

Quick Reminder – Tote Swap Ongoing

Links to free pattern and step by step tutorials:

- <http://www.abrightcorner.com/2017/01/french-market-tote-bag-tutorial.html>
- <https://www.incolororder.com/2011/10/lined-drawstring-bag-tutorial.html>
- Bring in your tote to the next in person meeting. (No earlier than May, let's assume June?)
- Wrap up your tote before the meeting
- We will swap at the next in person – everyone who makes a tote gets to pick a wrapped package and be surprised by which totes they get to take home.
- Challenge yourself to make it Modern!
- And show us your progressing using the hashtags (#OCMQG, #toteswap, #OCMQGtoteswap)



Creativity and “Quilter’s Block”

Or

Inspiration and How to Find It

Agenda

- **Getting out of a Rut**
- **Creativity in the Everyday & Point of View**
- **Add a Constraint –**
- **Limitation as the springboard to inspiration**
- **3 Minute Exercises**
- **Mood Boards**
- **Art and Fear**
- **More Resources and Links**

What is creativity?

James Clear –

Let's define creativity.

- The creative process is the act of making new connections between old ideas or recognizing relationships between concepts.
- Creative thinking is not about generating something new from a blank slate, but rather about taking what is already present and combining those bits and pieces in a way that has not been done previously.



The background features a large, bright yellow oval in the center. Surrounding this oval are several thin, grey, curved lines that sweep across the frame, creating a sense of motion and dynamism. A dark grey, curved shape is positioned to the left of the yellow oval, partially overlapping it.

Quick Exercises to Jump Start Creativity



Feeling Stuck in a Rut?

Play in a different medium.

- Want to play with colors? Try using watercolors for fast and easy way to explore.
- Get your hands dirty with pastels. Embrace texture.
- Watch woodworking videos on YouTube – they have similar technique for marquetry
- How about collage? Rip up old magazine and see what you can make. Low impact and high reward!

START SMALL

Don't want to commit to an idea or feeling overwhelmed?

- You aren't committed to a king sized quilt - make a mini quilt, a wall hanging or pillow case
- A tote bag, mug rug, placemat, or table runner give you a chance to explore with low stakes.
- Question your assumptions
- Throw out the rules
- Change the size
- Embrace asymmetry



stephskardal



HIT THE SHOWERS

In a [2014 study](#) conducted by Kaufman, 72% of respondents around the world reported having some kind of new insight in the shower. "The relaxing, solitary, and non-judgmental shower environment may afford creative thinking by allowing the mind to wander freely, and causing people to be more open to their inner stream of consciousness and daydreams."



MAKE SPACE FOR DAY DREAMING

According to the [science on daydreaming](#), these moments provide a sort of mental incubation period that can enhance creative thinking, long-term planning, and self awareness. Psychologists have been studying the concept of “positive-constructive daydreaming” for decades and uncovering the various ways in which, as the authors put it, “the mind’s wandering is vital to imagination and creative thought.”

Feeling Stuck in a Rut?

GO SOMEWHERE NEW

- A walk in nature
- The beach is in our backyard – pick one you don't usually go visit.
- A museum or place of worship – available to take tours virtually online

“A [2014 study](#) from Stanford found we are much more creative when walking around—up to 81% more— as opposed to when sitting still. So if you're hitting a creative slump, hit the road. Not only does being outside help reduce stress and increase brain function, but one study found it can even increase what's called our Remote Associates Test—our ability to make innovative and creative connections.”



Places to go while staying at home:

- <https://sagradafamilia.org/en/virtual-tour>
- <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- <https://www.georgiaaquarium.org/webcam/california-sea-lion-cam/>
- The Art of Design - https://youtu.be/q_k8fVNzbGU
- <https://www.youtube.com/watch?v=i3powwL7bT0>
- <https://www.youtube.com/watch?v=OeJ5xXrbkfU>



Places to go while staying at home:

- <https://kottke.org/20/04/a-virtual-tour-of-the-van-gogh-museum>
- <https://kottke.org/20/04/a-relaxing-walk-through-the-cherry-blossoms-at-the-brooklyn-botanic-garden>
- [NY Fabric Shopping - https://www.youtube.com/watch?v=4O_N1CkN8Ss](#)
- [Bamboo forest - https://www.youtube.com/watch?v=yIMDgPKgN1w](#)
- <https://www.pbs.org/wnet/nature/spy-wild-nature-mini-series-episode-1-love/14985/>



Feeling Stuck in a Rut?

“Get out of the studio... far away from the computer and look for the fabulous in the mundane. Mini road trips to antique malls and thrift shops provide some of the most amazing juxtapositions of function, color, shape and materials, as well as time to ponder them. Not to mention, the drive itself forces an unplugged brain cleanse that makes space for the new ideas to get in.”

