Builder

8 Ways to Stimulate Your Child's Creativity



Encourage "possibility thinking." When parents pose the question "What if?" in as many ways as possible, they help children naturally think of creative possibilities. This involves a shift from more traditional approaches that encourage children to ask, "What is this and what does it do?" to "What can I do with this?"


Nurture your child's interests. Creativity blossoms when children feel invigorated by the activities they enjoy. Allow them to choose their after-school activities. Encourage them to more deeply explore those activities in essays and projects at school. For example, if your child loves playing the flute, encourage him to write a paper on the history of flute playing or the mechanics of flute building as a school project.

Expand the language of imagination. Being able to understand and describe emotions is critical to the creative process. Talk with your children and help them develop their emotional vocabulary so they can identify and put their feelings into words.


Play, play, play! Through imaginative play, children explore their ideas and create meaning about the world around them.

"It is in playing, and perhaps only in playing, that the child is free to be creative." -Donald Woods Winnicott







Foster creativity through art. Think of home art projects as a way to nurture creativity, not just as finished products to be admired. Art is an opportunity for children to learn from chaos and disorder, an underlying and often invisible well of creative ideas.



Explore the beauty of nature. When children and nature collide, the results are magical! Critical thinking skills are developed as children learn to make inferences and draw conclusions. They learn by tasting, touching, and seeing nature in ways they cannot learn from books.



Advocate for the daydreamer! Contrary to conventional thinking, daydreaming has many advantages! When kids daydream, they explore associations, make connections, and search for possibilities. Research shows that both daydreaming and the use of solitude for reflection are among the attributes of highly creative people.



Recognize creativity as a source of joy. When families value and recognize creativity as a source of inner joy, children learn to appreciate their natural, creative gifts as human beings.

