

# Creativity Prompt

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## Draw Your Dreams

### Description

Take some time to draw last night's dream! If you can't remember it, make it up!

### Time to complete

5-20 minutes

### Materials

Drawing supplies and paper

### Instructions

Think about your dreams last night. What do you remember? Did anything make you ponder? Did anything make you laugh?

If it helps, write a list of everything you saw. You can make this list in your head or write it down. If you don't remember your dreams, make a list of what you wish you had dreamt about, or some dreams you hope you'll have in the future.

Take a minute to think about how to turn these ideas and dreams into a drawing.

As you start to draw, remember you aren't looking for perfection. Start with a few simple shapes. Try to think of what shapes each component of your dream is made of: circles, ovals etc. If you work in small, bite-sized pieces, you'll find your drawing will slowly come together. Remember, everything you draw is art, even if you don't immediately like it.

Ask yourself some of these questions, see if they can inform your drawing.

If your dream was represented by a color or colors, which color(s) would they be? Try to integrate these colors into your drawing.

What's the most important part of your dream? How could you highlight it?

How does your dream world feel to you? What are some words to describe it? Try to integrate those feelings into your drawing.

## Sharing Suggestions

Send your drawing to family and friends! Challenge someone to draw their own dream. Comment on this activity's Facebook post or tag @OperaOmaha in an Instagram Story with #hcofcreativityprompts.