— Bob Faust, Principal/Designer, [Faust Ltd.](#)

Feeling Stuck in a Rut? PLAY

“I believe creative ruts are often related to overtiredness and being overloaded. Rest, breath, laughter and nature for rejuvenation are my go-to solutions, and I often spend time with kids playing because it cleanses my mind and starts me at a free, playful, creative place. Taking quiet time with my animals also puts me in a place to start any creative process, and then I trust.” — Melissa Veal, Wig and Make-up Designer, [Chicago Shakespeare Theater](#)



<https://www.youtube.com/watch?v=f0tEcxLDDd4>

Limitations are
the Spring Board
to Creativity

“Creativity is a wild mind and a disciplined eye.”
– Dorothy Parker

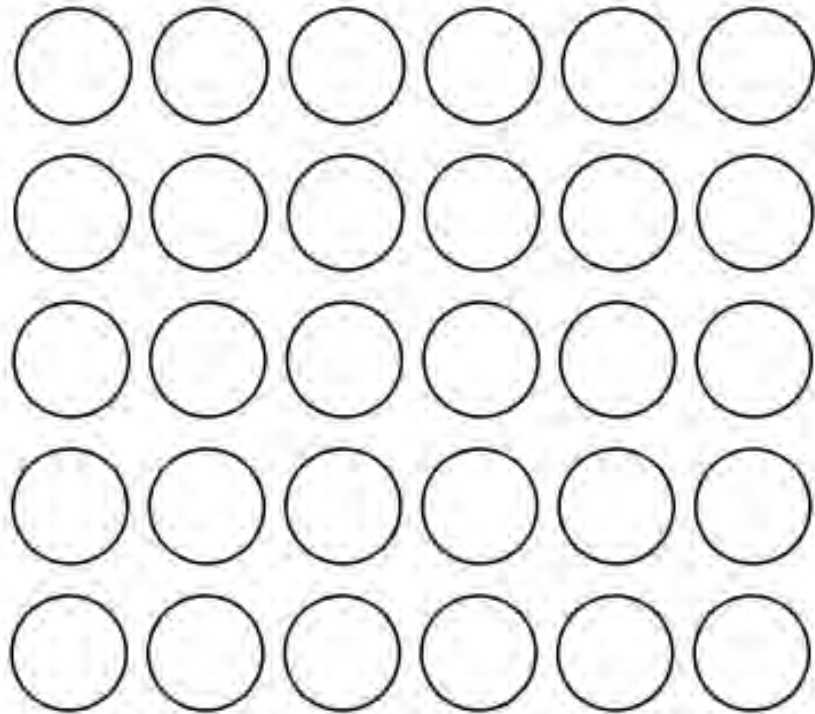
- In 1960, the founder of Random House publishing firm challenged Dr. Seuss to write an entertaining children's book using only 50 different words. The result was a little book called Green Eggs and Ham.
- <https://twitter.com/davejorgenson>
- <http://sillygoosequilts.blogspot.com/2015/01/ideas-for-quilt-challenges.html?m=1>
- <https://www.psychologytoday.com/us/blog/creativity-the-art-and-science/202002/build-your-creative-muscle>



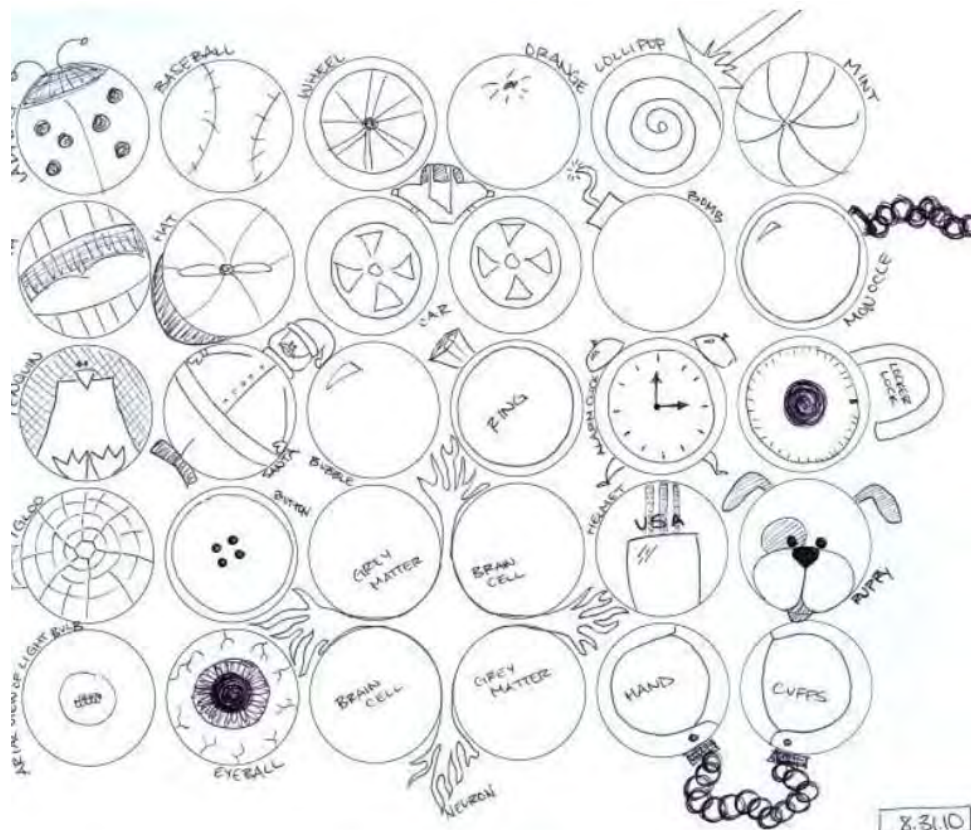
Challenge yourself:

- Draw one item many different ways
- How many ways can you interpret something like a cat, a chair, a face?

