



The brain like all muscles requires **exercise** to keep in **shape** and as in most keep fit routines there are specific exercises designed to achieve specific goals. Below is a selection of exercises specifically designed to develop the **creative muscle** in your brain. Take a few minutes every day to do a couple from this list and quickly see your creativity **increase**.



Drive or walk a different route



Pick 5 objects and give them new names



Draw with your other hand (left if right handed, right if left handed)



List 50 things which bounce



Argue for the opposite of your point of view



Create a new caption for a photo or cartoon in the newspaper



Invent new lyrics to old songs



Concoct a story about each person on your commuter bus/tube



Invent new meanings for obscure or outdated words



Work out 6 different endings to the short story/article you have just read



Pick an obscure word of the day from the dictionary and use it in context at least ten times throughout the day



Give all your friends appropriate "code names"



Invent a children's game and test it out