30 Circles Challenge



Exercise –
30 Circles in 3
Minutes



Exercise— 30 Circles in 3 Minutes

After 3 minutes, compare results!

Ask how many people filled in 10, 15, 20 or more circles?

Ask for some examples.

Did participants use patterns (for example, multiple sports balls)? Did anyone “break the rules” and combine circles?

Always reflect! Ask:

Did anyone assume the rules were more strict?

If you “broke the rules,” how did you feel while you were doing it?

Did you get worried the circles wouldn’t count?

Did you get stuck? What helped you break through, or what kept you from moving forward?

How can this activity help us think about how to be creative with our ideas in general?

Fun Facts About Creativity

Openness to new experience is a common personality trait in creative types. Openness to experience, over neuroticism, extraversion, agreeableness, and conscientiousness, was found to be particularly related to creative personalities.

Creative people are often Intuitive-Feeling types on the Myers Briggs test. Individuals who possess a combination of Intuition and Feeling best characterize high scorers on creativity tests.

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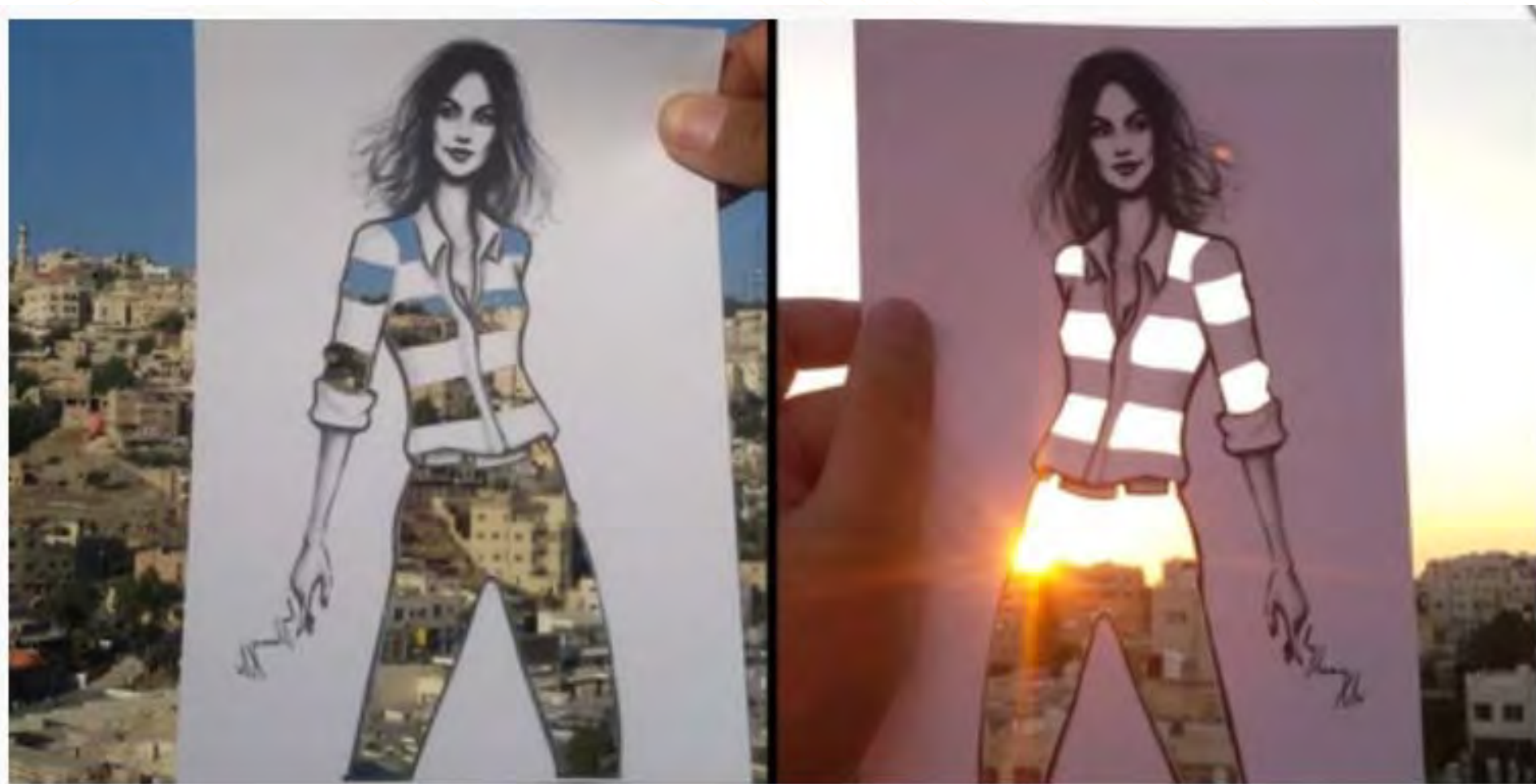
Shamekh Al-
Bluwi

Point of View and Perspective

Using nothing but his surroundings and some paper cut-outs, artist Shamekh Al-Bluwi creates one-of-a-kind dress designs, putting a unique spin on fashion illustration.











More Quotes to Inspire

“Creativity doesn’t wait for that perfect moment. It fashions its own perfect moments out of ordinary ones.”

– Bruce Garrabrandt

“Curiosity about life in all of its aspects, I think, is still the secret of great creative people.”

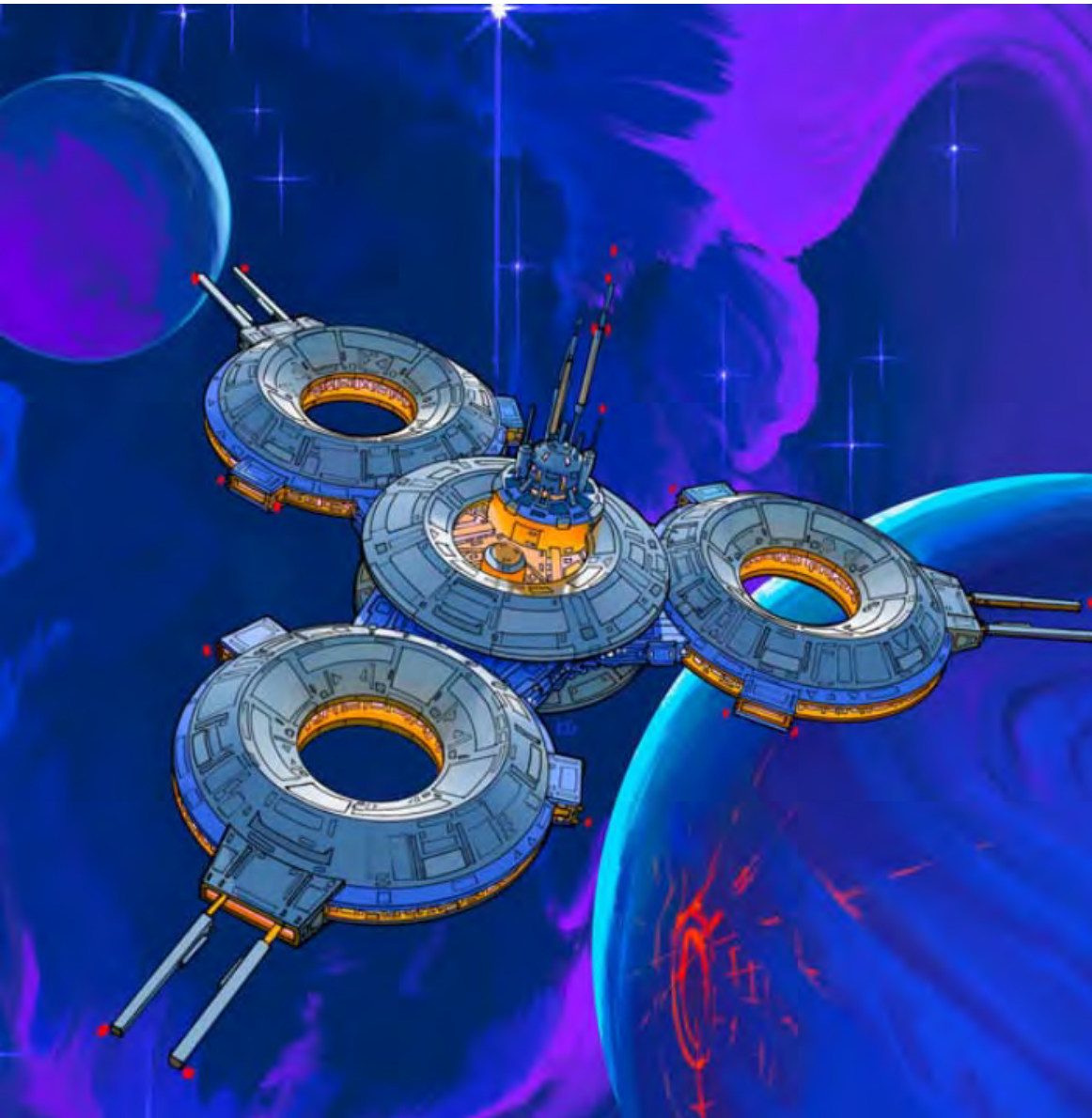
– Leo Burnett

“Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn’t really do it, they just saw something. It seemed obvious to them after a while.”

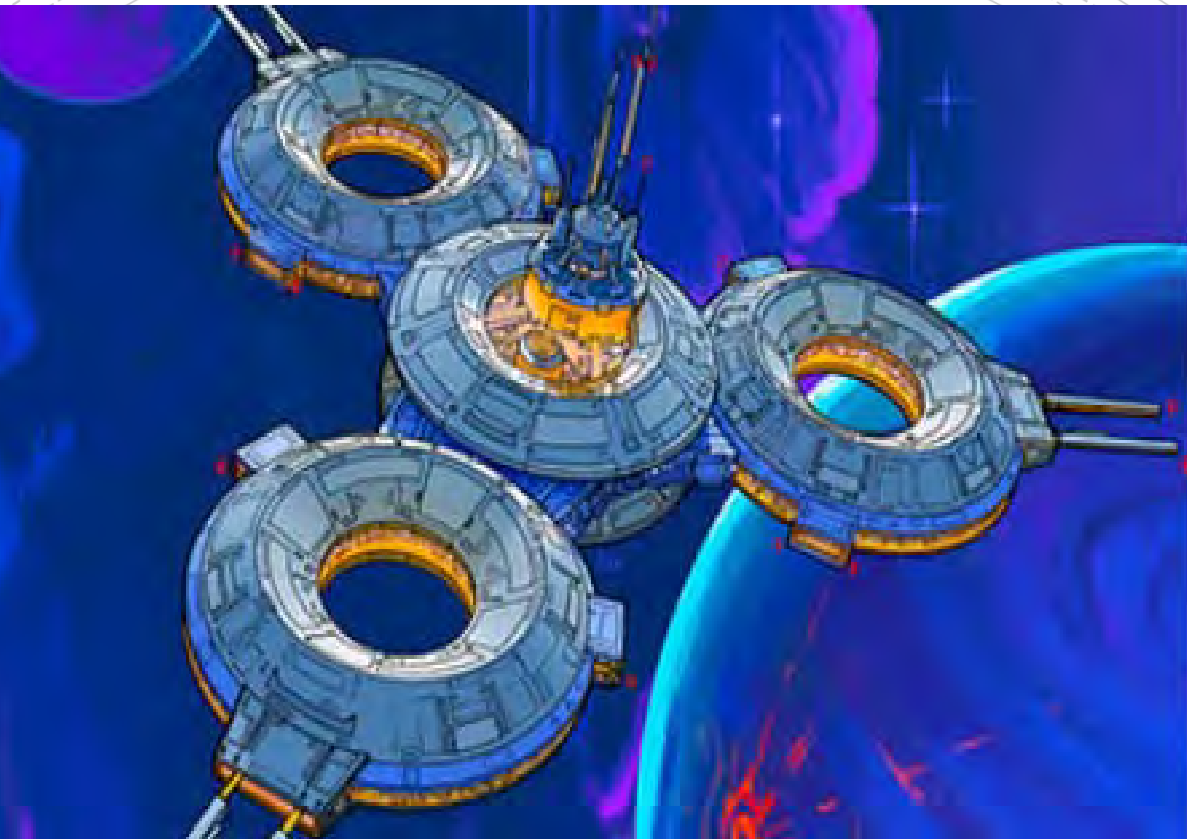
– Steve Jobs

Inspiration in the Everyday

Software engineer & artist Eric Geusz's work is proof that inspiration is everywhere around us. For quite some time now, Eric has been transforming common household objects into spectacular spaceship designs, and they're completely out of this world. From a can opener to a game controller, everything can be a rocket in Eric's mind.



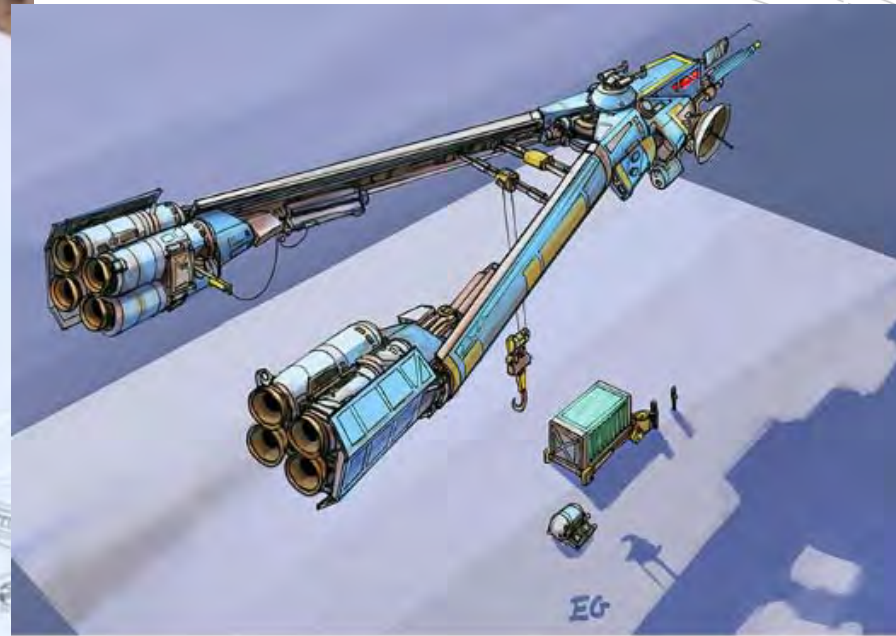
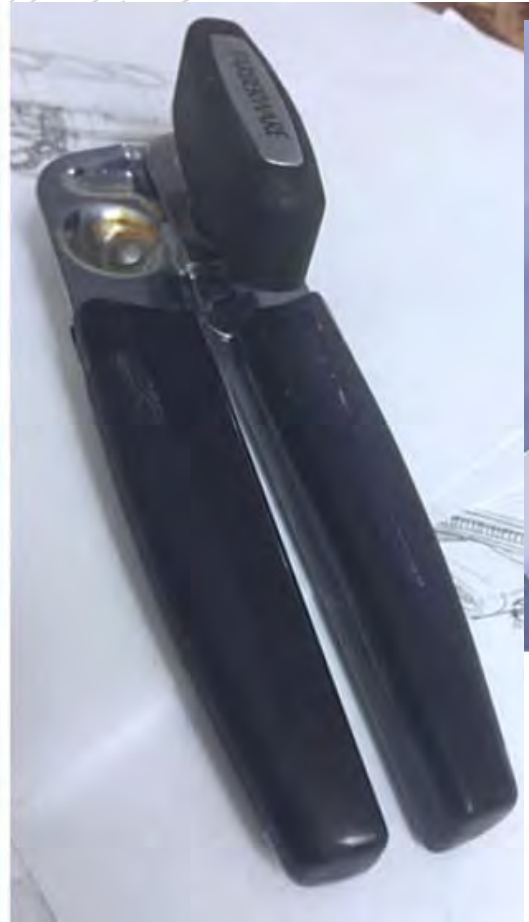
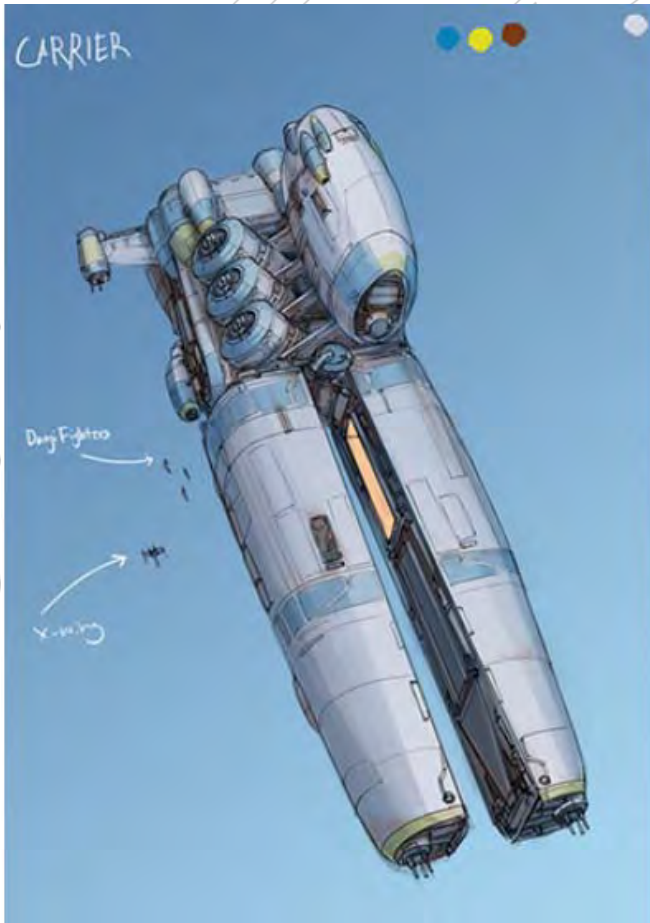
Eric Geusz -
Illustrator and
Spaceship Designer



Inspired by a Fidget Spinner



“Think left and
think right and
think low and think
high. Oh, the thinks
you can think up if
only you try” - Dr.
Seuss



Turn the everyday upside down



<https://blogs.getty.edu/iris/getty-artworks-recreated-with-household-items-by-creative-geniuses-the-world-over/>

The Harp and the Vacuum



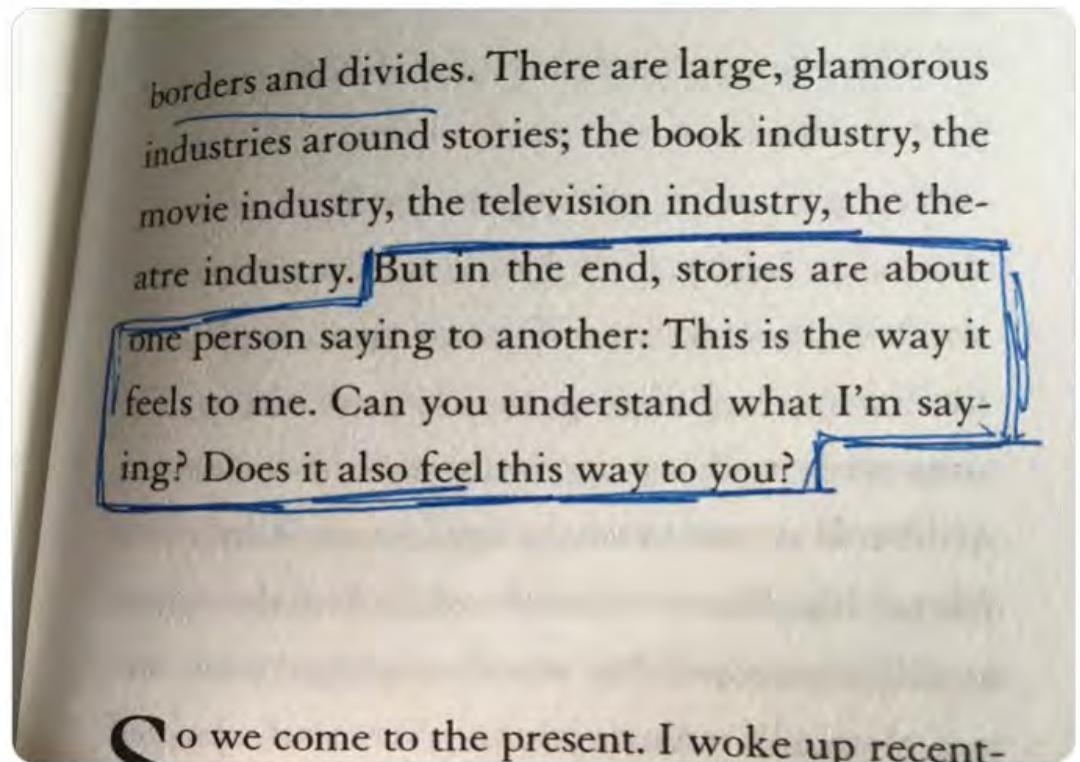
“Creativity requires taking risks. The good news is that creative individuals are not fearless or natural risk-takers. They are more aptly described as tolerating risk and tolerating uncomfortable ambiguity arising when engaged in open-ended problems.”

Why do we
create?



Tara Westover
@tarawestover

From Kazuo Ishiguro's Nobel acceptance speech.
Stories are about one person saying to another, This is
the way it feels to me? Does it feel the same to you?



1:57 AM · Apr 28, 2018 · [Twitter Web App](#)

MOOD BOARDS





Art and Fear

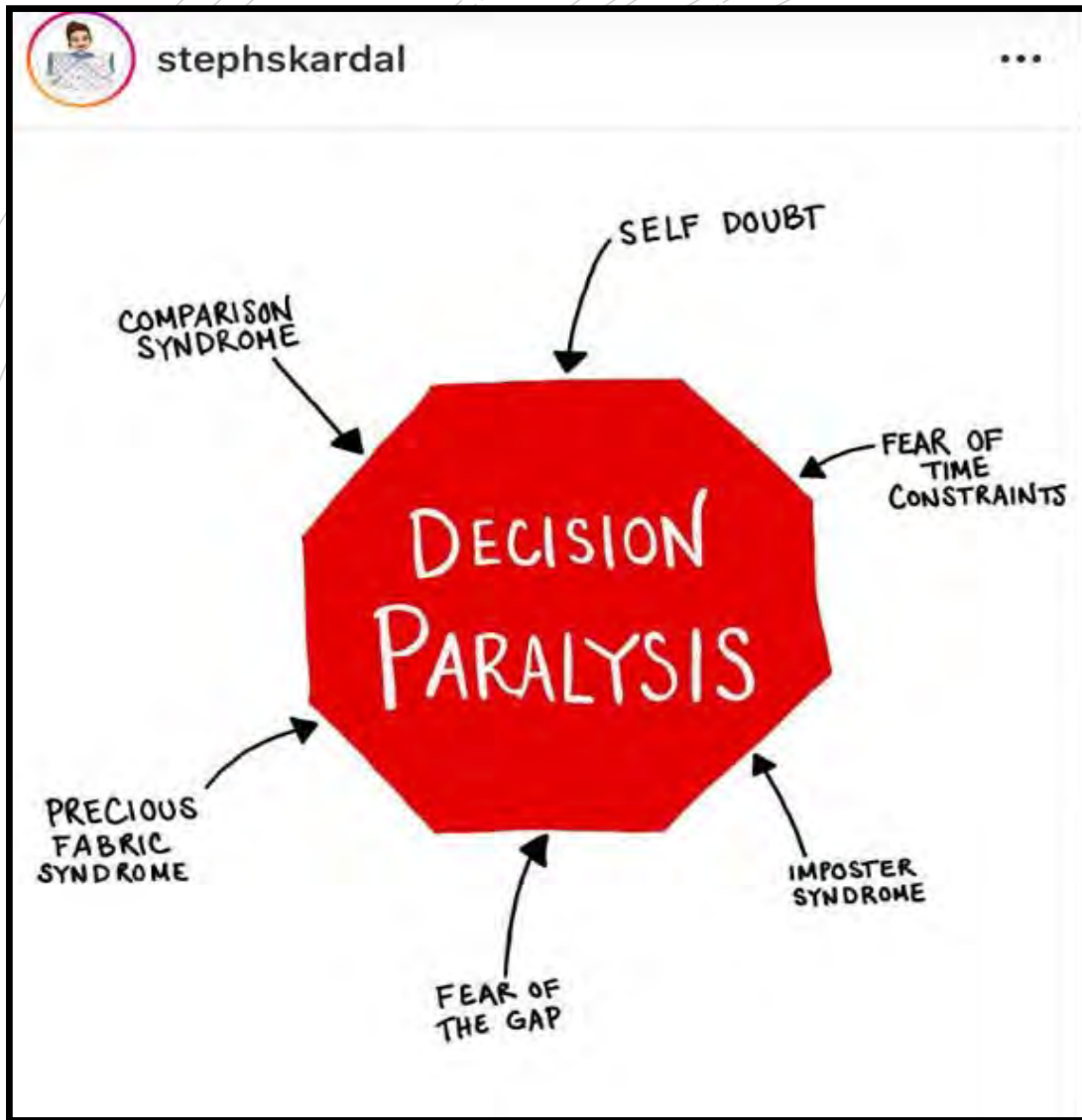
Art & Fear:
Observations on
the Perils (and
Rewards) of
Artmaking

PERFECTION AND PROCESS

The ceramics teacher announced on opening day that he was dividing the class into two groups. All those on the left side of the studio, he said, would be graded solely on the quantity of work they produced, all those on the right solely on its quality.

His procedure was simple: on the final day of class he would bring in his bathroom scales and weigh the work of the “quantity” group: fifty pounds of pots rated an “A”, forty pounds a “B”, and so on. Those being graded on “quality”, however, needed to produce only one pot — albeit a perfect one — to get an “A”.

Well, came grading time and a curious fact emerged: the works of highest quality were all produced by the group being graded for quantity. It seems that while the “quantity” group was busily churning out piles of work-and learning from their mistakes — the “quality” group had sat theorizing about perfection, and in the end had little more to show for their efforts than grandiose theories and a pile of dead clay.”



“To require perfection is to invite paralysis.”

- Art & Fear: Observations on the Perils (and Rewards) of Artmaking

“Nobody tells this to people who are beginners, I wish someone told me. All of us who do creative work, we get into it because we have good taste. But there is this gap. For the first couple years you make stuff, it's just not that good. It's trying to be good, it has potential, but it's not. But your taste, the thing that got you into the game, is still killer. And your taste is why your work disappoints you. A lot of people never get past this phase, they quit. Most people I know who do interesting, creative work went through years of this. We know our work doesn't have this special thing that we want it to have. We all go through this. And if you are just starting out or you are still in this phase, you gotta know its normal and the most important thing you can do is do a lot of work. ”

Ira Glass



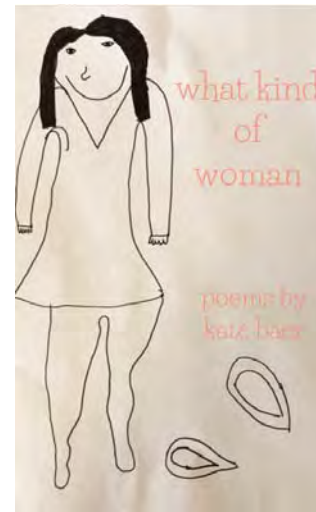


“To require perfection is to invite paralysis. The pattern is predictable: as you see error in what you have done, you steer your work toward what you imagine you can do perfectly. You cling ever more tightly to what you already know you can do — away from risk and exploration, and possibly further from the work of your heart. You find reasons to procrastinate, since to not work is to not make mistakes. Believing that artwork should be perfect, you gradually become convinced that you cannot make such work. (You are correct.) Sooner or later, since you cannot do what you are trying to do, you quit. And in one of those perverse little ironies of life, only the pattern itself achieves perfection — a perfect death spiral: you misdirect your work; you stall; you quit.”

Iteration and Drafts

Sometimes getting something “wrong” helps you figure out what is “right” for a project or idea. See this book cover design in progress:

<https://cupofjo.com/2020/04/kate-baer-poetry-book/#more-227925>





IRIS VAN HERPEN – Spring 2019 – Shift Souls



Iris Van Herpen – HYPNOSIS – Winter 2019



Iris Van Herpen - Sensory Seas – Spring 2020

Free Online Classes



Fashion as Design

Free!

The Museum of Modern Art

COURSE



4.8 (852)

120K students

Beginner



Ignite Your Everyday Creativity

Free!

The State University of New York

COURSE



4.4 (199)

62K students

Mixed



Creative Thinking: Techniques and Tools for Success

Free!

Imperial College London

COURSE



4.6 (91)

23K students

Beginner

<https://www.coursera.org/courses?query=creativity>

The background of the slide features several sets of concentric, curved lines in a light gray color, creating a sense of motion and depth. These lines are more prominent on the left and right sides of the slide.

Want More?

Some additional reading & resources:

- <https://plan.io/blog/become-more-creative/>
- <https://99designs.com/blog/creative-thinking/creativity-exercises/>
- <https://medium.com/@Barry.Davret/the-five-amazing-exercises-to-elevate-your-creative-thinking-powers-d95d15125bad>

The background of the slide features several sets of thin, curved lines in a light gray color, some solid and some dashed, creating a sense of motion or a stylized globe. A large yellow speech bubble is positioned on the left side of the slide.

Back Up Ideas / Slides

- **KEEP IT SIMPLE**
- Problems are often obscured by an overload of information. Clarify and isolate the challenge you face by spending time understanding and defining the problem. Can you simplify it down to 10 words, 5 words, or even 3?

The background of the slide features several thin, curved lines in a light gray color, some solid and some dashed, creating a sense of motion or flow. On the left side, there is a yellow rectangular area with a speech bubble-like shape at the bottom, containing the text 'Back Up Ideas / Slides'.

Back Up Ideas / Slides

■ **TRY TRANSLATING**

- Ideas are greatly stimulated by the process of transformation. Converting things from one form or medium into another can guide thoughts in totally new and exciting directions. One idea leads to another—and then you're off on the ideas trail.
- The Russian artist Wassily Kandinsky translated classical music into abstract paintings, selecting different colors to signify the varying emotions the music provoked. He also invented a machine that translated musical sounds into instructions for paintings.

The background of the slide features several sets of thin, curved lines in a light gray color. These lines are arranged in concentric, sweeping arcs that originate from the left and right edges, creating a sense of motion and depth. The lines vary in length and curvature, some being solid and others dashed.

Modern Elements

- <https://www.instagram.com/marcuscederberg/>



